

2011 HEALTH RESOURCE GUIDE

- Section 1 Local Agencies
- Section 2 Support Groups
- Section 3 State and National Information

Florida Hospital's *Health Education* department serves the community, local businesses and school site programs. Informational literature is available upon request. Many of these programs can be brought to your community, church, school or Mobile Home Park. For more information on the classes listed below please call Health Education at 386-6468, the Fitness Center at 402-3160, Daybreak Behavioral Health at 314-4357 or our Childbirth and More Educator at 402-3258. CPR for Family & Friends Training

- Grief Recovery 402-3370
- Stress Management 314-4357
- Childbirth Education & Refresher Classes 402-3258
- Breastfeeding Class 402-3258
- Wellness Programs (Community/Corporate) 386-6476
- CPR for Family and Friends 402-3156

LOCAL AGENCIES AND GROUPS

AARP DRIVER SAFETY PROGRAM

James McQuigg, Instructor
 Address: 336 Garfield Avenue
 Lake Placid, FL 33852-6004
 Phone: 863-465-8185
 Toll free: 888-227-7669
 Website: www.aarp.org/drive
 Purpose: Offers a six hour classroom refresher course for drivers age 50 and over. There is a minimal fee and no test. Many insurances offer discounts to drivers who have taken the course.

AGAPE MISSION HOME

Address: P. O. Box 2116,
 Wauchula, FL 33873
 Purpose: A 6 to 12 month Program that offers psychological and vocational counseling, health care and help with getting low income housing and for homeless men who want to be restored back into the community.

AGING RESOURCE CENTER

Address: 5905 Breckenridge Parkway, Suite F
 Tampa, FL 33610
 Phone: 813-740-3388
 Elder Helpline: 800-963-5337
 Website: www.AgingFlorida.com
 Purpose: Committed to helping persons age 60 and above and those who care about them understand and navigate the complex web of available services, agencies and other options. The goal is to help find the information, resources and service needed to make informed decisions.

See Also: West Central Florida Area Agency on Aging, Inc.

AGENCY FOR COMMUNITY TREATMENT SERVICES (ACTS)

Address: 6980 State Road 37 South
 Mulberry, FL 33860
 Phone: 863-529-6632
 Fax: 863-428-2204
 Purpose: Permanent housing finder for those meeting homeless standards according to HUD.

ALPHA OMEGA CRISIS CENTER

Address: 140 Dunty Road
 Lake Placid, FL 33852
 Phone: 863-699-1685
 Hours: 9 – 5:00 (24 hr. answering)
 Purpose: Counsels /support for women dealing with rape, spouse abuse, or post abortion emotional distress.
 Website: www.thepottershouseshome.com
 Email: alpha1@strato.net

ALZHEIMER'S ASSOCIATION – LOCAL CHAPTER

Lisa Rodriquez, Program Specialist
 Address: P.O. Box 1901
 Sebring, FL 33871-1901
 134 North Ridgewood Drive, 2nd Floor
 Sebring, FL 33870
 Phone: 863-385-3444
 Fax: 863-385-3444
 Help Line: 888-409-5727

ALZHEIMER'S ASSOCIATION FLORIDA GULF COAST CHAPTER

Address: 9365 U. S. Highway 19 North, Suite B, Pinellas Park, FL 33782

Phone: 863-385-3444; 800-772-8672 Helpline
Local Meeting: 2:00 p.m. every 3rd Wednesday
Hardee Manor Care, Orange Avenue, Wauchula
Purpose: Provide a support system such as care consultation, support groups, emergency respite, caregiver outings, caregiver training, professional education, community forums, resource library, Memories in the Making, Project Safe Return, a helpline as well as information and referrals.
Website: www.alz-tbcv.org

ALZHEIMER'S ASSOCIATION SAFE RETURN

Address: P. O. Box A3687
Chicago, IL 60690-3687

Phone: 1-888-572-8566
Purpose: A nationwide identification, support and enrollment program working at the community level. Safe Return provides assistance whether a person becomes lost locally or far from home. Assistance is available 24 hour, every day, whenever a person is lost or found.

AMERICAN CANCER SOCIETY

Address: 4955 Manatee Avenue, East Bradenton, FL 34205

Phone: 863-382-2828 x27 – Sebring
Hardee County: 863-832-0060
Website: www.cancer.org

AMERICAN RED CROSS – Highlands

Address: 106 Medical Center Avenue
Sebring, FL 33870

Phone: 863-386-4440; Fax: 863-386-4449
Purpose: Serves the community through teaching a variety of classes and providing funds for family crisis situations. Provides education on the prevention, transmission and testing for HIV/AIDS, HIV104 class.
Email: hcarc@vistanet.net

AMERICAN RED CROSS - Manatee/Hardee

Address: 401 West Orange Street
Wauchula, FL 33873

Phone: 863-773-9097 Fax: 863-773-9390
Email: mccoyr@manateeredcross.org

AVON PARK CLUSTER

Address: 55 East College Drive
Avon Park, FL 33825

Phone: 863-452-5141
Purpose: Group home for profoundly retarded

AVON PARK HOUSING AUTHORITY

Address: 21 Tulane Drive, Avon Park, FL 33825;
P.O. Box 1327, Avon Park, FL 33826

Phone: 863-452-4432
Purpose: Low Income Housing
Email: a1327@strato.net

BETHANY CENTER OF GOOD SHEPHERD HOSPICE

Address: 105 Arneson Avenue
Auburndale, FL 33823

Phone: 863-297-1800
Fax: 863-965-5601
Purpose: Provides individual and group counseling and camp for children for healthy expression of grief in a fun and therapeutic environment. Serves Polk, Highlands and Hardee Counties

BIG BROTHERS & BIG SISTERS OF THE SUN COAST

Address: 279 U.S. Highway 27 North,
Sebring, FL 33870

Phone: 863-402-9001
Fax: 863-402-9007
Contact: Tameesha Hudson
Purpose: One on one mentoring relationships for all children who need and want them, contributing to brighter futures, better schools and stronger communities for all and to help children reach their potential through professionally supported, one to one relationships. Primary eligibility requirements are: child must be between ages of 5 and 17, must be in school, must not have a record with the Department of Juvenile Justice, and that the child is shown to need an additional person in his or her life to assist in developing the assets necessary for positive youth development.
Email: thudson@bbbssun.org
Website: www.bbbssun.org

BOYS & GIRLS CLUB OF HIGHLAND COUNTY

Address: 111 North Martin Luther King Jr. Blvd.
Sebring, FL 33870

Phone: 863-385-9652
Fax: 863-385-8196
Purpose: A positive place for kids.
Email: bgclub@earthlink.net

BURIAL CRISIS

Address: Highlands County Government Center
600 North Commerce Avenue
Sebring, FL 33870

Phone: 863-402-6500
Purpose: Burial Assistance for indigent persons.

CAMP BRAVE HEART

Address: Circle F Dude Ranch,
Lake Wales, FL

Phone: (Bethany Center)
Purpose: Open to any child 6 to 16 years of age that has experienced the death of a loved one.

Child must live in Polk, Highlands or Hardee County. Fee: \$10.00 per child. No child will be denied because of inability to pay.

CAREGIVER ADVOCACY PROGRAM (CAP)

Address: Florida Rural Legal Services, Inc.
963 East Memorial Blvd.
Lakeland, FL 33802

Phone: 863-688-7376

Elderly Services of Polk County

Phone: 863-534-5320

Nu-Hope Elder Care Services

Phone: 863-382-2134

CENTRAL FLORIDA DEAF SERVICES, INC.

Address: 1415 Commercial Park Drive
Lakeland, FL 33801

Phone TTY/TDD 863-688-9394

Fax: 863-606-0900

Purpose: To provide programs, support services, training and facilities to enable deaf and hard of hearing people to obtain a higher quality of life.

CENTRAL FLORIDA HEALTH CARE, INC.

Address: 950 County Rd. 17 A, West
Avon Park, FL 33825

Phone: Highlands 863-452-3000

Hardee 863-773-2111

Polk 863-635-4891

CENTRAL FLORIDA SPEECH AND HEARING

Address: 710 East Belavista Street,
Lakeland, FL 33805

Phone: 863-686-3189

Purpose: Available to all ages for speech and hearing problems

CHILD SUPPORT ENFORCEMENT

Address: 3200 U S. Highway 27 South, Suite 401
Sebring, FL 33870

Phone: 800-622-5437 Fax: 863-386-6037

Purpose: Establish and enforce child support enforcement.

Website: www.myflorida.com

CHILDREN OF PROMISE CHILD CARE & TRAINING CENTER

Address: 140 Dunty Road,
Lake Placid, FL 33852

Phone: 863-699-1685

Fax: 863- 699-2601

Purpose: Seeking Christian families willing to share their homes and love for inmate's babies.

Email: alpha@strato.net

CHILDREN'S ADVOCACY CENTER

Address: 1000 Highlands Avenue
Sebring, FL 33870

Phone: 863-402-6845

CHILDRENS HOME SOCIETY

Address: 4300 Sparta Road,
Sebring, FL 33875

Phone 863-382-0007

Purpose: Counseling, 24 hours safe shelter for court-ordered abused and neglected children.

Website: www.chsfl.org

CHILDREN'S SERVICES COUNCIL & FOUNDATION

Address: 7205 George Blvd., South
Sebring, FL 33875

Phone: 863-402-6626

Fax: 863-402-6627

Hours: 7:00 – 6:00

Purpose: Promotes social, psychological and physical growth of children and youths.

CHURCH SERVICE CENTER

Address: 198 Rowe Street
Avon Park, FL 33825

Phone: 863-452-6464

Hours: 9:00 – 1:00 Monday through Friday

Purpose: Provides food, clothing and monetary support (if available) to those in need.

COMMUNITY CENTER FOR THE DEAF AND HARD OF HEARING

Address: 1750 17th Street, Bldg F
Sarasota, FL 34234

Phone: 941-366-0260

Fax: 941-366-0295

Purpose: Services for the hard of hearing and deaf. Walk-ins accepted. Appointments preferred.

CONSUMER CREDIT COUNSELING SERVICES OF CENTRAL FLORIDA, INC.

Address: (Main) 3670 McGuire Blvd., Suite 103
Orlando, FL 32803

1777 Tamiami Trail, #303-11

Port Charlotte, FL 33948

Phone: 800-966-3328 for appointments

Hours: 8:00-5:00

Purpose: A service to provide budget, credit education and debt management to individuals and families who have personal financial problems.

Website: www.payoffdebt.org

CRIME VICTIM COMPENSATION PROGRAM

Address: Bureau of Victim Compensation
The Capitol, PL-101

Tallahassee, FL 32399-1050

Phone: 1-800-226-6667

Purpose: Provides financial assistance and referral services to victims of crime and/or their immediate family. Qualifications apply.

Website: www.my.floridalegal.com

DAYBREAK BEHAVIORAL HEALTH

Address: 4023 Sun 'n Lake Blvd.
Sebring, FL 33872

Phone: 863-314-4357

Address: 1346 U. S. 27 North
Lake Placid, FL 33852

Phone: 863-699-4357

Hours: 8-5:00 Monday-Thursday;
8-3:00 Friday.

