WISE & Healthy Aging

Westside Guide for the 50+

Your FREE Neighborhood Resource for Living Well

INSIDE: RESOURCES FOR
Healthcare | Care Services
Housing Related | Financial & Legal
Insurance | Community Resources

Elder Justice Resource Guide PAGE 32

WISE & Healthy Aging is a non-profit social services organization | www.wiseandhealthyaging.org
THE FUTURE OF HEALTH CARE REDEFINED

Santa Monica Medical Offices
1450 10th Street, 2nd Floor

Services include Primary Care, Pediatrics, Pharmacy, Laboratory, and Nurse Clinic.

kp.org/santamonica
WISE & Healthy Aging is no stranger to the Westside. With almost 50 years of service to older adults and caregivers, WISE & Healthy Aging is proud to be a one-stop resource on the Los Angeles Westside. Headquartered in Santa Monica, our nonprofit social services organization has a mission to advance the dignity and quality of life of older adults through leadership, advocacy and high-quality innovative services.

This Guide can also be found on-line at www.westsideguide.org. The online guide will contain the latest updates. We welcome your feedback. Reach us at (310) 394-9871 or email: info@wiseandhealthyaging.org

Welcome to the “Westside Guide for the 50+”!

WISE & Healthy Aging: Major Programs & Services

- Benefits Enrollment Center
- In-Home Services/Care Management
- WISE HomeCare
- City & County of Los Angeles Long-Term Care Ombudsman Program (regional offices: Santa Monica, Van Nuys, Pasadena, Montebello, Torrance, and Long Beach)
- Elder Abuse Prevention Services
- Los Angeles Oasis
- Peer Counseling Program
- Adult Day Service Center (Santa Monica and Woodland Hills)
- Support Groups
- Training & Education Center (including the WISE Caregiver Training Academy)
- Transportation & Mobility Services
- Financial, Legal and Mediation Consultation Clinics
- Community Acupuncture Clinic
- WISE Adventures Travel Program
- WISE Diner Healthy Lunches
- WISE Minds
- Volunteer Opportunities
- Information, Referral & Assistance

WISE & Healthy Aging

1527 4th Street, 2nd Floor
Santa Monica, CA  90401
(310) 394-9871
www.wiseandhealthyaging.org
CONTENTS

HEALTHCARE

Healthcare................................. 7
Community Clinic.......................... 7
Healthcare Services ...................... 7
Hospitals/Medical Centers.............. 7
Mental Health Services ................. 7
Counseling Programs/ Specialized Issues .......... 9
Outpatient Mental Health Services.......................... 9
Nutrition.................................. 9
Other ..................................... 9
Physical Therapy ......................... 9
Referral/Specialized Care ............. 9
Veterans Medical Services .......... 10
Vision..................................... 10

CARE SERVICES

Care Services.............................. 13
Adult Day Programs ..................... 13
Care Management....................... 13
Caregiver Resources.................... 13
Counseling/Support Groups ......... 14
Cemetery & Funeral Services ....... 14
Hospice................................... 14
In-Home Care ............................ 14
Information & Referral............... 16
Personal Chef Services................. 16
Socialization Programs................. 16
Technology Assistance ................. 16
From Collecting to Declutter ....... 18

HOUSING RELATED

Housing Related ......................... 19
Emergency Housing..................... 19
Home Modifications
and Repairs............................... 19
Housing Assistance .................... 19
Housing Authorities ................. 19
Realtor ................................. 20
Referral Services ...................... 20
Senior Housing ...................... 20
Nursing Home Checklist .......... 22

Special Section

SMATER
than a
scammer

A PROJECT OF
WISE & HEALTHY AGING

page 31 - 33

About the Guide

The 2020-21 Westside Guide for the 50+ is published by WISE & Healthy Aging. It is also available online at www.westsideguide.org and in print at our offices, local libraries, senior centers and other locations throughout the Los Angeles Westside. WISE & Healthy Aging is located at:
1527 4th Street, 2nd Floor, Santa Monica, CA 90401 (310) 394-9871

WISE & Healthy Aging is a 501(c)(3) nonprofit corporation. To distribute the Guide free of cost, we must sell advertising space. While we appreciate the paid listings in the Guide, their inclusion does not imply a recommendation or endorsement of products or services by WISE & Healthy Aging. Always be a vigilant consumer. Verify information and seek references where appropriate.
CONTENTS

FINANCIAL & LEGAL

Financial ........................................... 24
Energy/Utility Assistance .................. 24
Financial Planning ............................. 24
Income Tax Counseling ..................... 24
Public Benefits .................................. 25
Reverse Mortgage Counseling .......... 25

Legal ................................................. 25
Bar Associations ............................... 26
Consumer Protection ....................... 27
Criminal/Civil Law ............................. 27

Elder Abuse ...................................... 27
Lawyer Referral Service .................. 28
Licensing and Complaints ............... 28
Notary Public .................................... 28
Probate .............................................. 28
Tenant Assistance ............................. 28

Smarter Than a Scammer ............... 29

Insurance ........................................... 38
Medicare And Medi-Cal .................. 38
Social Security & SSI ...................... 39
State Disability Insurance ............. 39
Unemployment Insurance .............. 39

COMMUNITY RESOURCES

Community Resources ...................... 40
Animal Care And Control ............... 40
Community Services ...................... 40
Disability Services ......................... 41
Education ......................................... 41

Non-Emergency Fire and Police Departments by City ........ 42
Emergency Services ....................... 42
Employment ....................................... 42
Facilities Rental ............................. 42
Farmers Markets ............................. 42

Elder Justice

Resource Guide page 32-37

NUTRITION CHECKLIST

Learn the markers of good care and what specifically to look for and ask when selecting a nursing home for your loved one.

WISE & Healthy Aging is a 501(c)(3) nonprofit community-based, social services organization. To distribute the Guide free of cost, we sell advertising space. While we appreciate the paid listings in the Guide, their inclusion does not imply a recommendation or endorsement of products or services by WISE & Healthy Aging. Always be a vigilant consumer. Verify information and seek references where appropriate.
WISE & Healthy Aging’s
Community Collaborations

These services are held at
WISE & Healthy Aging at 1527 4th Street, 2nd Floor
(Ken Edwards Center), Santa Monica

Legal Clinics

Tax Assistance

AARP

Medicare Counseling

HICAP

Financial Counseling

FPA

Disability Community Resource Center

DCRC

Community Acupuncture Clinic for Seniors 60 & Older

Call for information and an appointment:
(310) 394-9871

WISE & Healthy Aging is a nonprofit social services organization.
The Older Adult Task Force (OATF) is part of the Lifelong Learning Community Project and is a network of organizations committed to enhancing the quality of services to older adults and caregivers in the Westside.

