

# S.W.F.P. Overview

The Southwest Focal Point Senior Center offers a comprehensive program of services to residents of Southwest Broward County who are 55 years of age and older. Services provide support, enhance quality of life, and offer recreational opportunities.

## Day Care

Alzheimer and frail elderly programs provide a structured daily routine in a safe, welcoming and clean environment. Caregivers are encouraged to participate in support groups, which provide an opportunity to share experiences.

## Funding/Community Outreach

Fundraising and partnerships have made it possible for the Southwest Focal Point Senior Center to provide a wide range of services, within the center itself, as well as in the community.

The SWFP staff organizes fundraising events such as penny drives, donut sales, flea markets, and a regionally recognized Antique and Collectable Show. Generous support is also provided to the senior center in the form of donations such as: cash, services, and provisions written into wills.

If you are interested in participating in SWFP fundraising, please call **954-450-6888**.

## Gift Shop

The gift shop offers breakfast, lunch, nutritious snacks, and shopping in a café setting. It is the perfect spot to catch up on news, meet friends, purchase a gift, or sit back and relax to music playing on an old-time stereo.

## Health Support

A wide variety of health education classes, lectures, screenings, and exercise classes are offered. In addition, a health fair is held annually.

## Recreation

Daytime (55 and older) and evening (18 and older) classes are offered, with activities to suit everyone's taste, including: computer classes, a drama club, Jazzercise, bingo, pottery studio, dancing, cooking, and much, much more. The holiday-themed parties, trips, and social events, along with special interest clubs, provide something for everyone.



## Senior Residences

For the active senior! Modern, affordable senior housing is available at two locations, Pines Point and Pines Place which are close to shopping and medical offices located in the heart of Pembroke Pines.

## Silver Emporium

Located on the grounds of the center and across the street from the Pines Point residence, the Silver Emporium offers healthcare services as well as a beauty salon and a great place to socialize.

## Social Services

Social services and health programs provide onsite support in the following areas: Counseling for the visually impaired, (SHINE) Serving Health Insurance Needs of Elders, public education, case management, in-home services, and emergency energy assistance (EHEAP). In addition, staff is available to speak at clubs and organizations on a variety of senior-related topics. Counseling services are available through Nova Southeastern University for individuals, couples, families, groups, caregivers, and special needs seniors. Support groups are also offered.

## Transportation

The city offers two transportation programs. The *SWFP bus service* is for residents 55 and older and provides transportation to doctor appointments, grocery shopping, and the local mall. The second program is the *Community Bus Service* shuttle, which is open to residents of all ages and gets you around town free of charge.

## Volunteer Opportunities

By helping others, you help yourself. Student and adult volunteers are welcome.

# Social Services

**954-450-6888**

The key to enhancing the well being of the aging population is to provide assistance and services that support and allow for an independent lifestyle.

**Case Management** will plan, arrange, and coordinate appropriate community-based services on behalf of seniors and their families.

**Counseling sessions** assist clients with the aging process. Emotional support and guidance are essential aspects of counseling, and help is just a phone call away. Nova Southeastern University Counseling Center for Older Adults helps those interested in finding more effective ways of managing difficult situations such as loneliness, depression, anxiety, adjustment issues, family problems, insomnia, stress, etc. Counseling sessions are held at the center. For an appointment, please call **954-262-5843**.

**E.H.E.A.P.** (Emergency Home Energy Assistance Program for the Elderly) provides home emergency energy assistance for low-income Florida households where residents age 60 years and older reside. Program funding is limited.

**Information and Referral** provided by social workers.



**In-Home Services Program** provides, when appropriate, personnel to help with personal care, homemaking, and respite care to those who qualify.

**Intake and Assessment** involve a staff member who helps determine which services best meet the interests and needs of the senior.

**Nutrition Program** is provided Monday through Friday from Broward Meals on Wheels.

**S.H.I.N.E.** (Serving Health Insurance Needs of Elders) volunteers provide assistance to help understand Medicare and health insurance. Sponsored by the Florida Department of Elder Affairs.

**Support Group** facilitators provide a supportive environment in which participants share thoughts with others, develop problem-solving skills, and learn how to validate their feelings.

**V.I.P.** (Visually Impaired Persons) offers a variety of leisure activities, educational classes, and events for the visually impaired person.