DEAF SERVICE CENTER OF MANATEE / SARASOTA, INC.

Address: 5107 14th Street West
Bradenton, FL 34207

Phone: 941-752-2539 V/TDD

Address: 7254 South Tamiami Trail
Sarasota, FL 32234

Phone: 941-366-0260 V/TDD

Fax: 941-921-2272

Purpose: Implement, develop and advocate the rights and needs of the deaf and hard of hearing.

DENTAL

Dr. Steven Guelff & Dr. Theodore Baker

Address: 511 S. Eucalyptus Street
Sebring, FL 33870

Purpose: Free dentistry for low income persons. Dentists give two days each year –February & November

DENTAL HYGIENE PROGRAM / SFCC

Dental Education Center, Building T

Address: 600 West College Drive
Avon Park FL 33825

Phone: 863-784-7020

Purpose: Provides dental care. Treatments for children under the age of 18 are FREE.

DEPARTMENT OF CHILDREN AND FAMILY SERVICES

Phone: 863-773-2090 Highlands

863-773-9200 Hardee

863-534-7100 Polk

863-299-4400 Winter Haven

863-619-4274 Lakeland

Purpose: Provides services to the community in various areas:

Program/Neglect Investigations

Child Protective Services

Food Stamps

Foster Care

Medicaid Eligibility

Medically Needy Program

Must qualify financially. Call for application and appointment.

DEVEREUX KIDS

Address: 8000 Devereux Drive
Viera, FL 32940

Phone: 800-338-3738 Highlands

Fax: 321-259-0786

Hours: Monday-Friday; 8:30 – 5:00

Purpose: Abuse and neglect prevention program. Foster care; Development disabilities; Therapeutic Day School; Child Welfare Service

DIABETES CENTER

Address: 4023 Sun 'n Lake Blvd.
Sebring, FL 33872

Phone: 863-402-0177

Hours: Monday-Thursday 8:00 – 5:00
Friday – 8:00 – 3:00

Manager: Brenda Garza

Purpose: Provide group and individual diabetes education classes for type 1, type II, and gestational patients. Provides individual nutritional counseling.

DIVISION OF BLIND SERVICES

Address: 5117 26th Street West, Suite A
Bradenton, FL 34207

Phone: 941-751-7670; 1-800-500-6412

District Administrator: Linda Brown

Hours: Monday-Friday; 8:00 am – 5:00 pm

DRIVERS SAFETY 55-ALIVE

Address: Locations of classes vary

Phone: 863-452-1855

ELDER HELP HOTLINE (Also See SHINE)

Address: 6414 U.S. Highway 27 South,
Sebring, FL 33876

Phone: 863-382-2134 / 1-888-878-8477

Hours: Monday-Friday; 8:00 am – 5:00 pm

Director: Highlands County, Sandy Foster;

Purpose: A State of Florida Department of Elder

Affairs information and referral phone system

established to enhance the accessibility to senior

services through a "one-stop shopping" concept.

Website: www.state.fl.us/doea/ or

www.wcvfaaa.org

ELECTRIC

Address: 6414 U.S. Highway 27 South,
Sebring, FL 33870

Phone: 863-382-2134

Purpose: Emergency home energy assistance for the elderly. Administered by NU-HOPE Elder Care Provides crisis assistance with electric or gas bills if used for heating in winter. For households containing persons 60 and older. Qualification based on income of entire family. Limited funding.

**EMPLOYEE ASSISTANCE PROGRAM –
DAYBREAK BEHAVIORAL HEALTH SERVICES**

Address: 4023 Sun 'n Lake Blvd.
Sebring, FL 33872

Phone: 863-314-4357

Purpose: Handles Medicare, private pay, takes most insurance. Has contract for all county employees, some law enforcement, Airport Authority, etc.

**EPILEPSY SERVICE OF WEST CENTRAL
FLORIDA**

Address: 305 South Florida Avenue
Lakeland, FL 33801

Phone: 863-686-5880

Hours: 8:30 – 5:00

Purpose: Provides financial assistance for those who need neurological care and case management.

**FLORIDA ASSOCIATION FOR COMMUNITY
ACTION, INC.**

Address: 820 East Park Avenue
Tallahassee, FL 32301

Phone: 1-850-224-4774

Purpose: Provides information about utilization of Head Start and other sanctioned programs for economically disadvantaged through educational programs, advocacy and support services.

Website: www.faca.org

FLORIDA BAPTIST CHILDREN'S HOME

Address: 1015 Sikes Blvd.,
Lakeland, FL 33825
P. O. Box 1870,
Lakeland, FL 33825

Phone: 863-688-4981

Fax: 863-284-5684

Hours: 8:30 – 4:30, Monday-Friday

Purpose: Provides quality Christian care for children in need.

Email: jself@fbchomes.org

Website: fbchome.org

**FLORIDA BOARD OF SPEECH-LANGUAGE
PATHOLOGY AND AUDIOLOGY**

Address: 4052 Bald Cypress Way, Bin C-06
Tallahassee, FL 32399

Phone: 850-488-0595

Fax: 850-921-6184

Purpose: Hearing Aids.

**FLORIDA CENTER FOR ADDICTIONS & DUAL
DISORDERS**

Address: 100 West College Drive
Avon Park, FL 33825

Phone: 863-452-3858

Fax: 863-452-3863

Hours: Monday-Friday 8:00 – 4:30

**FLORIDA DEPARTMENT OF HEALTH/DISEASE
CONTROL**

Phone: 1-850-245-4300

1-850-245-4334 HIV/AIDS

Purpose: Provides information and services in the areas of disease control, prevention and health statistics

**FLORIDA DIAGNOSTIC & LEARNING
RESOURCE SYSTEM (FDLRS)**

Address: 1076 U. S. Highway 27 North
Lake Placid, FL 33852-9436

Phone: 800-316-7057; 863-531-042447

Fax: 863-531-0425

Purpose: Screens preschoolers by appointment. Training classes for teachers and parents. Training classes for parents w/exceptional students. Loans software for families to review for 30 days.

Website: www.fdlrsheartland.com

**FLORIDA ENVIRONMENTAL INSTITUTE (Last
Chance Ranch)**

Address: P. O. Box 506,
Venus, FL 33960

Phone: 863-699-3785

Fax: 863-699-3787

Purpose: Alternative school for delinquent children.

FLORIDA HOSPITAL HOME CARE SERVICES

Address: 4005 Sun 'n Lake Blvd.
Sebring, FL 33872

Phone: 863-385-1400

Fax: 863-385-5464

Director: Lucille Huber

Purpose: Home health professionals specializing in caring for your physical health as well as your emotional needs and spiritual well being. Private duty services also available.

Website: www.heartlandhomehealth.org

**FLORIDA INSTITUTE FOR NEUROLOGIC
REHABILITATION, INC.**

Address: 1962 Vandolah Road
P.O. Box 324

Wauchula, FL 33873

Phone: 800-697-5390

863-773-2857

Fax: 863-773-2041

Purpose: Rehabilitation information and resources for those with brain and head injuries.

Website: www.finr.net

FLORIDA KINSHIP CARE CENTER

USF School of Social Work

Address: 4202 East Fowler Avenue, MGY 132
Tampa, FL 33620-6600

Phone: 813-974-8604/1-800-640-6444

Fax: 813-974-8607

Purpose: Training, educational and informational support for relatives other than the parents who are raising children in Florida
Website: www.flkin.org
Email: kinfo@flkin.org

FLORIDA LEGAL SERVICES, INC.

Phone: 1-305-358-2081
Purpose: Legal service for persons who would not otherwise have the means to obtain a lawyer.

FLORIDA PUBLIC GUARDIANSHIP ASSOCIATION

Address: 1607 Ponce de Leon Blvd.,
Coral Gable, FL 33134
Phone: 305-812-8350
Fax 305-441-8055
Purpose: Statewide, helps to care for persons who lack the capacity to make decisions on their own behalf and in their best interest. Guardians protect the property and personal rights of incapacitated individuals.
Email: breiser@inforcentricsolutions.com
Website: www.floridaguardians.com

FLORIDA RURAL LEGAL SERVICES

Address: 963 East Memorial Blvd.
Lakeland, FL 33801
Phone: 863-688-7376 or 1-800-277-7680
Fax: 863-683-7861
Director: Don Isaac
Hours: 8:30 – 5:00
Purpose: Law firm for low income citizens, assists Social Security problems; health care and education; immigration on a limited basis; elder law.
Website: www.srls.org

FLORIDA TELECOMMUNICATIONS RELAY, INC. HEARING IMPAIRED PERSONS

Address: 6414 US 27 South,
Sebring, FL 33870
(Nu Hope Elder Care Services)
Phone: 941-743-8347
Info on Equipment: 888-878-8477 M-F
Regular distribution dates: 2nd and 4th Thursday of each month at Nu-Hope Elder Care Services, Inc. 6414 US 27 S, Sebring by appointment.
Purpose: Provides specialized telecommunications equipment to qualified residents of Florida who are deaf, hard of hearing, deaf/blind, or speech impaired. This equipment is loaned to residents who qualify for as long as needed, at no charge.
Website: www.hearingimpairedpersons.com

FOOD WITH CARE, INC

Address: 6695 Venture Circle
Orlando, FL 32807
Phone: 407-657-3880

Purpose: \$4.00-\$5.00 a meal/10 meal minimum order. Will take Visa or Master Card.
Website: www.FoodWithCare.com

GLADES OPERATION ROUND-UP

Address: P. O. Box 519
Moorehaven, FL 33471
Phone: 1-800-226-4024
Purpose: Assists Glades Electric customers unable to afford needed goods or services. CANNOT assist with unpaid electric bills. Customer may pick up application at local office.

GUARDIAN AD LITEM PROGRAM

Address: Highlands County Courthouse
430 South Commerce Avenue,
Sebring, FL 33870
Phone: 863-402-6969
Purpose: Court appointed program for children in dependency actions.
Email: dwilcox@bcc.co.highlands.fl.us

HABITAT FOR HUMANITY

Address: 159 South Commerce Avenue
Sebring FL 33870
Phone: 863-385-7156
Fax: 863-385-7425
Purpose: Build home in partnership with families in need. Volunteer based home building program sweat equity and volunteer hours required.
Website: www.habitathighlands.org
Email: secretary@habitathighlands.org

HANDICAPPED AMERICANS LOVE OF LIVE ORGANIZATION (H.A.L.L.O.)

Address: 112 Medical Center Avenue
Sebring, FL 33870
Phone: 863- 385-1196
Hours: 1st Thursday, 6:00 PM (until April)
Email: halloinc@embargmail.com
Purpose: Provides support, guest speakers and a passive exercise program to physically handicapped adults that need continued rehabilitation.

HEARING IMPAIRED PERSONS (HIP) DEAF SERVICE CENTER

See: FLORIDA TELECOMMUNICATIONS RELAY, INC.
Address: 25250 Sandhill Blvd.
Punta Gorda, FL 33983

HEARTLAND HORSES AND HANDICAPPED, INC.