Over the past twenty years, the OATF has facilitated inter-agency collaboration between non-profits, for-profits, public agencies, and local businesses.

The OATF aims to:

- Organize special educational programs for the community. Recent events include: “Get Connected: A free tech fair for older adults”; “Westside Health and Wellness Conference”; and lectures by experts on a variety of topics.
- Foster information sharing among service providers to older adults and caregivers.

We encourage you to look for members of the OATF who are marked with a OATF throughout this guide. They are committed to providing quality services to older adults in our community.

The OATF is not an independent organization, has no paid staff, no formal governing body, and no website, and does not provide on-going services.

For membership information, contact Ishara Bailis at ibailis@mednet.ucla.edu

The Santa Monica Commission for the Senior Community (CSC):

- Makes recommendations to the City Council on matters pertaining to the senior community.
- Collects timely information on issues relevant to adults 50+, their families and caregivers.
- Advises and works in partnership with City staff to recommend and promote quality programs for adults 50+.

The CSC meets the 3rd Wednesday of each month at 1:30pm at the Ken Edwards Center, 1527 4th Street, Room 105, Santa Monica. The meetings are open to the public and your participation is welcome.

If you are a resident of the City of Santa Monica interested in serving on the Commission, you can complete an application with the City of Santa Monica City Clerk’s Office, 1685 Main Street, Room 102, or online at www.smgov.net/departments/clerk/boards/ For more information on applying and serving on the CSC please call (310) 458-8211.

To contact the CSC, please call (310) 458-8701 or email HumanServices@SMGOV.NET
The experts you trust, now in your neighborhood.

L.A.’s best doctors are closer than ever, with locations in more than 20 communities in the greater Los Angeles area. So whether you’re in need of a simple checkup or more specialized care, Cedars-Sinai is close by for you and your family.

Primary Care • Specialty Care • Urgent Care • Emergency Care
### COMMUNITY CLINIC

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yo San University Community Clinic</td>
<td>13315 W. Washington Blvd.</td>
<td>(310) 577-3006</td>
<td><a href="http://www.yosan.edu">www.yosan.edu</a></td>
</tr>
</tbody>
</table>

### HEALTHCARE SERVICES

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Los Angeles County Department of Public Health - Office of Senior Health</td>
<td>3530 Wilshire Blvd, 8th Floor Los Angeles, California 90010</td>
<td>(213) 738-2645</td>
<td>publichealth.lacounty.gov/aging</td>
</tr>
<tr>
<td>Westside Family Health Center</td>
<td>1711 Ocean Park Blvd. Santa Monica, CA 90405</td>
<td>(310) 450-4773</td>
<td><a href="http://www.wfhcenter.org">www.wfhcenter.org</a></td>
</tr>
</tbody>
</table>

### HOSPITALS/ MEDICAL CENTERS

<table>
<thead>
<tr>
<th>Hospital Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cedars-Sinai Medical Center</td>
<td>8700 Beverly Blvd. Los Angeles CA, 90048</td>
<td>(310) 423-3277</td>
<td><a href="http://www.cedars-sinai.org">www.cedars-sinai.org</a></td>
</tr>
<tr>
<td>Cedars-Sinai Marina Del Rey Hospital</td>
<td>4650 Lincoln Blvd. Marina Del Rey, CA 90292</td>
<td>(310) 823-9011</td>
<td><a href="http://www.cedars-sinai.org">www.cedars-sinai.org</a></td>
</tr>
</tbody>
</table>

---

**Kaiser Permanente West Los Angeles Medical Center**
6041 Cadillac Avenue
Los Angeles CA, 90034
(323) 857-2000
kp.org/westlosangeles

**Kaiser Permanente Baldwin Hills-Crenshaw Medical Offices**
3782 West Martin Luther King Jr. Blvd.
Los Angeles, CA 90008

**Kaiser Permanente Culver Marina Medical Offices**
12001 W. Washington Blvd.
Los Angeles, CA 90066

**Kaiser Permanente Inglewood Medical Offices**
110 N. La Brea Ave.
Inglewood, CA 90301

**Kaiser Permanente Playa Vista Medical Offices**
5620 Mesmer Ave.
Culver City, CA 90230

**Kaiser Permanente Santa Monica Medical Offices**
1450 10th St.
Santa Monica, CA 90401

**Kaiser Permanente Venice Medical Offices**
5971 Venice Boulevard
Los Angeles, CA 90034

**Providence Saint John’s Health Center**
2121 Santa Monica Blvd.
Santa Monica, CA 90404
(310) 829-5511
California.providence.org/saint-johns/

**Ronald Reagan UCLA Medical Center**
757 Westwood Plaza
Los Angeles, CA 90095
(310) 825-9111
www.uclahealth.org

**UCLA Health**
1250 16th Street
Santa Monica, CA 90404
(310) 319-4560
uclahealth.org

**Didi Hirsch Mental Health**
4760 S. Sepulveda Blvd.
Culver City, CA 90230
(888) 807-7250
www.didihirsch.org
Peer Counseling Support Groups

**Bereavement Group** –
This group provides a safe, confidential place to grieve the loss of a loved one and an opportunity to address one’s own emotional needs.

**Women’s Group: Expanding Your Horizons** –
A safe place for women to share the pain and pleasure of life, and to provide and receive emotional support.

**Men’s Support Groups** –
Confidential and trusting environments in which men can talk about personal issues in their lives, covering both physical and emotional concerns.

**Stress Management Group** –
Learn techniques to reduce anxiety and gain control of life’s stressors.

**Transitions: A Group for People 50 to 65** –
For people who have reached a crossroad in their lives and are unsure which path to choose. Through sharing thoughts and feelings, members can help each other untangle life’s dilemmas.

**From Collecting to Declutter** –
A step-by-step, 16-week program to assist and support participants in gaining control over acquiring and saving too many things.

