



Lydia Ford
Executive Director
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I'm the oldest child of 5 and I love my family. We are so close, and I spend most of my free time hanging out with them. I've been in senior living for a long time 2008 and have done most roles within a senior living community. I'm a realtor so I have a great understanding and knowledge of the market. I love working at my community and in my building, aesthetically its truly a resort, and at the Core of its values- Allegro tangibly shows its support of its staff and employees. If I had spare time, I would enjoy more travel, Bikram yoga and Pilates.

Lydia Ford is Lead Senior Living Advisor at Allegro Senior Living Fort Lauderdale. BCOA's Live & In-Person Lunch Gathering in April 2024 was Allegro.