Address: P. O. Box 3787,
Sebring, FL 33871-3787
Phone: 863-452-0006

Hours: 8:00 – 11:00 Wednesday, Thursday & Saturday (except holidays) at 4-H horse arena at 118 College Drive, Avon Park, FL 33825
Purpose: A free riding and interaction with horses program for the handicapped in the Heartland area. Always in need of volunteers.
Email: heartlandhorses@embarqmail.com

HEARTLAND RURAL HEALTH NETWORK

Address: 1200 W, Avon Blvd. Room 109
Avon Park, FL 33825
Phone: 863-452-6530
Purpose: Provides free health assessments, and treatment plans are established after a client's needs are determined. The network has a mobile unit that travels throughout Highlands, Hardee and Desoto counties.

HEARTLAND WORKFORCE

Address: 199 U.S. Highway 27 North
Lake Placid, FL 33852
Phone: 863-465-4834
Hours: 10:00-2:00; Monday-Friday
Purpose: Primarily finding jobs to obtain a better sense of lifestyle.
Website: www.heartland-workforce.org

HIGHLANDS COUNTY BLOOD BANK

Address: 6550 U.S. Highway 27 North
Sebring, FL 33870-1229
Phone: 863-382-4499
Fax: 863-382-0562

HIGHLANDS COUNTY EXTENSION OFFICE The Power of 4-H

Address: 4509 George Boulevard
Sebring FL 33870
Phone: 863-402-6540
Purpose: Largest informational educational programs in the US. The Highlands County 4-H program has several community clubs. Members choose projects that fit them and the place where they live. Group activities and events provide additional opportunities and learning experiences.

HIGHLANDS COUNTY HEALTH DEPARTMENT

Address: 7205 South George Blvd.
Sebring, FL 33870
Phone: Sebring 863-386-6040
Avon Park 863-452-6411
Lake Placid 863-465-2252
Hardee County 863-773-4161
Purpose: Provides adult, pediatric, ob/gyn health clinics; health education; Healthy Start Program; Women, infant and children nutrition services.

HIGHLANDS SENIOR CENTER, INC.

Address: Sebring Hills Club House

3400 Sebring Parkway
P.O. Box 9016
Sebring, FL 33872

Phone: 863-386-0752
Time: Wednesday's; 9:00 – 3:00
Purpose: A place for seniors to gather for activities and socialization. Offers activities from dances, singing, card games, morning exercise and internet classes.

HIGHLANDS COUNTY TRIAD/S.A.L.T COUNCIL

Purpose: Reduce the criminal victimization of older citizens and enhance the delivery of law enforcement services to this population. S.A.L.T. Council plans activities and programs to involve and benefit both law enforcement and seniors.

HOME REPAIR

COUNTY/STATE HOUSING OFFICE

Address: 501 South Commerce Avenue
Sebring, FL 33871
Phone: 863-402-6648
Fax: 863-402-6910
Purpose: Provides information on County and State Housing purchase and repair programs (loans/grants).

HOSPICE: GOOD SHEPHERD HOSPICE

Address: 1110 Hammock Road
Sebring, FL 33872
Phone: 863-402-1066 Highlands County
863-519-8000 Polk County
863-773-0119 Wauchula
Purpose: Support for terminally ill patients having less than six months to live; bereavement for spouses and families. An adult grief support group meets in Sebring.
Website: www.goodshepherdhospice.org

HOSPICE: HOPE HOSPICE

The Palms of Sebring (Chapel on 2nd Floor)
Address: 725 South Pine Street,
Sebring, FL 33870
Time: 1st & 3rd Tuesdays
2:00 PM
Phone: 863-370-0312
Website: www.hopehospice.org

HOUSING: NON-PROFIT HOUSING

Address: P. O. Box 1987
Sebring, FL 33870
3909 Kenilworth Blvd.
Sebring, FL 33870
Phone 863-385-2519
Fax: 863-385-1643
Purpose: Provides technical assistance to agencies in the southeast region of the United States.

Website: www.fnph.org

HOUSING: SAFE HOUSE / HIGHLANDS COUNTY

Address: P. O. Box 1535
Sebring, FL 33871
Phone: 863-386-1168
863-386-1167- 24-hour crisis line
Purpose: Temporary housing for women/children displaced due to domestic violence.

HOUSING ASSISTANCE – S.H.I.P.

Address: 501 South Commerce Avenue
Sebring, FL 33870
Phone: 863-402-6648
Purpose: Home purchase assistance and counseling. County Housing Office.

HOUSING AUTHORITY

Address: 21 Tulane Drive
Avon Park, FL 33825
Phone: 863-452-4432
Fax: 863-452-5455
Purpose: Provides housing for low income individuals.

HUMAN SERVICES - MEDICATIONS

Address: 7205 South George Blvd.
Sebring, FL 33870
(next to Health Department)
Phone: 863-402-6626
Purpose: Will supply one-month medicines to needy.

HUMAN SERVICES - COMMODITIES

Address: 7205 South George Blvd.
Sebring, FL 33875
Phone: 863-402-6844;
Info Line: 863-402-6626
Purpose: Monthly issue of non-perishable items. Must qualify financially.

INTERACT ALLIANCE

Address: 621 South Florida Avenue
Lakeland, FL 33825
Phone: 863-802-0777
Toll Free: 877-854-8484
Fax: 863-802-0065
Purpose: Medication, alcohol and mental health resources. Outreach and awareness programs.

LINK-UP FLORIDA & LIFELINE ASSISTANCE PROGRAMS

Address: Florida Public service Commission
Div. of Regulatory Compliance &
Consumer Assistance
2540 Shumard Oak Blvd
Tallahassee, Florida 32399-0850

Phone: 1-800-342-3552
Fax: 1-800-511-0809
Email: contact@psc.state.fl.us
Website: <http://www.floridaapsc.com>
Purpose: Top assist in helping to make telephone services available for low-income customers in Florida. Link-Up Florida gives a 50% rebate on hook up charges up to \$30.00 Lifeline Assistance gives a \$13.50 credit per month on local phone service. Income qualifications apply.

LITTLE ANGELS ADOPTION AGENCY

Shannon Barr
Address: 211 Circle South, Suite #4
Sebring, FL 33870
Phone: 863-382-0352
Fax: 863-385-4030

LYDIA'S HOUSE

Address: P.O. Box 2566
601 North Florida Avenue
Wauchula, Florida 33873
Phone: 863-773-2031
Purpose: A Christian home/program designed assist and train women who need help in transitioning back into society. They may be coming out of prison, women from the streets, rehab centers, battered and/or abused or unwed expectant mothers

MANNA MINISTRIES

Address: 416 Kent Avenue,
Lake Placid, FL 33852
Phone: 863-699-0093
Purpose: Local charitable organization supplying needy with clothing and food.

MARTHA'S HOUSE INC.

Address: P.O. Box 727
Okeechobee, FL 34973
Phone: 863-763-2893
Fax: 863-763-6712
Hotline: 863-763-0202
Email: slocke505@hotmail.com
Website: www.marthas-house.net
Purpose: Provides services to victims of domestic abuse and violence. Services include Crisis hotline, Emergency Safe shelter, Counseling, Self-sufficiency assistance, etc.

MEALS ON WHEELS

Address: 3011 Kenilworth Blvd.,
Sebring, FL 33870
Phone: 863-402-1818
Purpose: Home delivered meals at low cost to homebound, frail elderly and any other persons requiring assistance in meeting their nutritional needs on a short or long-term basis.

MEALS ON WHEELS OF LAKE PLACID

Address: P.O. Box 1304
Lake Placid, FL 33852

Phone: 863-465-4287

Purpose: Home delivered meals at low cost to homebound, frail elderly and any other persons requiring assistance in meeting their nutritional needs.

MEMORY DISORDER CLINIC

Address: 1700 S Tamiami Trail
Sarasota, FL 34239

Phone: 941-917-7197

Purpose: Provides diagnostic testing, counseling and education to those with memory disorders and their families. Sponsored by the Sarasota Memorial Hospital and the Florida Dept of Elder Affairs.

Website: www.Sarasotageriatrics.com

MID-FLORIDA CENTER FOR MENTAL HEALTH & SUBSTANCE ABUSE SERVICES, INC.

Address: 100 Ernest E. Sims Street
Avon Park, FL 33825

Phone: Avon Park: 863-452-6818
Bartow: 863-533-2321

Purpose: Research-based adolescent substance abuse and mental health treatment available to youth and their families in Hardee, Highlands and Polk Counties.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (NFCSP)

Phone: Elder Helpline – 888-878-8477

Purpose: provides support services for family caregivers and grandparents or older individuals that are caregivers of relatives. Designed to relieve the emotional, physical and financial hardships by providing resources to assist the caregiver. Serves eligible persons in Highlands, Hardee, Polk Hillsborough and Manatee counties. Eligibility determined by greatest social and economic need.

NEW TESTAMENT MISSION

Address: 604 Lemon Avenue
Sebring, FL 33870-6915

Phone: 863- 385-0035

Purpose: Provides meals to shelter residents/ general public at set times. May give limited food supply (cans) to needy persons.

NU-HOPE ELDER CARE SERVICES

Address: 6414 US Highway 27 South
Sebring, FL 33870

Phone: 863-382-2134

Fax: 863-382-4546

Phone: 800-962-2873

Address: 310 North Eighth Avenue
Wauchula, FL 33873

Phone: 863-773-2022

Purpose: Provide services through state, federal and local grants. Some of the services for residents of Highlands and Hardee county are: Ambulatory/wheel chair transportation within county only for age 60 and over (Case manager determines eligibility after home visit.), Basic Subsidy, Chore, Companionship, Congregate Meals, Consumable Medical Supplies, Emergency Alert Response, Family Support Program, Home Delivered Meals, Homemaker, Home Repair, Transportation, Nutrition Education, Outreach, Personal Care, Relief Program, Respite, Senior Companion, Operates Thrift Stores in Sebring, Lake Placid and Avon Park.

Website: www.nuhope.org

ORANGE BLOSSOM PREGNANCY CARE CENTER, INC.

Address: 1200 W. Avon Blvd.
Avon Park, FL 33825

or

Address: 421 South 10th Street
Wauchula FL 33873

Mailing Address: P.O. Box 166
Avon Park, FL 33826-0166

Phone: 863-453-0307 Highlands
863-767-0307 Hardee

Fax: 863-453-0308

Toll Free: 1-866-436-2722

Hours: Phone answers 24/7

PARISH NURSING

Address: Florida Hospital Heartland Division
4635 Sun 'n Lake Blvd.
Sebring, FL 33872

Phone: 863-386-6420

Purpose: Church based volunteer nursing group, part of Florida Hospital Heartland Division. Opportunities are available for nurses and lay health persons. Classes offered on monthly basis for training and support for your ministry work.

PARISH NURSING RESOURCE CENTER

Address: 2375 Lake Lillian Drive
Avon Park, FL 33825

Mailing Address: 1410 West Avon Blvd.
Avon Park FL 33825

Phone: 863-453-0700

Hours: Thursdays, 9:00 am – 12:00 Noon.

Please call for appointment.

Purpose: Program aims to help Highlands County residents who are uninsured or underinsured, and

who have difficulty accessing needed healthcare services.