**For more information:** (310) 394-9871, ext. 373 or 215
Pre-registration is required. No drop-ins, please. Fees are based on the ability to pay.

Individual peer counseling is available. Peer counselors receive extensive training and are supervised by a licensed mental health professional.

WISE & Healthy Aging, a nonprofit social services organization, advances the dignity and quality of life of older adults through leadership, advocacy and high-quality innovative services.

www.wiseandhealthyaging.org
MENTAL HEALTH SERVICES (continued)

Los Angeles County Department of Mental Health
Access Line (800) 854-7771
Full Service Partnership Program (FSP) (213) 738-4851
(Field Capable Clinic Services (FCCS) 310) 966-6509
Prevention and Early Intervention (PEI) (213) 738-2305
dmh.lacounty.gov

Services are available through directly operated and contract agencies throughout the Los Angeles county. These services involve screening and assessment, case management, individual/family treatment, and crisis intervention services.

Los Angeles County Department of Mental Health - Genesis Program
550 South Vermont Avenue, 6th Floor
Los Angeles, CA 90020
(213) 351-7284
Geriatric Evaluation Networks
Encompassing Services Information and Support (GENESIS)

Step Up On Second
1328 Second St.
Santa Monica, CA 90401
(310) 394-6889
www.stepuponsecond.org

Counseling services for seniors 55 and older dealing with stage-of-life matters such as loss, health and transition. Paraprofessional peer counselors provide individual counseling and facilitate support groups to provide older adults with interaction and emotional support.

WISE & Healthy Aging - Support Groups
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871, Ext. 233
www.wiseandhealthyaging.org/peer-counseling

- Bereavement Group
- From Collecting to Declutter
- Caregiver Support Group
- Journal Group
- Men’s Support Groups
- Stress Management
- Transitions: A Support Group for People 50 to 65
- Women’s Group: Expanding Your Horizons

Outpatient Mental Health Services

Donald Schultz, PhD
12401 Wilshire Blvd.
Suite 304
Los Angeles, CA 90025
(310) 592-3405
donaldschultz.phd@gmail.com

NUTRITION

Department of Public Social Services-Health & Nutrition Hotline
(877) 597-4777

OTHER

Grassp Health
2425 Olympic Blvd.
Santa Monica, CA 90401
(877) 400-6688
Grassphealth.com

PHYSICAL THERAPY

Carol Hahn - Wellness and Fitness Nurse
(310) 612-9064
www.CarolHahnRN.com

REFERRAL/SPECIALIZED CARE

Gonda Diabetes Center (David Geffen School of Medicine at UCLA)
UCLA 200 Medical Plaza
Suite 530
Los Angeles, CA 90095
(310) 825-7922
www.endocrinology.med.ucla.edu/gonda.htm

Mary S. Easton Center for Alzheimer’s Disease Research at UCLA
710 Westwood Plaza, C-224
Los Angeles, CA 90095-1769
(310) 794-3665
www.eastonad.ucla.edu

Counseling Programs/Specialized Issues

WISE & Healthy Aging - Peer Counseling Program
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871, Ext. 373
www.wiseandhealthyaging.org/peer-counseling
HEALTHCARE

VETERANS MEDICAL SERVICES

VA West Los Angeles Medical Center
11301 Wilshire Blvd.
Los Angeles, CA 90073
(310) 478-3711

VA Greater Los Angeles Healthcare System
Eligibility/Enrollment Questions
(888) 816-0803
Medical Advice for Enrolled Veterans
(877) 252-4866
Pharmacy
(800) 952-4852

VISION

National Eye Institute - Eye Diseases Health and Research Information
(301) 496-5248

YO SAN UNIVERSITY COMMUNITY CLINIC

Your Westside Partner for Aging Healthy & Well
Call 310.577.3006

YOUR 1ST ACUPUNCTURE VISIT FREE
MENTION “WISE” WHEN SCHEDULING YOUR APPOINTMENT*.
65+ patients pay only $25* per Acupuncture Visit with Supervised Interns
(*)Excludes herbs. Specialty clinic visits $35

CONVENIENTLY LOCATED • OPEN DAILY
13315 W. WASHINGTON BLVD., LOS ANGELES, CA 90066
www.yosan.edu/clinic

Yo San University is a teaching and healing facility. All patients are holistically treated by supervised interns.

Your Trusted Source!

WISE HomeCare
A WISE & Healthy Aging Service

Serving the Los Angeles Community

Trusted Source

• Wide range of services that are tailored to fit individual needs.
• Personal Care Assistance with Bathing, Grooming, Toileting, Incontinence Care
• Meal Preparation
• Homemaking Assistance with Light Housekeeping, Laundry, Household Maintenance
• Transportation/Errands to Doctor’s Appointments, Shopping, Pharmacy and Pick-up

Experienced and Bonded Caregivers

• At Least One Year of Caregiving Experience
• Nationwide Criminal Background Check
• Motor Vehicle Report (DMV Check)
• Professional Reference Checks
• Caregiver Competency Screening Exams
• Physical Examination and TB Testing
• Multiple Interviews
• CPR Certification
• Personality Exam

www.wisehomecare.org

1527 4th Street, 2nd Floor • Santa Monica • (310) 394-9871

WISE & Healthy Aging is a 501(c)(3) nonprofit corporation. To distribute the Guide free of cost, we sell advertising space. While we appreciate the paid listings in the Guide, their inclusion does not imply a recommendation or endorsement of products or services by WISE & Healthy Aging. Always be a vigilant consumer. Verify information and seek references where appropriate.
Your Trusted Source for Adult Day Service Center

The Right Choice for Your Loved One...

- Daily socializing with peers
- A safe, enjoyable environment
- Trained and caring staff
- Tailored activities for each participant
- Open 10 hours daily, Monday–Friday

The Right Choice for You...

- Peace of mind
- The break/respite you need
- Support group meetings

Please call for a complimentary “sample” day.
(310) 394-9871

1527 4th St., 2nd Floor • Santa Monica, CA 90401

www.wiseandhealthyaging.org
24 Hour Home Care® provides high quality, customized, non-medical in-home care to seniors, ensuring they continue to live full, active and healthy lifestyles. Our safety-first approach ensures our highly-trained caregivers provide safe in-home care services from the comfort and security of home.

