



How CIL of the Keys Can Help You

Our mission is to empower individuals with disabilities to live independently, confidently, and fully engaged in their communities.



Health & Medicare Navigation

Confused by Medicare or Medicaid?

We simplify the process:

- Plan comparisons, enrollment assistance, billing/claims help, and appeals.
- **Partnership with SHINE** (Serving Health Insurance Needs of Elders) for **free, unbiased guidance** on Medicare plans.

Assistive Devices

Need equipment? Borrow wheelchairs, walkers, and other durable medical equipment (DME) at no charge through our loan closet. In three months alone (June to August 2025) the **DME Closet** loaned out a **total of 100 items** to help residents **maintain their safety and independence!** The most frequently requested devices were Adult Diapers (26 items), Shower Chairs (10 items), and Walkers (9 items). June was the busiest month with 38 items loaned out!



Ongoing community support means our residents can count on having the tools they need, exactly when they need them.

Call us today for an appointment: 305-453-3491.



OCTOBER 2025

Events: Health & Wellness



Mental Health Support Group

Because **you are not alone**. Our support group provides a **safe and welcoming space** to share experiences, manage stress, and build connections.

Share your story, gain tools for wellness, and connect with people who care.

Every Tuesday at 10:30 AM



Resources You Should Know

- **SHINE Program:** Free Medicare counseling. 305-670-6500 ext. 11256 (English) | ext. 11276 (Español) Or call **CILK** directly: 305-453-3491.
- **Emergency Resources:** Call **211** or visit AuntBertha.com for local help with food, housing, healthcare, and more.



Stretch & Balance Class

Stay strong, prevent falls, and increase mobility with our gentle, guided class. Perfect for all abilities—build strength, improve flexibility, and boost confidence.

**Every Wednesday at 11:30 AM at
CILK Office - Key Largo**

Your safety and independence start with movement.

Stay Connected

Center for Independent Living of the Keys
103400 Overseas Hwy, Suite 243, Key
Largo, FL 33037

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