PEACE RIVER CRISIS LINE

Address: 1255 Golfview Avenue
Bartow, FL 33830
Phone: 863-519-3744
Toll free Crisis Line: 800-627-5906
Administration Office: 863-519-3747
Purpose: Mental Health Organization; Rape Recovery & Resource Center, Group Homes and Day Care Center; Outpatient and Inpatient Mental Health.

RAPE CRISIS

Address: 1860 South Crystal Lake Drive
Lakeland, FL 33801
Phone 863-413-2708 (Office);
863-413-2707 - 24 Hour Hotline;
1-877-688-5077 Toll Free
863- 386-1169 Highlands County
863-773-4444 Hardee County
Hours: 24 Hour Crisis Hotline
Purpose: Sexual assault survivors and their significant others. Connected with the Peace River Center.
Website: www.peace-river.com

REDLANDS CHRISTIAN MIGRANT ASSOCIATION (RMCA)

HIGHLANDS COUNTY OFFICE
Address: 121 South Highlands Avenue
Sebring, FL 33870
Phone: 863-386-6131
Fax: 863-386-6134
E-mail: sebringao@rcma.org
Purpose: Providing child care and education to migrant and rural poor families in Florida

HARDEE COUNTY OFFICE
Address: 614 North Florida Avenue
Wauchula, FL 33873
Phone: 863-767-9100
Fax: 863-767-9104
E-Mail: hardeeo@rcma.org

REMICADE INFUSION CENTER

Location: Florida Hospital Cancer Institute
Address: 4420 Sun 'n Lake Blvd.
Sebring, FL 33872
Phone: 863-385-1244 Ext. 0
Purpose: Remicade infusions given every Friday by appointment.

RIDGE AREA ASSOCIATION FOR RETARDED CITIZENS (Arc)

Address: 120 West College Drive

Avon Park, FL 33825
Phone: 863-452-1295 Avon Park;
1-800-955-8770 TDD

Purpose: Serves adults with mental and physical disabilities and offers respite care for children to include Adult Day Training, Basic Education, Companion Services, Non-Residential Support Services, Residential Services, Respite Care, Supported Employment Services, Supported Living Coaching and Transportation.
Email: rbeckman@ridgearearc.org

RSVP (Retired and Senior Volunteer Program)

Address: 600 West College Drive
Avon Park, FL 33825
(Located at SFCC)
Phone: 863-784-7189
Purpose: Volunteer program for adults 55 and older. Provides free volunteer placement at nonprofit agencies of volunteer's choice. Must be ambulatory and able to ride in regular vehicle without assistance.

SALVATION ARMY

Address: 3135 Kenilworth Blvd
Sebring, FL 33870
Mailing Address: P.O. Box 1843
Sebring FL 33871
Phone: 863-385-7548
Fax: 863-382-1443
Purpose: Provides shelter, clothing and food to those in need.

SAMARITAN'S TOUCH CARE CENTER

Address: 3015 Herring Avenue
Sebring FL 33870
Phone: 863-471-1870
Fax: 863-382-3324
Purpose: A Christ centered free primary care center to service the medically uninsured, regardless of immigration status (family income cannot exceed 150% of Federal Poverty Guidelines). Those without resources can receive free medical exams and testing, free medications, health education and emotional and spiritual health. A medical "home" where those without resources can receive medical care and spiritual support

SEBRING SAFE HOUSE

Address: P. O. Box 1535,
Sebring, FL 33871
Phone: 863-386-1168;
24 hour crisis line 386-1167
Fax: 863-386-6179

SEBRING OUTPATIENT CLINIC

Address: 5606 U. S. Highway 27 North
Sebring, FL 33870

Phone: 863-385-2662 Fax: 863-385-7324
purpose: Outpatient services for abused
adults/adolescents.
Website: www.tchsonline.com

SHARE FLORIDA FOOD NETWORK

Address: Various churches act as pick up and
registration point.
Phone: 1-800-536-3379; Tampa 813-248-3379
Purpose: Monthly package of fresh, frozen food.
Requires volunteer hours and payment by
participant (approximately \$15.00). Participants
receive food valued 2-3 times contribution. It is an
opportunity for all people to share their gifts with the
community and get something in return.
Website: www.shareflorida.org

SHINE

Phone: 863-382-2134 Highlands County;
OR Highlands/Hardee 1-800-336-2226 x515
Direct SHINE Helpline: 1-800-963-5337
Purpose: Service health insurance needs of elders.
State volunteer program for insurance/Medicare
related questions and problems with billing,
providers, or in obtaining supplemental and/or long
term care insurance or prescription assistance. Nu-
Hope receptionist takes name/phone number and
volunteer will call person back. Does not provide
direct financial assistance but can inform people of
Medicaid/Medicare rights and programs which may
provide relief and help remove inappropriate
charges.

SHRINE CLUB – HIGHLANDS

Address: P.O. Box 229
Sebring, FL 33871-0229
Phone: 863-382-2208

SOCIAL SECURITY ADMINISTRATION

Address: 3700 Commercial Drive
Sebring, FL 33870
Phone: 863-385-1222
Toll Free: 1-800-325-0778
Purpose: Provides information for the government-
funding program.
Website: www.ssa.gov

SOCIAL SOLUTIONS, INC.

Address: 2713 Alt. Highway 27
Sebring, FL 33870
Phone: 1-888-276-3322
Fax: 863-402-1456
WAUCHULA:
Address: 112 W. Carlton
Wauchula, FL 33872
Phone: 1-888-276-3322 Fax: 863-773-0311

Purpose: Variety of programs such as: anger
management; BIP; Parenting; Female Domestic
Violence; Youth Anger; Substance Abuse
Mental Health Evaluations; Drug testing.

STARKEY PROGRAM

Lampe & Kieffer Hearing Aid Center
Address: 130 South Commerce,
Sebring, FL 33870
Phone: 863-385-3497
Purpose: Program to provide hearing aids to low
income persons. Must qualify financially. Local
workers will help client with application if
appropriate and provide all necessary tests fittings.

ST VINCENT dePAUL SOCIETY

Address: 200 Circle North,
Sebring, FL 33870
Phone: 863-402-0900; 402-9018 Help line
Purpose: Second hand clothing and items.
Services for those in need.

THE POTTER'S HOUSE GIRLS HOME

Address: 140 Dunty Road,
Lake Placid, FL 33852
Phone: 863-699-1685
Fax: 863-699-2601
Website: www.thepottershousegirlshome.org
Email: alpha1@strato.net
Purpose: Sanctuary for girls who need acceptance,
love, structure and consistency in a Christian
environment.

TPPA (HIGHLANDS COUNTY TEEN PREGNANCY PREVENTION ALLIANCE)

Address: Highlands County Health Dept.
7205 South George Blvd.
Sebring FL 33872
Phone: 863-386-6040 x 277
Purpose: To reduce the teen pregnancy rate in
Highland's County.

TRANSPORTATION: CLASSIC TRANSPORTATION

Address: 503 South Lake Avenue
Avon Park, FL 33825
Phone: 863-453-3600; 863-452-1500
Purpose: Transportation service for Hardee,
Highland, Okeechobee and some areas of Polk
County.

TRANSPORTATION: COMMUNITY TRANSPORTATION

Address: 1103 U. S. 27 South,
Sebring, FL 33870
Phone: Sebring 382-0139/382-0157
Avon Park 863-452-0139
Lake Placid 863-699-0995

Hardee 863-773-0015
Okeechobee: 863-357-9900
Intelitran Medical 800-260-0139

Fax: 863-385-8469
Purpose: Provides transportation service for Hardee, Highlands and Polk Counties.

TRANSPORTATION: POSITIVE MOBILITY

Address: P.O. Box 7883
Sebring, FL 33872
Phone: 863-655-0030
Fax: 863-386-5553
Purpose: Provides Medical and Non-Medical Transport.
Website: www.positivemobility@earthlink.net

TRANSPORTATION: SUN TRANSPORT

Address: 2708 Wallace Drive
Sebring, FL 33872
Phone: 863-414-4605
Purpose: Provides transportation for individuals with wheel chairs or need stretcher transport.

TRI-COUNTY HUMAN SERVICES

Address: 100 West College Drive, Bldg E
Avon Park, FL 33825
Phone 863-452-0106
Purpose: Outpatient drug and alcohol abuse programs for adult and adolescents. Shelter and counseling for abused and battered women and children.
Website: www.tchsonline.com

**TRI-COUNTY HUMAN SERVICES,
ALPHA, PROJECT SUCCESS & LIFESKILLS
PROGRAMS**

Address: 100 West College Drive, Bldg. E
Avon Park, FL 33825
Phone: 863-452-3858
Purpose: In-school intervention/prevention services for elementary and middle school students who show early signs of future problems. This may include academic underachievement or inadequate social skills. The program works with the child and the parents to improve behavior, family and peer relationships, self-esteem and academic functioning.

UNITED WAY

Address: P. O. Box 3860,
Sebring, FL 33872
Phone: 863-453-3401
Fax: 863-453-3405
Informational & Referral 1-800-881-8929
Purpose: Provides a wide range of programs to the community, a community resource locator.

VETERANS SERVICES

Address: 7205 South George Blvd.
Sebring, FL 33870
Phone: 863- 402-6623
FAX: 863-402-6796
Veteran's Administration: 1-800-827-1000
Community Veteran's Outpatient Clinic:
863-471-6627
Hours: 7:00 – 6:00 Monday through Friday
Purpose: Providing veterans with help for special needs.

**VICTIM ADVOCATE/CHILDREN'S ADVOCACY
CENTER**

Address: 1968 Sebring Parkway
Sebring, FL 33870
Phone: 863-402-6845
Fax: 863-402-6869
Hours: 8:00 – 5:00; Monday-Friday

VISIONS A.D.T. INC.

Address: P. O. Box 7961,
Sebring, FL 33870
Phone: 863-402-0048
Fax: 863-402-0049
Purpose: Training developmentally delayed adults to achieve independence. Other services available are Adult Day Training, Companion Services, Chore Services, Homemaker Services, Personal Cares Assistance, In-Home Support, Non-Residential Support Services, Transportation.
Email: b_cookvisions_adt@earthlink.net

VOCATIONAL REHABILITATION

Address: 3107 Medical Way
Sebring, FL 33870
Phone: 863-386-6077 Sebring;
863-773-2802 Wauchula;
863-993-4655 Arcadia
Fax: 863-386-6079
Purpose: Helping people with placement back into a job setting.

WAUCHULA OUTPATIENT CLINIC

TRI COUNTY HUMAN SERVICES
Address: 202 South Ninth Avenue
Wauchula, FL 33873
Phone: 863-773-2226
Hours: 8 – 5:00 Monday through Friday
Purpose: Substance abuse outpatient treatment.
Website: www.tchsonline.com

WE CARE HOTLINE

Address: P. O. Box 1535,
Sebring, FL 33871
Phone: 800-486-2358
Hours: 24 hours
Purpose: Counsels teen problems. Referrals.

WEST CENTRAL FLORIDA AGENCY ON AGING

Address: 5905 Breckenridge Parkway, Suite F
Tampa, FL 33610

Phone: 800-963-5337; 813-740-3888

Fax: 813-623-1342

Purpose: to identify and coordinate services with seniors and their loved ones to meet their needs. Provides homemakers and chore services, emergency alert response, home delivered meals, adult day care; legal assistance, transportation, case management, caregiver respite and personal care.