- Available 24/7
- PPE Provided in Your Home
- Diagnosis-Specific Care
- Quality Assurance of Care
- 2-Hour Rapid Response Guarantee

CALL TODAY FOR A FREE CONSULTATION!
(310) 258-9525 | www.24hrcares.com
Home Care Organization License #194700055
**CARE SERVICES**

**ADULT DAY PROGRAMS**

**Adult Day Service Center**  
WISE & Healthy Aging  
1527 4th Street, 2nd Floor  
Santa Monica, CA 90401  
(310) 394-9871  
www.wiseandhealthyaging.org/adult-day  
Daily socializing with peers in a safe, enjoyable environment with trained and caring staff

**OPICA Adult Day Program & Counseling Center**  
11759 Missouri Avenue  
Los Angeles, CA 90025  
(310) 478-0226  
www.opica.org

**CARE MANAGEMENT**

**WISE & Healthy Aging - Care Management/ In-Home Services**  
1527 4th Street, 2nd Floor  
Santa Monica, CA 90401  
(310) 394-9871  
www.wiseandhealthyaging.org/care-management  
Support services for disabled adults and seniors

**CJ & Associates Care Consulting**  
1-(877) 877-8771  
catherine@cjcareconsulting.com  
www.cjcareconsulting.com

**CAREGIVER RESOURCES**

**Adult Identification Registry**  
(Santa Monica Police Department)  
Community Affairs Unit  
333 Olympic Drive  
Santa Monica, CA 90401  
(310) 458-8474  
santamonicapd.org

**Alzheimer’s Association California Southland Chapter**  
9606 S. Santa Monica Blvd., Suite 200  
Beverly Hills, CA 90210  
(323) 309-8821  
www.alz.org/socal

**Alzheimer’s Los Angeles**  
4221 Wilshire Blvd., Suite 400  
Los Angeles, CA 90010  
(323) 938-3379  
www.alzheimersla.org

**Beverly Hills - Public Works Customer Service**  
(Caregiver Parking Permit)  
(310) 285-2467

**In-Home Supportive Services Program (IHSS)**  
(888) 944-4477 (Toll-Free)  
(213) 744-4477 (Application Line)  
dpss.lacounty.gov/dpss/ihss/  
The IHSS Program will help pay for caregiver services.

**In-Home Supportive Services - Personal Assistance Services Council (PASC)**  
(877) 565-4477  
www.pascla.org  
A back-up attendant program for temporary, replacement homecare workers.

**Los Angeles Department of Aging**  
221 N. Figueroa Street  
Suite 180  
Los Angeles, CA 90010  
(213) 482-7252  
www.aging.lacity.org

**Network of Care**  
(web-based resource)  
www.losangeles.networkofcare.org/aging/

**Resources & Education for Stroke**  
Caregivers’ Understanding & Empowerment (RESCUE)  
www.orc.research.va.gov/rescue/index.cfm  
Web-Based Informational Materials for Caregivers of Veterans Post-Stroke

**SmallCircles**  
Connecting Caregivers  
www.smallcircles.co

**USC Family Caregiver Support Center**  
3715 McClintock Ave.  
Los Angeles, CA 90089  
(855) 872-6060  
http://fcscgero.org

Westside Guide for the 50+
CARE SERVICES

Alzheimer’s Caregivers Support Group (Culver City Senior Center)  
(310) 253-6729

Los Angeles Department on Aging - Caregiver Support Groups  
221 N. Figueroa Street, Suite 180  
Los Angeles, CA 90010  
(213) 482-7242

Stroke Support Group  
(Roxbury Park Community Center)  
(310) 205-0910

WISE & Healthy Aging - Caregiver Support Groups  
1527 4th Street, 2nd Floor  
Santa Monica, CA 90401  
(310) 394-9871  
www.wiseandhealthyaging.org/peer-counseling

CARE SERVICES

WISE & Healthy Aging - Loss (Bereavement) Support Group  
1527 4th Street, 2nd Floor  
Santa Monica, CA 90401  
(310) 394-9871  
www.wiseandhealthyaging.org/peer-counseling

Hillside Memorial Park  
6001 W. Centinela Avenue  
Los Angeles, CA 90045  
(310) 641-0707  
www.hillsidememorial.org

CEMETARY & FUNERAL SERVICES

Cemetery and Funeral Bureau Office  
(916) 574-7870  
www.cfb.ca.gov

Los Angeles Department on Aging - Caregiver Support Groups  
221 N. Figueroa Street, Suite 180  
Los Angeles, CA 90010  
(213) 482-7242

City of Santa Monica Woodlawn Cemetery, Mausoleum & Mortuary (FD #2101)  
1847 14th Street  
Santa Monica, CA 90404  
(310) 458-8717  
www.woodlawnsm.com

OATF

HOSPICE

Optimal Hospice  
5000 E. Spring Street #525  
Long Beach, CA 90815  
(562) 494-7687  
www.bristolhospice.com

WISE & Healthy Aging - Loss (Bereavement) Support Group  
1527 4th Street, 2nd Floor  
Santa Monica, CA 90401  
(310) 394-9871  
www.wiseandhealthyaging.org/peer-counseling

OATF

IN-HOME CARE

24Hr HomeCare  
5901 Green Valley Circle, Ste 470  
Culver City, CA 90230  
(310) 258-9525  
www.24hrcares.com
With traditional burial, there are

- millions of pounds of metal from caskets
- millions of pounds of concrete from burial vaults
- hundreds of thousands of gallons of embalming fluid which contains a mixture of formaldehyde, glutaraldehyde, methanol, humectants and other toxic substances placed in the ground and are either hazardous or imperishable.

With green/natural burial, there are

- no caskets containing metals; only decomposable materials such as simple wooden or wicker caskets, organic burial shrouds and biodegradable urns are used
- no cement vaults
- no toxic embalming fluid

offering an eco-friendly process to return our bodies to earth.

In Eternal Meadow, Woodlawn’s new green/natural burial section, eco-conscious concepts are also at work above ground. Eternal Meadow is a naturalistic wildflower meadow garden of native southern California plants that provides habitat for the region’s native birds and pollinator insects like the endangered Monarch butterfly. Green/natural burial nurtures the growth cycles of the meadow, fosters a greater union with nature, and is a meaningful way to honor the life of a loved one. Contact our office for more information.

