

Health Support Services



954-450-6888

The Health Support Services Division addresses the full spectrum of health issues affecting the aging population and provides preventive and health maintenance education. The health support staff provides information and resources to meet individual health needs. Seniors also benefit from partnerships with Nova Southeastern University and Barry University.

A wide variety of health and wellness programs are offered; including health education classes, physician lectures, blood pressure and weight screenings, and an annual health fair. Take advantage of health lectures held every **Tuesday at 10:00am** and **12:30pm** or a variety of exercise classes such as Tai Chi, yoga, Jazzercise, chair exercise, line dancing, water aerobics, and walking trips. The Health Support Services Division also provides support groups, programs for visually impaired persons, and monthly outings.

SWFP Health Support Office Hours

Monday through Friday from 8:30am - 4:30pm
A nurse is available **Monday through Friday** from **8:30am - 12 noon** and **1:00pm - 3:00pm**



NSU Geriatric Health Care Center at the SWFP

Nova Southeastern University maintains an office at the SWFP and provides medical services on: **Wednesdays from 8:15am - 4:30pm** **Thursdays from 8:15am - 11:30am**

The Nova Southeastern University Geriatric Health Care Center at the Southwest Focal Point Senior Center has been serving the senior population in Pembroke Pines and southern Broward County since January 2004. Physicians who specialize in care and wellness of seniors are onsite to provide educational and health-related programs.

The Geriatric Health Care Center at the Southwest Focal Point is under the direction of Drs. Naushira Pandya, Susan Ledbetter, and Monica Warhaftig, who are all board certified in geriatric medicine. *Geriatrics* is a medical specialty that includes all components of primary care. It also focuses on the medical care of older adults who have complex and/or multiple problems, and who may be experiencing psychological and social problems and a decline in their ability to care for themselves.

The onsite health care center partnership between NSU and Pembroke Pines is the only one of its kind in Broward County. This partnership also provides access to the vast array of services available through Nova Southeastern University. For more information related to Nova Southeastern

University programs or to make an appointment at the NSU Geriatric Health Care Center at the Southwest Focal Point, please call **954-262-4100** or **954-NSU-CARE (954-678-2273)**.



SWFP and Barry University Nursing School

The Southwest Focal Point Senior Center and the Barry University School of Nursing are celebrating 22 years of quality collaboration. The Barry student nurses work with seniors in the general population, the Alzheimer's unit, the ESOL program, and with the Day Care component to provide blood pressure screenings.

Through their work at the SWFP Barry nursing students gain invaluable insight into the health and culture of the aging community, learn how to promote health and prevent illness as well as recognize common health problems associated with older adults. They also learn to identify interventions and assess the physical, emotional, cognitive, mental, nutritional, and cultural status of older adults. In addition, Barry student nurses learn how to communicate in a therapeutic manner with the elder population, educate older adults through health fairs and lectures.

Aging and Disability Resource Center of Broward County

The Aging and Disability Resource Center of Broward County plans, develops, coordinates, and evaluates programs, funds services, and is the primary advocate for residents 60 years of age or older in Broward County, Florida. The Areawide Council on Aging of Broward County administers the Aging and Disability Resource Center. For information on these services please contact Senior Connection **954-714-3464**.