YMCA

Purpose: Christian principles into practice through programs that build healthy spirit, mind and body for all.

Address: 100 YMCA Lane
Sebring, FL 33875

Phone: 863-382-9622

Fax: 863-382-7900

Hours: 5:00 am – 9:00 pm Monday-Thursday

5:00 am – 8:00 pm Friday

8:00 am – 4:00 pm Saturday

YOUTH & FAMILY ALTERNATIVES

Address: 2523 U. S. Highway 27 South, Suite 203
Avon Park, FL 33825

Phone: 863-452-6900

Fax: 863-452-6761

Main Office - 727-835-4166 (New Port Richey)

Lakeland Phone: 863-499-2430

YOUTH SHELTER

Address: 5400 Bethlehem Road
Mulberry, FL 33860

Phone: 863-701-1177 Cornerstone

SUPPORT GROUPS

ADULT CHILDREN OF ALCOHOLICS & DYSFUNCTIONAL FAMILIES

Address: 140 North Forest Road
Avon Park, FL 33825
Phone: 453-5664, 453-6834 Message Hotline
Hours: 7:30 p.m. each Tuesday at the Episcopal Church of the Redeemer, Avon Park
Purpose: To refer clients to AA; help with personal problems; offer limited counseling service

ALCOHOLICS ANONYMOUS

Phone: Hotline 382-2694

AL-ANON

24 Hour Answering Service
Address: Heartland Intergroup Central Office
1035 South Florida Avenue, Ste 180
Lakeland, FL 33803
Phone: 941-688-0211; 800-821-5155
863-382-2694 – Highlands County
863-668-7706 Winter Haven
863-668-7006 Lakeland
1-800-344-2666 Nationwide

ALS ASSOCIATION FLORIDA CHAPTER

Address: 3242 Parkside Center Circle
Tampa, FL 33619
Phone: 1-888-257-1717 x 130
Purpose: Persons with Lou Gehrig's disease
And their family and friends.
Email: cbright@alsafll.org

ALZHEIMER'S DISEASE

Address: 134 No Ridgewood Dr., Ste. 17
Sebring, FL 33870
Purpose: Support group open to the public
and free of charge.
Phone: 314-9193 (Jean)

Alzheimer's Caregivers
Address: First Presbyterian Church
118 North Oak Avenue
Lake Placid, FL 33852

Phone: 863-465-2742
Contact Linda DeYoung
Hours: 2:00 p.m. 2nd Wednesday each
month

Address: Hardee Manor Care
Orange Ave.
Wauchula. FL 33873
Phone: 863-385-3444
Hours: Third Wednesday of the month at
2:00 P.M.

Address: Oaks of Avon
1010 US Highway 27 North
Avon Park, FL 33825
Phone: 863-385-3444
Hours: 2:00 p.m.

Address: Crown Pointe
5505 Sun 'n Lake Blvd.
Sebring, FL 33872
Phone: 452-1038
Hours: Monday 1-2pm

AMPUTEE GROUP, HEARTLAND

Address: PO Box 7082
112 Medical Center Avenue
Sebring, FL 33870
Hours: Meets 2nd Thursdays at 12:00 noon Oct.
thru April
Phone: 863-385-1196 or 863-655-6233
Email: halloinc@embarqmail.com

APHASIA SUPPORT GROUP

Address: Winter Haven Hospital
Swann 7 Mid-Florida Rehab Dining Room
Phone: 863-293-2212, ext.2726

AQUACISE PROGRAMS

Address: Jacaranda Hotel,
Avon Park, FL 33825
Phone: 800-741-4008 (Arthritis Foundation)
Therapy Center of Sebring.
Purpose: Warm water exercises for those having
pain and stiffness due to fibromyalgia,
osteoarthritis, rheumatoid arthritis or any rheumatic
disease.

ASPERGERS / HIGH FUNCTIONING AUTISM

Phone: 863-385-4744
Contact: Phyllis Reff
Purpose: Support group for parents, grandparents
and guardians of school children with high
functioning autism.
Email: pere158@earthlink.net

AUTISM SPECTRUM DISORDER SUPPORT GROUP

Hours: first Monday of each month in CR 2 and 3
at Florida Hospital, Sun 'n Lake Blvd., Sebring, 6-8
PM

BALANCE: LIVES IN TRANSITION FAMILY SUPPORT GROUP

Address: 4023 Sun 'n Lake Blvd.
Sebring, FL 33872
Phone: 863-386-5687
Fax: 863-382-1279

Email: balanceheartland@yahoo.com
Purpose: Family support group for better understanding of mental health issues.
Hours: Meetings: 2nd Wed at 10:30 am-12 Noon
7-8:30 pm on 4th Monday
Email: balanceheartland@yahoo.com

BEHAVIORAL HEALTH DIVISION

Phone: 863-297-1702
Purpose: Support group for those with mentally ill relatives.

BETTER BREATHERS

Address: 4200 Sun 'n Lake Blvd.
Sebring, FL 33872
Phone: 863-402-3450 for more information
Hours: Fourth Friday at 12:00 noon, Conference Room 3
Purpose: Support group designed for anyone with breathing problems such as chronic bronchitis, emphysema or asthma.

Address: Highlands Regional Medical Center
U. S. Highway 27 South
Sebring, FL 33870
Hours: Second Wednesday 10:30-11:30 am
Executive Boardroom

BLIND, SUPPORT GROUP

Address: Abiding Savior Lutheran Church
1910 Havendale Blvd.
Winter Haven, FL 33881
Phone: 863-294-2829
Hours: 10 – 12:00 2nd and 4th Monday

BLIND – LOW VISION INFORMATION GROUP

Address: Sebring Village Clubhouse
H.A.L.L.O.
P. O Box 7082
Sebring, FL 33872
Phone: 863-471-0052; 863-385-1196
Hours: 1:00 noon, third Thursday (October through March).
Purpose: To exchange information and product knowledge through demonstration to all people experiencing problems with low vision.
Email: halloinc@embarqmail.com

BRAIN INJURY

NEW BEGINNINGS

Address: Office of H.A.L.L.O.
112 Medical Center Avenue
Sebring, FL 33870
Phone: 863-385-1196
Mailing Address: P.O. Box 7082
Sebring, FL 33872

Time: 1st Thursday of each month; 6:00 pm from October thru May.
Purpose: Create a positive, supportive setting & experience in which the traumatic brain injured person can address psychosocial and adjustment issues related to injury.

BREASTFEEDING

LaLECHE LEAGUE

Address: Florida Hospital Heartland
4200 Sun 'n Lake Blvd.
Sebring, FL 33872
Phone: 863-655-6617 or 863-638-3954
Time: 3rd Monday of each month, 7:00 pm

CANCER

General:

American Cancer Society National Office
Address: 1599 Clifton Road NE
Atlanta, GA 30329
Phone: 404-320-3333

Cancer Information Center
Phone: 800-422-6237; 877-679-9045
Purpose: Provides information on all aspects of cancer support, clinical trials for clients.

Highlands County Cancer Society
Phone: 1-800-365-2858, ext. 30
Purpose: Series of eight classes, "I Can Cope" for up to 10 cancer patients and/or families.

Breast:

Breast Cancer Support Group
Address: 1st Baptist Church
200 West Center Avenue
Sebring, FL 33870
Hours: Every Monday except holidays,
6:30 – 7:30 pm
Contact: Dolores Champion 386-2942

Breast Cancer Support Group
Address: Highlands Regional Medical Center

U. S. Highway 27 South
Sebring, FL 33870
Phone: 863-471-5815
Contact:
Hours: 3rd Friday of each month; 2:00 pm
Purpose: To offer support and knowledge to newly diagnosed breast cancer patients, as well as to survivors for the continuation of good health.

Reach for Recovery

Address: Highlands Regional Hospital
US Highway 27,
Sebring, FL 33870
Phone: 863-382-2828; 863-385-6858;
863-382-1674
Hours: Meets third Monday of the month at
7:00 p.m.
Contact: Jo Ann Walter

Wauchula, FL 33873
Phone: 863-382-8188 Arla
863-773-0791 Marie Wiseman

Palms
Address: 725 Pine Street,
Sebring, FL 33875
Phone: 863-385-4555

Prostate:

Man-to-Man Program
Address: Fairway Pines
5959 Sun 'n Lakes Blvd.
Sebring, FL 33872
Phone: 941-365-2858 x 37
Hours: Meets 3rd Monday of each
month, 9:30 – 10:30 a.m.
Purpose: Provides information with guest
speakers, regarding diagnosis, treatment,
exercise, nutrition, recurrence, incontinence
and sexual problems.

Address: Primerica
4208 Sebring Parkway
Sebring, FL 33870
Phone: 863-800-0039
Hours: 2nd Friday of the month from 1-2pm
Email: Dr.Hennenfent@gmail.com

C.A.R.E. (Christ Centered Addiction Recovery)
Address: Little Lambs, Inc.
710 South Eucalyptus Street
Sebring, FL 33870
Phone: 863-214-9683
Hours: Tuesday's at 7:30 p.m.
Purpose: 12-Steps recovery for anyone with drug
and alcohol problems

Nar-Anon Family Groups
Address: First Baptist Church of Lake Josephine
111 Lake Josephine Drive
Sebring, FL 33870
Phone: 863-202-2349
Hours: Tuesday's 6:00 pm
Purpose: Support group for family members or
friends of someone with a drug problem or
addiction, whether or not he/she has stopped using.

CARDIC REHABILITATION SUPPORT GROUP

Address: 4635 Sun 'n Lake Boulevard
Sebring FL 33872
Phone: 863-386-7180
FAX: 863-386-7198
Contact: Patricia Scherer, CRT, CPET, Manager

CAREGIVERS SUPPORT

Florida First Assembly
Address: 1397 South Florida Avenue

Fairway Pines Assisted Living Facility
Address: 5959 Sun 'n Lake Blvd.
Sebring, FL 33872
Phone: 863-227-0629 Virginia Winn
863-385-5454 Michelle Dannels
Hours: 1st & 3rd Wednesday of each month
10:00 – 11:00
Purpose: This group is free and open to all
caregivers dealing with any caregiving
issues.

Hope Hospice
"Caring for Others, Caring for Self" group
Address: Royal Care of Avon Park
1213 Stafford Road
Avon Park, FL 33825
Phone: 453-6674
Hours: Tuesday

Rosewood Assisted Living
Address: 517 US Highway 27 North
Lake Placid, FL 33852
Phone: 863-465-3411
Hours: 2nd & 4th Tuesday
7:30 – 8:30 pm
Purpose: Caregiver support group.

DIABETES

Diabetes Support Group
Address: Florida Hospital Heartland
4200 Sun 'n Lake Blvd.
Sebring, FL 33872
Phone: 863-402-1077 for meeting
dates
Hours: 2nd and 4th Mondays 1:00-2:30
pm Conference Room 3

Diabetes Education
Address: Boys & Girls Club of Sebring
7205 South George Blvd.
Sebring FL 33870
Phone: 863-382-7305
Hours: Monday, 7:00 PM

Diabetes Education
Address: Highlands County Health Dept.
816 South Delaney Avenue
Avon Park, FL 33825
Phone: 863-382-7305

Hours: Tuesday, 10:00 AM

Insulin Pump Support Group
Florida Hospital Heartland

Location: Conference Room 3
Florida Hospital Heartland
Sebring, FL 33872

Phone: 863-402-1077, call for meeting date

Hours: 2nd Monday 3:00 – 4:30 p.m.