1847 14th Street, Santa Monica, CA 90404 | (310) 458-8717 | woodlawn.cemetery@smgov.net | FD #2101
CARE SERVICES

IN-HOME CARE (continued)

Dynamic Nursing Services
14260 Ventura Blvd.
Suite 300
Sherman Oaks, CA 91423
(800) 955-9111
www.dynamicnursing.com

Home Care Assistance
9047 W. Olympic Blvd.
Beverly Hills, CA 90211
(323) 746-4950
pmurphy@homecareassistance.com

Homewatch Caregivers of West LA and South Bay
8929 S. Sepulveda Blvd.
Suite 314
Los Angeles, CA 90045
(310) 338-8558
www.homewatchcaregivers.com/west-los-angeles

WISE & Healthy Aging - WISE HomeCare
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871, Ext. 464
www.wiseandhealthyaging.org/care-management

PERSONAL CHEF SERVICES

Chefs For Seniors, Inc.
West Los Angeles Area
(310) 266-1535
sonia.lesko@chefsforseniors.com

SOCIALIZATION PROGRAMS

Friendly Phone Call Program
(Culver City - Social Services)
(310) 253-6729

INFORMATION & REFERRAL

City of Los Angeles - Department of Aging
221 N. Figueroa Street
Suite 180
Los Angeles, CA 90010
(213) 482-7252
www.aging.lacity.org

Los Angeles County
Area Agency on Aging - Information and Assistance
(800) 510-2020
(213) 738-4004
css.lacounty.gov

Los Angeles County Information Services
211
www.211la.org

WISE & Healthy Aging - Information & Referral
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 857-1527 or (323) 291-3414
https://los-angeles.oasisnet.org

Oasis provides lifelong learners age 50+ with opportunities to meet others who share their interests. The goal is to help our members live a vibrant, healthy and productive life. Oasis offers a wide variety of courses and programs including fitness, health and wellness, current affairs and more. We also have a distinguished speaker series and have presentations from health professionals. For those who would like to give back to their community, we have volunteer opportunities including our Intergenerational Tutoring Program. We have two locations, one in Santa Monica and the other inside Macy’s (3rd floor) in the Baldwin Hills Crenshaw Plaza (4005 Crenshaw Blvd., Los Angeles, 90008). For information regarding membership, please give us a call or visit our website.

TECHNOLOGY ASSISTANCE

Magnus Care
11300 Exposition Blvd. Suite 203
Los Angeles, CA 90064
(424) 226-8318
www.magnuscare.co

WISE & Healthy Aging is a 501(c)(3) nonprofit corporation. To distribute the Guide free of cost, we sell advertising space. While we appreciate the paid listings in the Guide, their inclusion does not imply a recommendation or endorsement of products or services by WISE & Healthy Aging. Always be a vigilant consumer. Verify information and seek references where appropriate.
In-Home Services

Your trusted source for professional services to assist and support older adults who want to stay in their homes and live independently for as long as possible.

In-Home Services Provides Comprehensive Information and Referral Service such as:

- In-home assistance and care
- Mental health services and supportive counseling
- Caregiver support and respite services
- Home delivered meals and nutrition programs
- Transportation services
- Housing and residential placement referrals
- Resources to avoid homelessness
- Referrals to professionals for legal and financial advice
- Referrals for geriatric, neuropsychiatric assessments, including physician liaison services

In-Home Services Also Provides Assistance with:

- Coordination of in-home help to assist with activities of daily living such as personal care, shopping, housekeeping and meal preparation
- Ongoing client support and monitoring
- Evaluation of mobility and safety needs
- Completing applications and forms for benefits such as Medicare, Medi-Cal, Social Security, Supplemental Security Income and low income utility discounts
- Discussing end-of-life decisions and advance planning

An Affordable Choice

To meet the needs of the economically disadvantaged, WISE & Healthy Aging offers free assessments and supportive services to low-income individuals age 60 and over, or disabled adults.

“Their kindness, respect, and intelligence has given me a sense of hope for the future. I have no family nearby. I now have security in my life.”

Call (310) 394-9871 for more information.
From Collecting to Declutter...
Struggling to gain control over too much stuff?

Assess your need to gain control of your stuff:

1. Feel overwhelmed when thinking about your clutter?
2. Tried to “clean up” or “organize” yourself repeatedly, with no lasting results?
3. Ashamed to have anyone come to your home?
4. Feel more confused in your home than in the outside world?
5. Find yourself buying more of everything because “you never know when you will run out?”
6. Have multiple copies of books, clothing or any other items because you couldn’t find what you already owned when you needed it?
7. Has a loved one expressed dismay about the way you live?
8. Do you flit from one task to another, feeling like you never get anything done?
9. Find yourself getting distracted easily?
10. Feel like, “What’s the use, it will just get messed up again,” when you begin to declutter?
11. Do you hold onto broken items because “they might come in handy someday,” or “I’m going to fix them someday?”
12. Feel like there will never be enough for you?
13. Find it hard to decide what is worth keeping and what is not worth keeping?
14. Obsess about saving food? Do you have enough canned goods to feed the neighborhood?
15. Do you save garbage - fast food boxes and wrappers, obvious trash, things that smell bad, etc.?

If you have 5 or more “Yes” answers, you may be considered a clutterer.

This checklist is provided by WISE & Healthy Aging’s Peer Counseling Program. For information about the next Buried In Treasures Workshop Orientation, call (310) 394-9871, ext. 373 or 215.
HOUSING RELATED

EMERGENCY HOUSING

Culver City Homeless Info Line
(310) 253-6767

Los Angeles County Information Services
211
www.211la.org

Los Angeles Homeless Services Authority - Year Round Shelter Program
(800) 548-6047 (800) 660-4026 (TDD)
www.lahsa.org

HOME MODIFICATIONS AND REPAIRS

City of Los Angeles Department on Aging - Handyworker Program
(213) 808-8803
(213) 978-3231 (TDD)
(866) 557-7368 (Toll-free)
Free minor home repairs and safety devices.