Diabetes Support Group

Location: Hardee County Health Dept.
115 K.D. Revell Road
Wauchula, FL 33873

Phone: 863-773-4161 x 157 or 217

Hours: English Speaking:
Every Wednesday for four consecutive weeks; 9:30 – 11:30 am

Spanish Speaking: Every Wednesday for four consecutive weeks; 1:00 – 3:30 pm.
To participate in class, a referral form from the participant's primary care physician is needed. Call for next class.

Insulin Pump Support Group

Address: YMCA
100 YMCA Lane
Sebring, FL 33872

Phone: Kathy 385-8349

Diabetes Self Management Education

Address: Highlands County Health Dept.
7205 South George Blvd.
Sebring, FL 33870

Phone: 863-382-7228

Diabetes Support Group

Address: Groves at Victoria Park
2010 Village Grove Blvd.
Sebring, FL 33870

Phone: 385-8349

Purpose: To help people with diabetes, their families or people who want to know more optimizing diabetes control

Hours: Second Tuesday of each month 3-4:30 p.m.

DIVORCE

PARENTS / MINOR CHILDREN AND DIVORCE

Address: Florida Hospital Heartland
4200 Sun 'n Lake Blvd,
Sebring, FL 33872

Phone: 863-453-6661, ext. 7388 or 7392

Hours: Four hour course

Contact: Lauren or Doug

EPILEPSY SUPPORT GROUPS:

Address: Winter Haven Hospital

Winter Haven, FL

Phone: 863-686-5880

Hours: First Tuesday of the month at 2:00 p.m. in Classroom B

GRIEF

Address: Florida Hospital Heartland

Phone: 863-402-3370

Date/Time: TBA

Contact: Florida Hospital Chaplains

Good Shepherd Hospice

Address: Good Shepherd Sun Room

Good Shepherd Hospice

Hammock Road

Sebring, FL 33872

Phone: 863-402-1066, call for date/time

Purpose: To provide emotional support and education on the grief process. Open to people in the community who grieve for a loved one.

Crown Point ALF, Sebring, FL 33872

Phone: 386-1060

Hours: Tuesdays 2:00 – 3:30

Purpose: Six-part support group session

Union Congregation Church

Address: Forest Avenue

Avon Park, FL 33825

Phone: 863-453-3345

Hours: 2nd and 4th Thursday each month

Purpose: Divorce, Loss of Child, dealing with life on life's terms.

Changing Seasons Grief Support For Men Only

Address: Sebring Christian Church

4514 Hammock Road

Sebring, FL 33872

Phone: 314-9193 Jean Mass

Hours: Thursdays, 1-2 pm

GROWW

Grief Recovery Online Widows & Widowers

Email: www.groww.org

Purpose: Support community for all bereaved.

GRANDPARENTS RAISING GRANDCHILDREN

Address: 2101 Orange Blossom Avenue
Sebring, FL 33870

Phone: 382-3511

Purpose: Support for grandparents

Contact: Diane Thibodeau

HEALTH SEMINARS

Address: Sebring SDA Church
2106 SR 17 North
Sebring, FL 33870

Phone: Dr. Seralde @ 863-207-2713

Hours: Friday – 10-11 am

Purpose: Seminars for disease prevention, cancer and other health issues

INSULIN PUMP SUPPORT GROUP

Address: Florida Hospital Heartland
4200 Sun 'n Lake Blvd.
Sebring FL 33872

Phone: 863-402-0177

Hours: 3:30-5:00 p.m.

Time: 2nd Monday of every month
Medical Center Conference Room 3

Address: Highlands County Insulin Pump Support Group
Group

6414 U.S. Highway 27 South
Sebring, FL 33870

Hours: Second Tuesday at 3-4:30

Purpose: For all patients with insulin pumps or those who want to know more about them.

LARYNGECTOMEE CLUB

Ridge Area Nu/Voice

Address: Wood Have Estates Clubhouse
2122 Jacaranda Way,
Sebring, FL 33870

Phone: 453-5921

Hours: Meets the third Sunday of the month (November through April) at 2:00 p.m.

Contact: Sylvia

LUPUS SUPPORT GROUP

Address: Lake Placid Florida Hospital
1210 U. S. Highway 27 North
Lake Placid, FL 33852

Phone: 863-699-1952

Purpose: Support for lupus disease

MOMS CLUB

Address: First United Methodist Church
126 South Pine Street,
Sebring, FL 33872

Phone: 863-699-0882 or 471-2725

Hours: 10:30 a.m. 1st Friday of each month

Address: 5310 Oak Road
Sebring, FL 33875

Phone: 863-385-9489; 863-465-4800;
863-314-0290

Hours: 10: a.m.

Contact: President Doreen Diefendorf

Purpose: A nonprofit national organization for at-home moms. Children are welcome.

Website: www.geocities.com/momsclubpage
Email: juluvtom@aol.com

MULTIPLE SCLEROSIS

Address: Highland Regional Medical Center
U. S. Highway 27 South
Sebring, FL 33870

Phone: 863-465-3138 (Janet)

Hours: 7:00 p.m. second Tuesday of each month September to April

NATIONAL ALLIANCE FOR THE MENTALLY ILL At PEACE RIVER CENTER

Address: 1124 North Lake Parker Avenue
Lakeland, FL

Phone: 863-413-2566

Hours: Third Tuesday at 6:30 and 7:30 P.M.

Purpose: Support Group for those with mentally ill relatives.

NARCOTICS ANONYMOUS

Phone: 24-hr hotline: 1-800-850-7347;
914-616-0460

NEUROPATHY GROUP

Address: Florida Hospital

Phone: 863-465-1863 Lt. Col. Eugene Richardson

Hours: 6:30 – 8:00 p.m., Conference Room 1
Starts April 10, 2008

Purpose: Lecture, discussion and question session on the challenges of and diagnosis of all peripheral neuropathies.

ORGAN DONOR SUPPORT GROUP

Phone: 863-324-3186

OSTOMY

CENTRAL FLORIDA'S OSTOMY SUPPORT GROUP OF HIGHLANDS COUNTY

Phone: 863-386-0287

Hours: First Thursday of the month at Homers Restaurant (Must buy lunch to get in) from Sept.-May

Purpose: To provide help and support with speakers and exchange of members practical experiences. Supplies and new innovations are displayed and discussed.

Contact: Carol Orthe, President

HIGHLANDS REGIONAL MEDICAL CENTER OSTOMY SUPPORT GROUP

Address: U. S. Highway 27 South
Sebring, FL 33870

Phone: 863-471-5815

Hours: 2:00-3:00 P.M. Wednesday on a quarterly basis in the 1st Floor Boardroom

PARKINSONS DISEASE

Address: Fellowship Hall of the
First Baptist Church
340 North Pine Street
Sebring FL 33870

Phone: Marva 863-453-6589 or Donna 453-6419

Hours: 2nd Monday of every month, 10:00 am

Contact: Marva Turner

Purpose: For all people with Parkinson's disease and families.

PULMONARY SUPPORT GROUP

Address: Florida Hospital Cardiac Rehabilitation
Department,
Sun 'n Lake Blvd.
Sebring, FL 33872

Phone: 863-386-7180 call for info

Purpose: Provides support, education and monthly guest speakers for those who have suffered from pulmonary illness and their families.

RECOVERY SUPPORT GROUP

Address: Union Congregational Church
125 North Butler Avenue
Avon Park, FL 33825

Phone: 381-4123

Hours: Every Wednesday at 1:00 pm

Purpose: Open to all adults, regardless of diagnosis of mental illness.

SCLERODERMA FOUNDATION

Address: Temple Terrace United Methodist Church
5030 East Busch Blvd., Room 33
Temple Terrace, FL

Phone: 813-988-4141; 813-681-9944

Hours: Meets Wednesdays @ 7:00 p.m.

Contact: Ginger Walseth

Email: jbradgun@aol.com

SCLERODERMA SUPPORT GROUP

Address: Avon Park Library

Hours: Second Saturday of the month
At 9:30-10:30

SUICIDE GRIEF SUPPORT GROUP

Offered by Daybreak Counseling Center and Good Shepherd Hospice

Address: Sun 'n Lake Blvd,
Sebring FL 33872

Phone: 863-402-1066 (Kathy Wilde) or
836-314-4357 (Charleen Stroup)

Registration required.

Purpose: To share your feelings with others and learn ways to work through your grief.

Email: www.goodshepherdhospice.org

THYROID DISORDER GROUP OF FLORIDA

Address: Winter Haven Hospital, Classroom A

Phone: Okeechobee 863-357-7238

Hours: 7:00 –9:00 P.M. 2nd Tuesday between
September & November

VISION

Address: Oaks Village Clubhouse
751 West Carey Lane
Avon Park, FL 33825

Phone: 863-452-2434

Hours: Call for time and day

Contact: Betty Jo or Ed Dowdy

Address: H.A.L.L.O

Phone: 863-385-6415 (Diane)

Hours: Meets the second Thursday of the
month at 12:00 noon, October through
March

Purpose: For individuals with vision
problems

WEIGHT LOSS SUPPORT**OVEREATERS ANONYMOUS**

<http://www.oa.org/meetings/find-a-meeting.php>

Address: Florida Hospital Heartland
4200 Sun 'n Lake Blvd.
Sebring, FL 33872

Phone: 863-465-4972

Hours: 4 – 5 PM, Sundays in Conference
Room 3

Website: www.oa.org

OVEREATERS ANONYMOUS

Address: Avon Park Seventh-Day
Adventist Church

1410 West. Avon Boulevard
Avon Park, FL 33825

Phone: 863-465-4972

Hours: Tuesdays, 9-10 AM

Address: St. John's United Methodist
Church

3214 Grand Prix Drive
Sebring, FL 33870

Phone: 382-2285 (Felice)

OVEREATERS ANONYMOUS

Address: Wauchula Seventh-Day
Adventist Church

205 South 11th Avenue
Wauchula, FL 33873

Phone: 863-773-5714, or 414-3171

Hours: Thursday, 4:30 – 5:30 PM

FOOD ADDICTS ANONYMOUS

Address: Southern Lifestyle Assisted

Living (conference room to the right
of the front entrance)
1297 US Highway 27,
Lake Placid, FL 33852

Phone: 863-465-0254
Hours: Thursday, 10:30 AM
Purpose: 12-step fellowship

Address: 533 Carlton Street
Wauchula, FL 33873
Hours: Thursdays 5:30 – 7:30 p.m.

**TAKE OFF POUNDS SENSIBLY
(T.O.P.S.): Chapter 632**

Address: Lake Josephine Baptist Church
Sebring, FL 33875

Phone: 655-3673
<http://www.tops.org/FindAMeeting.aspx>

T.O.P.S. Chapter fl 618 OF AVON PARK

Address: Community Bible Church
1400 CR 17 A North
Avon Park, FL 33825

Phone: 452-1093
Hours: Every Tuesday at 4:30-5:00

T.O.P.S. Chapter 99
Address: Atonement ELCA Lutheran
Church
Hours: Every Tuesday 6-7 pm

T.O.P.S. Chapter 487
Address: Whispering Pine Baptist Church
303 White Pine Drive
Sebring, FL 33872
Phone: 382-7716; 471-2193
Hours: Every Wednesday at 9 am

T.O.P.S. Chapter 806
Address: Emmanuel United Church of
Christ
CR 634 Hammock Road
Sebring, FL 33872
Phone: 385-5655 (Betty Putterbaugh)
Hours: Thursday 8:30 am

T.O.P.S. Chapter 733 Avon Park
Address: Highlands Ridge & Paradise Grill
Avon Park, FL 33825
Phone: 863-385-5031
Hours: Thursdays 7:30 – 8:30 am

WISDOM OF WOMEN (WOW)

Address: Sebring - Salvation Army
120 North Ridgewood Avenue,
Sebring, FL 33870
Hours: Tuesday 7:00 p.m. (Women's
Ministry)

Bartow – Tri-County Human Services
Current Clients Only
Wauchula – Florida Hospital

SECTION 3: STATE AND NATIONAL INFORMATION

AARP (AMERICAN ASSOCIATION FOR RETIRED PERSONS)

Address: 601 East Street, N.W.
Washington, DC 20049
Phone: 1-888-687-2277; 941-366-9039
Purpose: To bring seniors up-to-date on topics relating to their welfare.

Address Confidentiality Program

Address: Office of the Attorney General
Phone: 800-226-6667
850-414-3300
Purpose: Assists Florida victims of domestic violence by providing them with a substitute mailing address in order to prevent their abusers from finding them. All state and local government agencies are required to accept substitute addresses as a participant's residential, mailing, business or school address. Participants receive cost free mail forwarding provided by the Attorney Generals office.

Administration on Aging (AoA)

Address: Washington, DC 20201
Phone: 202-619-0724
Fax: 202-357-0-3555
E-mail: aoainfo@aoa.gov
Website: www.aoa.gov
Purpose: AoA is the federal focal point and advocate agency for older persons and their concerns. In this role, AoA works to heighten awareness among other Federal agencies, organizations, groups, and the public about the valuable contributions that older Americans make to the nation. AoA also alerts others to the needs of vulnerable older people. Through information, referral and outreach efforts, at the community level, AoA seeks to educate older people and their caregivers about the benefits and services available to them.

Agency for Health Care Administration

Phone: 888-419-3456
Purpose: Offers a variety of consumer resources to assist all Floridians in obtaining accessible, affordable quality health care. Information about the quality of nursing homes, "Gold Seat", by county.

Aging with Dignity

Phone: 888-594-7437
Purpose: Provides families and elders with practical information, advice and tools to improve quality of care for the sick, aging and dying.

Agency for Health Care Administration

Address: 2727 Mahan Dr.
Tallahassee, FL 32308
Phone: 850-488-1295; 888-419-3456
Website: www.fdhc.state.fl.us
Purpose: For problems or questions about hospitals; Medicaid programs; medical or nursing homes

Alzheimer's Association

Phone: 800-272-3900
Purpose: 24-hour hotline with information on dementia. Can provide information on local chapters.

Alzheimer's Caregiver Support Online

Phone: 866-260-2466
Purpose: Provides caregivers of elders with Alzheimer's and other dementias with caregiver education in a supportive classroom environment

Alzheimer Information

Suncoast Gerontology Center
Phone: 800-633-4563
Purpose: Information on latest treatments

American Council in Science and Health (ACSH)

Address: 1995 Broadway, 2nd Floor
New York, NY 10023-4919
Phone: 212-362-7044
Fax: 212-362-4919
E-mail: acsh@acsh.org
Website: www.acsh.org
Purpose: A nonprofit public education group. ACSH provides consumers with up-to-date scientifically sound information on the relationship between human health and chemicals, foods, lifestyles, and the environment. Booklets and special reports on a variety of topics are available.

American Heart Association Greater Southeast Affiliate.

Address: PO Box 20963
St. Petersburg, FL 33742
9900 Dr. Martin Luther King Jr. St. N
St. Petersburg, FL 33716
Phone: 800-275-0448
727-563-8107
Fax: 727-563-8001

Association of Brain Injury

Phone: 866-875-5660 / 850-245-4045
Purpose: Assists individuals with brain injuries, their families and professionals with information, education, training, support services and other assistance.

Attention Deficit Information Network, Inc.

Address: 475 Hillside Avenue
Needham, MA 02194
Phone: 781-455-9895

Banking & Finance

Office of the Comptroller
Address: The Capitol, Ste 2102
Tallahassee, FL 32399-0350
Phone: 800-848-3792
Website: www.dbf.state.fl.us
Purpose: For problems or questions regarding banking; cemeteries, credit; credit union; finance companies; loan companies; mortgage brokers or security brokers.

Cancer Information Center

Phone: 800-422-6237
Purpose: Provides information on all aspects of cancer. Support, clinical trials for clients, families and medical professionals.

Centers for Disease Control and Prevention

Address: 1600 Clifton Road
Atlanta, GA 30333
Phone: 404-639-3534 (Public inquiries)
Toll Free: 800-311-3435
Website: www.cdc.gov
www.cdc.gov/spanish

Center for Food Safety and Applied Nutrition Information Line

Address: Food & Drug Administration
Outreach Information Center
5100 Paint Branch Pkwy, HFS-555
College Park, MD 20740-3835
Phone: 888-723-3366 (toll free)
Website: www.cfsan.fda.gov

Center for Medicare & Medicare Services (CMS)

Address: Office of External Affairs
7500 Security Blvd
Baltimore, MD 21244-1850
Phone: 800-633-4227 (toll free)
Website: www.medicare.gov

Center for Science in the Public Interest (CSPI)

Address: 1875 Connecticut Ave., NW, Ste. 300
Washington, DC 20009
Phone: 202-265-4954
Fax: 202-265-4954
E-mail: cspi@cspinet.org
Website: www.cspinet.org
Purpose: A nonprofit, membership organization, CSPI conducts research, education, and advocacy on nutrition, health, food safety and related issues

and publishes the monthly Nutrition Action Newsletter, as well as other consumer information materials.

Community Affairs Department

Address: 2555 Shumard Oak Blvd
Tallahassee, FL 32399-2100
Phone: 877-352-3222
Website: www.dca.state.fl.us
Purpose: For problems or questions about elderly; elderly abuse; energy efficiency or land planning.

Congress Watch

Address: 215 Pennsylvania Avenue, SE
Washington, DC 20003
Phone: 202-546-4996
Fax: 202-547-7392
Website: www.citizen.org/congress
Purpose: An arm of Public Citizens, Congress Watch works for consumer-related legislation, regulation and policies in such areas as health, safety, and campaign financing and has publications available on these issues.

Covenant House Ninline

Address: 346 West 17th Street
New York, NY 10011
Phone: 800-999-9999
Website: www.ninline.org
E-mail: help@ninline.org
Purpose: Provides crisis services to homeless, runaway and troubled youth under age 21. Kids and parents can reach out any time of the day or night for confidential, free and immediate crisis intervention by calling the hotline. Their philosophy is to treat all children with respect and unconditional love.

Elder Affairs

Address: 4040 Esplanade Way, Bldg. B,
Suite 152,
Tallahassee, FL 32399-7000
Phone: 850-414-2000 / 800-963-5337
Website: www.state.fl.us/doea/doea.html
Purpose: For problems or questions about aging; elderly abuse, neglect and exploitation or hotels and motels.

Eldercare Locator

Address: Administration on Aging
Phone: 800-677-1116 (toll free)
Hours: Mon – Fri 9am-8pm ET
E-mail: eldercarelocator@spherix.com
Website: eldercare.gov
Purpose: The Eldercare Locator is the first step to finding resources for older adults in any US community. It is a free national service of the

Administration of Aging that provides an instant connection to resources that enable older persons to live independently in their communities and offers support for caregivers.

Elder Helpline Information & Referral

Phone: 800-963-5337

Purpose: Provides consumer information about all elder programs and services. 1-800-96-ELDER can also provide elder helpline number for each of Florida's 67 counties.

Florida Advocacy Council (FAC)

Phone: 1-800-342-0825

Purpose: Advocate for the welfare of individuals who receive services from the State of Florida. Investigates complaints of abuse and deprivations of human and constitutional rights.

Florida Department of Children & Families

Address: 1317 Winewood Blvd., Bldg. #1,
Tallahassee, FL 32399-2000

Phone: 850-488-4855; 800-962-2873 Abuse Registry

Purpose: For problems or questions about adult abuse; child abuse; food stamp program; youth services.

Florida Department of Environmental Protection

Phone: 1-877-822-5208

Purpose: Lead agency for environmental management and stewardship. The agency manages the Florida Park Service and provides information about discount programs for recreational activities at state parks.

Florida Department of Health HIV/AIDS

Phone: 850-245-4432

1-800-FLA-AIDS (352-2437) (Toll Free Hepatitis C Hotline)

Florida Department of Health

Address: 1317 Winewood Blvd,
Tallahassee, FL 32399-0700

Phone: 850-487-3160

Website: www.doh.state.fl.us

Purpose: For problems or questions about acupuncturists; chiropractors; dentists and hygienists; dietitians and nutritionists; hearing specialists; immunization; marriage and family therapists; mental health counselors; medical; opticians or optometrists; pharmacists; physical therapists; physicians or nurses or social workers.

Florida Department of Insurance Consumer Services

Address: Larson Bldg.,
200 E. Gaines St., Tallahassee, FL
32399-0322

Phone: 800-342-2762, Option 2

Website: www.doi.state.fl.us

Purpose: For problems or questions about fire safety or insurance.

Food & Drug Administration

Address: 5600 Fishers Lane
Rockville, MD 20857-0001

Phone: 888-463-6332 (toll free)

Website: www.fda.gov

CONSUMER PROTECTION

American Association for Retired People (AARP)

Consumer Protection

Address: 601 E Street NW
Washington, DC 20049

Phone: 202-434-6470

Toll free: 888-687-2277

TTY: 877-434-7598 (toll free)

Fax: 202-434-7598

Website: www.aarp.org

Purpose: The Consumer Protection unit is charged by AARP to examine those consumer problems and issues that impact the financial security of people over 50 years of age, and to help its members protect themselves from marketplace fraud and deception.

Florida Consumer Protection/Department of Agriculture & Customer Services

Phone: 800-435-7352, Option 1
850-488-2221

Purpose: Consumer complaints, questions, helpful brochures. Also offers help in removing name from solicitation lists and landlord disputes.

Florida Comptrollers Consumer Hotline

Phone: 1-800-848-3792, Option 1

Purpose: Concerns involving investments, banking, and fraud.

Florida Division on Consumer Services

Phone: 1-800-435-7352
850-488-2221

Purpose: Clearinghouse for consumer information, protection and complaints. Handles product recalls, inspections and investigations.