HOUSING ASSISTANCE

Federal Housing Assistance (FHA) Resource Center
(888) 827-5605

Housing Rights Center
(800) 477-5977
www.hrc-la.org
Tenant and landlord counseling, fair housing education, and complaint investigation

Los Angeles County Housing Resource Center
(877) 428-8844
www.housing.lacounty.gov

Community Corp. of Santa Monica
1423 Second Street, Suite B
Santa Monica, CA 90401
Phone: (310) 394-8487

Legal Aid Foundation of Los Angeles
1550 W. 8th Street
Los Angeles, CA 90017
800-399-4529
Santa Monica Office:
1640 5th Street, #124
Santa Monica, CA 90401
(310) 899-6200
www.lafla.org

Los Angeles Housing & Community Investment Department
1645 Corinth Avenue, Suite 104
Los Angeles, CA 90025
(877) 428-8844
(213) 473-5990 (TDD)
Lahd.lacity.org

Malibu - Mobilehome Park Rent Stabilization Commission
(310) 456-2489, Ext. 232

Santa Monica Rent Control Board
1685 Main St., Room 202
Santa Monica, CA 90401
(310) 458-8751
www.smgov.net/RentControl

Santa Monica Renter’s Rights - Tenant Helpline (310) 394-0848

US Department of Housing and Urban Development (HUD)
611 West Sixth Street, Suite 801
Los Angeles, CA 90017
(213) 894-8000 (213) 894-8133 (TTY)
(Toll-Free, Public Housing)
(800) 955-2232 www.hud.gov

HOUSING AUTHORITIES

City of Beverly Hills - Community Development Department
455 North Rexford Drive
Beverly Hills, CA 90210
(310) 285-1141

City of Malibu - Planning Department
23825 Stuart Ranch Road
Malibu, CA 90265
(310) 456-2489, ext. 485

City of Santa Monica Housing Division
1901 Main Street, Suite B
Santa Monica, CA 90405
(310) 458-8702
Housing Authority/Section 8
(310) 458-8740
www.smgov.net/housing

Culver City Housing Division
(310) 253-5780
www.culvercity.org/Government/CommunityDevelopment/Housing.aspx
HOUSING RELATED

HOUSING AUTHORITIES (continued)

Housing Authority of the County of Los Angeles (HACoLA)
(626) 262-4510 (Section 8 Program)
(626) 262-4511 (Public Housing Program)
www.lacdc.org

Los Angeles City Housing Authority
2600 Wilshire Blvd.
Los Angeles, CA 90057
(213) 252-2500
(213) 252-5309 (TTY)  www.hacla.org

Los Angeles Homeless Services Authority
811 Wilshire Blvd., 6th Floor
Los Angeles, CA 90017
(213) 683-3333
www.lahsa.org

REFERRAL SERVICES

Find and compare Medicare and Medicaid-certified nursing homes on www.medicare.gov/nursinghomecompare

A Home That Cares
9854 National Blvd. #465
Los Angeles, CA 90034
(310) 592-2381
www.ahomethatcares.com

California Registry
(800) 777-7575
www.calregistry.com

Culver City Housing Division - Affordable Housing Database
(310) 253-5780

ElderCare Locator
(800) 677-1116  www.eldercare.gov

Heart Light - A Referral Service
9854 National Blvd. #269
Los Angeles, CA 90034
(310) 204-2223
heartlightonline.com

SENIOR HOUSING

Los Angeles Housing and Community Investment Department
lahd.lacity.org
Affordable Housing Roster and Resources

Santa Monica Rent Control - Apartment Referral List
1685 Main Street, Room 202
Santa Monica, CA 90401
(310) 434-2609
www.smgov.net/rentcontrol

OATF

REALTOR

LA Estate Solutions – David Bruce
(424) 229-1626
info@laestatesolutions.com

Helping Older Adults with property sales as a Certified Seniors Real Estate Specialist®. Call for a pre-recorded message about our Guaranteed Sale program. DRE#01839192

Michelle Menna, SRES ®
Seniors Real Estate Specialist
Keller Williams Larchmont
Los Angeles, CA 90004
(323) 559-4422
michelle@michellemenna.com

Nationally certified to guide homebuyers and sellers ages 50+ through major lifestyle transitions, e.g., selling a long-held family home, downsizing, joining an adult community.

OATF

NURSING HOME CHECKLIST

Learn the markers of good care and what specifically to look for and ask when selecting a nursing home for your loved one.

OATF

WISE & Healthy Aging is a 501(c)(3) nonprofit corporation. To distribute the Guide free of cost, we sell advertising space. While we appreciate the paid listings in the Guide, their inclusion does not imply a recommendation or endorsement of products or services by WISE & Healthy Aging. Always be a vigilant consumer. Verify information and seek references where appropriate.
City and County of Los Angeles  
Long-Term Care Ombudsman Program

Protecting the rights and dignity of residents in skilled nursing and residential care facilities throughout Los Angeles County since 1980.

The WISE & Healthy Aging Ombudsman Program is an advocacy group of trained professionals who help protect and ensure the quality of care of individuals living in long-term care facilities. Ombudsmen educate residents and their families about their rights in these facilities, help to resolve complaints and address a variety of issues—which include facility staff training, attitudes, response and behavior; admission and discharge matters; nutrition and dietary concerns; physical therapy; matters of dignity; Medicare, Medi-Cal, SSI, and many other relevant issues.

A number of Ombudsman services are offered to assist residents and their families with these issues:

- **Advocacy**
  Presenting and promoting residents concerns to a facility's administration, legislators and policy makers.

- **Investigation**
  Investigating complaints made by or on behalf of residents.

- **Conflict Resolution**
  Assisting parties to reach agreements and to resolve conflicts with the residents' satisfaction as the main focus.

- **Education**
  Promoting resident and caregiver awareness of their rights, including any pertinent State or Federal regulations.

To find an office near you, call 1-800-334-9473 (WISE)  
For emergency after hours, contact the State Crisis line 800-231-4024

Ombudsmen have a State mandate to receive reports and conduct preliminary investigations of allegations of elder or dependent adult abuse in long-term care facilities. The Ombudsman Program is partially funded by the County of Los Angeles Workforce Development, Aging and Community Services; Area Agency on Aging, through the older Americans Act of 1965, as amended; and the City of Los Angeles Department of Aging.
NURSING HOME CHECKLIST
The following are markers of good care.

GENERAL INFORMATION
- Medicare certified?
- Medicaid (called Medi-Cal in CA) certified?
- Offers the needed level of care (skilled, custodial, etc.) or special services in a separate unit (dementia, ventilator, rehabilitation)
- Bed available?
- Located close enough for friends and family to visit.
- Is the nursing home listed on The National Nursing Home Watch List. The url for the state-by-state list of nursing homes is www.memberofthefamily.net/ca.htm/nursing-homes. The url for the California Watch List is www.memberofthefamily.net/ca.htm
- Check the violation status of any California nursing home at Nursing Home Guide (http://www.nursinghomeguide.org/NHG/nhg_txt_home.lasso) created by the California Advocates for Nursing Home Reform™.

APPEARANCE OF RESIDENTS
- Residents are clean, appropriately dressed for the season or time of day and well groomed

NURSING HOME LIVING SPACES
- The nursing home is free from overwhelming, unpleasant odors
- The nursing home appears clean and well kept.
- The temperature in the nursing home is comfortable for residents.
- The nursing home has good lighting.
- Noise levels in the dining room and other common areas are comfortable.
- Smoking is not allowed or is restricted to certain areas of the nursing home.
- Furnishings are sturdy, yet comfortable and attractive.

STAFF
- The relationship between the staff and the residents appears to be warm, polite and respectful.
- All staff wears nametags.
- Staff knocks on the door before entering a resident’s room and refers to residents by name.
- The nursing home offers a training and continuing education program for all staff.
- The nursing home does background checks on all staff.
- The guide on your tour knows the residents by names and is recognized by them.
- There is a full-time registered nurse (RN) in the nursing home at all times other than the administrator or director of nursing.
- The same team of nurses and certified nursing assistants (CNAs) work with the same resident 4 to 5 days per week.
- CNAs work with a reasonable number of residents.
- CNAs are involved in care planning meetings.
- There is a full-time social worker on staff.
NURSING HOME CHECKLIST (continued)

- There is a licensed doctor on staff. Is he or she there daily?
- Can he or she be reached at all times?
- The nursing home’s management team has worked together for at least one year.

RESIDENTS’ ROOMS
- Residents may have personal belongings and/or furniture in their rooms.
- Each resident has storage space (closet and drawers) in his or her room.
- Residents have access to a personal telephone and television.
- Residents have a choice of roommates.
- Water pitchers can be reached by residents.
- There are policies and procedures to protect resident’s possessions.

HALLWAYS, STAIRS, LOUNGES & BATHROOMS
- Exits are clearly marked.
- There are quiet areas where residents can visit with friends and family.
- The nursing home has smoke detectors and sprinklers.
- All common areas, residents’ rooms, and doorways are designed for wheelchair use.
- There are handrails in the hallways and grab bars in the bathrooms.

MENUS AND FOOD
- Residents have a choice of food items at each meal. (Ask about whether favorite foods are served.)
- Nutritious snacks are available upon request.
- Staff helps residents eat and drink at mealtimes, if help is needed.

ACTIVITIES
- Residents, including those who are unable to leave their rooms, may choose to take part in a variety of activities.
- The nursing home has outdoor areas for resident use and staff helps residents go outside.
- The nursing home has an active volunteer program.

SAFETY AND CARE
- The nursing home has an emergency evacuation plan and holds regular fire drills.
- Residents get preventive care, like a yearly flu shot, to keep them healthy.
- Residents may still see their personal doctors.
- The nursing home has an arrangement with a nearby hospital for emergencies.
- Care plan meetings are held at times that are convenient for residents and family members to attend whenever possible.
- The nursing home has corrected all deficiencies (failure to meet one or more federal or state requirements) on its last state inspection report.

FINANCIAL CONSIDERATIONS
- Cost per month
- Insurance contribution
- Medicare contribution

Make note of other things you observe on your visit!
WISE & Healthy Aging is a 501(c)(3) nonprofit corporation. To distribute the Guide free of cost, we sell advertising space. While we appreciate the paid listings in the Guide, their inclusion does not imply a recommendation or endorsement of products or services by WISE & Healthy Aging. Always be a vigilant consumer. Verify information and seek references where appropriate.

FINANCIAL & LEGAL

FINANCIAL

Edward Jones – Deborah Der, CFP®
10125 W. Washington Boulevard
Suite 101
Culver City, CA 90232
(310) 253-9194
deborah.der@edwardjones.com

RKO Fiduciary Services
(310) 453-4203
RKOFiduciaryServices.com
Private Professional Trust and Estate Administration tailored to you. Expertise in managing business to real property, contentious family issues while protecting and maximizing assets.

ENERGY & UTILITY ASSISTANCE

City of Santa Monica’s Billing Office - Utility Fee Waiver
1717 Fourth Street, Room 150
Santa Monica, CA 90401
(310) 458-8224
Low-income customers may qualify for a waiver of the fixed bimonthly fee portion of the City’s water and wastewater bill.

Los Angeles County Treasurer and Tax Collector (Utility User Tax Senior Citizen Exemption)
500 West Temple Street, Room 462
Los Angeles, CA 90012
(213) 893-7984
ttc.lacounty.gov

Los Angeles Department of Water and Power - Low Income Discount Rate
P.O. Box 515407, Room L63
Los Angeles, CA 90051
(800) 342-5397
(800) 432-7397 (TDD)
www.ladwp.com/lowincome

Southern California Edison CARE Program (discount electric rates)
(800) 447-6620
www.sce.com/care

Energy Assistance (free appliances and installation of energy-efficient appliances)
(800) 205-8596
www.sce.com

Medical Baseline Allocation (discounts on regular use of electronic life support equipment)
(800) 684-8123
www.sce.com/medicalbaseline

Southern California Gas Company CARE Program (20% discount on monthly gas bill)
(800) 427-2200
www.socalgas.com/assistance/care

Energy Savings Assistance Program (no-cost energy-saving home improvements and repairs)
(800) 331-7593
www.socalgas/assistance/esap

Low-Income Home Energy Assistance Program (utility bill assistance)
(866) 675-6623
(916) 263-1402 (TDD/TTY)
www.socalgas.com/for-your-home/assistance-programs/liheap/

FINANCIAL PLANNING

Natalie Stanger, Daily Money Manager
Helping People Manage Personal Finances
Santa Monica, West L.A., Culver City
(310) 572-1299
nstanger2@gmail.com

INCOME TAX COUNSELING

California State Controller’s Office - Property Tax Postponement
(800) 952-5661
www.sco.ca.gov/public_services.html

State of California - Franchise Tax Board
(800) 338-0505
www.ftb.ca.gov
Denti-Cal
(800) 322-6384
www.denti-cal.ca.gov
Dental Services are currently provided as one of the many benefits under the Medi-Cal program.