HOUSING

USDA Federal Home Repair Programs

Phone: 863-763-5507

Purpose: Rural home repair loans and grants.

INSURANCE

Florida Department of Elder Affairs Serving Health Insurance Needs of Seniors (SHINE)

Phone: 1-800-963-5337

Purpose: Provides free Medicare and health insurance education, counseling and assistance to Medicare customers, their families and caregivers.

Florida Department of Insurance Consumer Helpline

Phone: 1-800-342-2762

Purpose: Provides proper registration and licensing of an insurance company and agent. Cannot provide financial rating information. Callers should consult local library for rating information.

Florida Department of Insurance Consumer Outreach & Education

Phone: 1-800-342-7762

Purpose: Provides education, information and assistance to consumers about insurance.

LEGAL

Family Law Issues

Phone: 1-800-370-4114

Purpose: Specializes in family issues. Generally only handles divorce if abuse or children are involved. Must be at or below poverty guidelines. No fee if accepted.

Florida Bar Lawyer Referral Service

Phone: 1-800-342-8011

Purpose: Provides referral based on needs and geographic location. May provide reduced or pro-bono services to persons identified as seniors/low income. Caller should understand terms as may involve a fee – free or half price. Ask for Elder Panel.

Florida Rural Legal Services

Phone: 1-800-277-7680; 1-800-476-1837

Purpose: Specializes in appealing/denial of government benefits, immigration, end of life issues, etc. May help in other areas or arrange for *pro-bono assistance* from private attorneys. Can provide power of attorneys, wills, etc. No fee for most seniors, non-seniors qualify based on income.

HHS-TIPS Fraud Hotline

Address: Office of Inspector General
PO Box 23489

Washington, DC 20026

Phone: 800-223-8164 (toll free)

Fax: 800-223-8164 (toll free)

E-mail: HHSTips@oig.hhs.gov

Website: www.oig.hhs.gov

MEDICAL ASSISTANCE

Florida Injury Prevention Program

Phone: 239-332-9571

Purpose: Provides educational materials to agencies who serve Florida's seniors on the topic of injury prevention, particularly falls prevention, fire safety and poison and medication safety.

Florida Poison Information Center

Phone: 800-226-2604

850-226-2604

Website: www.poisoncentertampa.org

Purpose: Provides emergency services 24 hours a day by offering poison prevention and management information through a nationwide toll free hotline.

24 crisis line 1-800-222-1222.

Medicaid Customer Service Line

Phone: 1-800-226-2316

Purpose: Answers questions on coverage of services and listings of licensed providers.

MEDICAL INFORMATION

National Cancer Institute Cancer Information Service

Address: P. O. Box 1133, Washington, DC 20013

Phone: 800-422-6237

E-mail: cancergovstaff@mail.nih.gov

Website: www.cancer.gov

Purpose: Offers the latest information on cancer for patients, families, professionals and the public.

National Diabetes Information Clearinghouse

Phone: 800-891-5389

Email: ndic@info.niddk.nih.gov

Purpose: Distributes free and low-cost publications and videos. It also does limited research on request.

National Health Information Center

Address: P. O. Box 1133,
Washington, DC 20013-1133

Phone: 800-336-4797; 301-565-4167

Fax: 301-984-4256

Email: info@nhic.org

Website: www.health.gov/NHIC

Purpose: Federally funded service that refers people with health and medical questions to appropriate organizations.

National Institute of Health (NIH)

Address: 9000 Rockville Pike
Bethesda, MD 20892

Phone: 301-496-4000

E-mail: NIHinfo@od.nih.gov

Website: www.nih.gov

Purpose: The NIH is the primary federal agency for conducting and supporting medical research.

National Institute of Mental Health

Address: 6001 Executive Blvd.
Room 8184, MSC 9663
Bethesda, MD 20892-9663

Phone: 301-443-4513
Toll free: 866-615-6464
Fax: 301-443-4279
E-mail: nimhinfo@nih.gov
Website: www.nimh.nih.gov

Purpose: Federal agency that conducts and supports research that seeks to understand, treat and prevent mental illness. Trained information specialists are available Monday – Friday, 8:30 am to 5:00 pm ET. A publication ordering system is available on the NIMH website.

Florida Respite Coalition

Address: 2304 Aloma Avenue, Suite 100
Winter Park, FL 32792

Phone: 407-740-8909
Email: contact@floridarespite.org

Purpose: Offers respite care to caregivers to help to give them a break. It may be for a few hours or a few days.

Presidents Council on Physical Fitness and Sports

Address: Department W
200 Independence Ave., SW, Rm 738-H
Washington, DC 20201-0004

Phone: 202-690-9000
Fax: 202-690-5211
Website: www.fitness.gov

Long Term Care Ombudsman Program South Central Florida Chapter

Address: 200 North Kentucky Avenue, #224
Lakeland, FL 33801

Phone: 863-413-2764
Fax: 863-413-2766

Purpose:

Wheaton Regional Library's Health Information Center

Address: 11701 Georgia Avenue
Wheaton, MD 20902

Phone: 240-777-0678

Purpose: Has one of the area's best collections of books, journals, pamphlets, newsletters, medical texts and videos. The center will do health-reference searches over the phone and offers a 24-hour message service for senior citizens and caregivers who have health questions.

PHONE

Florida Public Service Consumer Assistance/Lifeline Assistance & Linkup

Phone: 1-800-342-3552

Purpose: Assistance to needs residential telephone customers so that basic telephone service remains affordable. Provides credit on qualified residential customer's monthly bills and *Linkup Florida* provides a reduction in hookup charges.

Lifeline/Linkup

Phone: 800-540-7039

Purpose: Provides credit on phone bill of up to \$13.00 per month to qualified customers. Persons may qualify if they received any of the following types of assistance: TANF, Food Stamps, Medicaid, SSI, Federal Public Housing, or LIHEAP. Contact Customer Care Center (Sprint). May also have phone connection charge discounted.

QUALITY OF CARE ISSUES/ASSISTED LIVING FACILITY OR NEW HOMES

Florida Medical Quality Assurance Inc.

Phone: 850-245-4224

Purpose: Call for Peer Review to prevent premature hospital release/report poor quality of care.

Florida Ombudsman

Phone: 1-888-831-0404

Purpose: Will help resolve care issues. Can provide information on inspections of licensed facilities.

RUNAWAYS

National Runaway Switchboard

Address: 3080 North Lincoln Avenue
Chicago, IL 60657

Phone: 773-880-9860 Fax: 773-929-5150

Crisis Line: 1-800-621-4000

TDD: 1-800-621-0394

Purpose: Information; referrals; home free transportation; education & outreach; message service; conference calls.

Website: www.nrscrisisline.org Email: info@nrscrisisline.org

SENIOR RESOURCE CENTER

The Florida Department of Financial Services

Phone: 1-800-342-2762

Purpose: Information regarding issues on long-term care or Medicare supplements, investments, financial scams and gaining access to discounts on prescription drugs, also hurricane assistance.

Website: www.flseniors.net

TAXES

Florida Department on Revenue Tax Information Services

Phone: 800-352-3671 / 850-488-6800

Purpose: Information and education about taxes and provides free tax seminars for citizens

AARP Tax Aide

Purpose: Provides FREE tax preparation to any moderate or low income tax payer (AARP membership not required). Please bring last year's tax return, all W-2's, 1099's, receipts, social security cards for all tax payers and dependents and picture ID.

Tax Aide Sites (open from February 1 – April 15).

VISION

Bureau of Braille and Talking Book Library Services

For Florida residents who cannot use regular print due to a visual, physical or reading disability.

Phone: 1-800-226-6075

National Eye Care Project (NECP)

Offers medical eye exams for eligible seniors for no out-of-pocket cost through the National Eye Care Project (NECP). More info at:

www.allaboutvision.com

Phone: 1-800-222-3937

INFOLINES – WHERE TO FIND HEALTH INFORMATION

ALCOHOL

National Clearinghouse for Alcohol and Drug

Information, 800-729-6686

www.health.org

American Council on Alcoholism

800-527-5344

ALLERGIES AND ASTHMA

Allergy and Asthma Network

800-878-4403

www.aanma.org

American Academy of Allergy, Asthma and Immunology

800-822-2762

www.aaaai.org

CANCER PREVENTION AND MANAGEMENT

Alliance for Lung Cancer Advocacy

800-298-2436

www.alcase.org

American Cancer Society

800-227-2345

www.cancer.org

American Lung Association

800-LUNGUSA (586-4872)

www.lungusa.org

American Society of Clinical Oncology (ASCO)

888-651-3038

www.peoplelivingwithcancer.org

Cancer Care, Inc.

800-813-HOPE (4673)

www.cancercares.org

It's Time To Focus on Lung Cancer

877-646-LUNG (5864)

www.lungcancer.org

National Alliance of Breast Cancer

Organizations (NABCO)

www.nabco.org

National Cancer Institute

800-CANCER (422-6237)

www.nci.nih.gov

OncoLink

Abramson Cancer Center

University of Pennsylvania

215-349-5445

www.oncolink.upenn.edu

DEPRESSION

National Institute of Mental Health

800-421-4211

www.nimh.nih.gov

DIABETES

American Diabetes Association

800-232-3472

www.diabetes.org

EARS AND HEARING

Better Hearing Institute – Hearing Help Line

800-327-9355

Better Hearing Program Educational Division of PHAC

Address: 3303 Parkway Center Court,
Orlando FL

Phone: 407-293-1155

Purpose: A free community services provided by Miracle Ear Corporation and is intended to raise the

awareness of the general public and person of 50+ years the importance of any annual hearing checkup.

EYE HEALTH AND SAFETY
American Optometric Association
314-991-4100
www.aoanet.org

Prevent Blindness America
800-331-2020
www.preventblindness.org

FAMILY HEALTH
American Academy of Family Physicians
www.familydoctor.org

FOOD SAFETY
Food and Nutrition Information Center
www.nal.usda.gov/fnic

USDA Meat and Poultry Hotline
800-535-4555

HEADACHES
National Headache Foundation
800-843-2256
www.headaches.org

GLAUCOMA
Prevent Blindness America
800-331-2020
www.preventblindness.org

HEART HEALTH
American Heart Association
800-242-8721
www.americanheart.org

National Heart, Lung and Blood Institute
800-575-WELL (575-9355)
www.nhlbi.nih.gov

MEDICATION
National Library of Medicine's Medline Plus
www.nlm.nih.gov/medlineplus/druginformation.html

NUTRITION AND WEIGHT CONTROL
American Dietetic Association
800-366-1655
www.eatright.org

Tufts University Nutrition Navigator
www.navigator.tufts.edu

OSTEOPOROSIS
National Osteoporosis Foundation
800-223-9994

www.nof.org

POISON PREVENTION
American Association of Poison Control Centers
www.aapcc.org

SLEEP
National Sleep Foundation
888-673-7533
www.sleepfoundation.org

SMOKING CESSATION
Great American Smoke-Out American Cancer Society
800-227-2345
www.cancer.org

Quitnet
617-437-1500
www.quitnet.com

Note: You can find hundreds of toll-free health information hotlines in the National Library of Medicine's "Health Hotlines" database. Just go to www.sis.nlm.nih.gov/hotlines.