Department of Public and Social Services
11110 West Pico Blvd.
Los Angeles, CA 90064
(310) 258-7400
www.ladpss.org
The following programs are offered at this location; CalWORKs, CalFresh, General Relief, Medi-Cal, and GROW.

Go Direct
(800) 333-1795
www.godirect.org
You are required by the U.S. Department of the Treasury to switch to electronic payments.

National League of Cities (NLC) Prescription Discount Card
(888) 620-1749
www.caremark.com/nlc/
Discounts only available at participating pharmacies.

American Advisors Group
2500 Broadway, Suite F125
Santa Monica, CA 90404
(310) 920-7610
Bdelacruz@aag.com

Federal Housing Administration-Housing Counseling Agency Locator
(800) 569-4287

West-Cal Mortgage, Reverse
Mathius Marc Gertz MBA AFC
Santa Monica, CA 90408
(310) 447-5266
www.wreverseurthinking.com

Culver City Senior Citizens Association - Legal Counseling
(310) 253-6700

Disability Rights California
(Free legal services for the disabled)
(800) 776-5746
www.disabilityrightscsa.org

Last Word Law – Estate Planning
21550 Oxnard Street, Suite 900
Woodland Hills, CA 91367
(209) 867-7526 (TOP-PLAN)
Ben @LastWordLaw.com

Legal Aid Foundation of Los Angeles
1102 South Crenshaw
Los Angeles, CA 90019
800-399-4529
Santa Monica Office:
1640 5th Street, #124
Santa Monica, CA 90401
(310) 899-6200
www.lafla.org

California Lifeline Program
(866) 272-0349
Provides discounted home phone and cell phone services to eligible households
WISE & Healthy Aging

FINANCIAL & LEGAL

LEGAL (continued)

Los Angeles County Commission on Human Relations - Dispute Resolution Program
(213) 738-2621
lahumanrelations.org
The Los Angeles County Dispute Resolution Program provides LA County residents with an alternative to resolve disputes without having to engage with the formal judicial system.

Los Angeles County Registrar/Recorder
(800) 201-8999
www.lavote.net
The Recorder’s Office is responsible for recording legal documents that determine ownership of property, as well as maintaining files of birth, death, marriage and real estate records for Los Angeles County.

Public Counsel
610 South Ardmore Avenue
Los Angeles, CA 90005
(213) 385-2977
www.publiccounsel.org
Public Counsel provides a wide variety of legal services to low-income individuals, nonprofits and small businesses.

State Division of Workers’ Compensation
320 W. 4th Street, 9th floor
Los Angeles, CA 90013
(213) 576-7389
(800) 736-7401 (Information and Assistance Unit)
www.dir.ca.gov/dwc

WISE & Healthy Aging - Free Legal Clinics
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
www.wiseandhealthyaging.org/community-resources

BAR ASSOCIATIONS

Beverly Hills Bar Association
9420 Wilshire Blvd., 2nd Floor
Beverly Hills, CA 90212
(310) 601-2422
(310) 601-2442 (Lawyer Referral Service)
www.bhba.org

Culver Marina Bar Association
11100 Washington Boulevard
Culver City, CA 90232
(310) 838-1151
culvermarinabar.org

Los Angeles County Bar Association
1055 West Seventh Street
Suite 2700
Los Angeles, CA 90017
(213) 627-2727
www.lacba.org

Home Equity Conversion Mortgage (HECM) & Jumbo Reverse Mortgage Loans
✓ Convert your home equity into a better retirement
✓ Jumbo reverse mortgage loans available for high-value properties
✓ No capital gains or income tax on loan distributions*

Call your local expert:
(310) 920-7610

Brad Dela Cruz
AAG Top Producer, NMLS# 582941
Reverse Mortgage Professional
bdelacruz@aag.com

2500 Broadway, Ste F125
Santa Monica, CA 90404
In-home consultations available.

*Capital gains taxes are only due upon a sale. Reverse mortgages are loans, secured by a mortgage on your home, that do not require a sale of the home. The proceeds of a loan are not taxable as income.

NMLO # 9392 (www.nmlsconsumeraccess.org). American Advisors Group (AAG) is headquartered at 3800 W. Chapman Ave., 3rd & 7th Floors, Orange CA, 92868. (CA Loans made or arranged pursuant to a California Finance Lenders Law license (603F324) and Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act (4131144). This ad was not approved by HUD, FHA, or any government agency. For full legal disclosure, please visit: www.americanadvisorsgroup.com/disclosure
FINANCIAL & LEGAL

California Bureau of Real Estate
320 West 4th Street
Suite 350
Los Angeles, CA 90013
(877) 373-4542
dre.ca.gov

The Bureau of Real Estate provides services related to the licensing of real estate brokers, salespersons, and real estate employers. It ensures that transactions in real estate are conducted in a fair and transparent manner. The Bureau oversees the regulation of real estate brokers, salespersons, and real estate employers.

Department of Consumer Affairs-Bureau of Automotive Repair (BAR)
6001 Bristol Parkway
Culver City, CA 90230
(310) 410-0024
www.bar.ca.gov

The Bureau of Automotive Repair (BAR) monitors the automotive repair and used car sales industry in California to ensure that consumers are treated fairly. The BAR investigates complaints, licenses repair facilities, and enforces consumer protection laws.

Los Angeles County Department of Consumer Affairs - Small Claims Advisors
(800) 593-8222
www.dca.lacounty.gov

The Small Claims Advisors provide free legal assistance to help individuals understand and resolve disputes that can be handled in the Small Claims Court. The advisors can help individuals understand their legal rights and obligations and provide guidance on how to proceed with their case.

Medical Board of California- Physician and Consumer Information Unit
(800) 633-2322
www.mbc.ca.gov

The Medical Board of California regulates the practice of medicine in California, ensuring that physicians provide quality care to their patients. The Consumer Information Unit provides information on the qualifications and disciplinary actions of California physicians, allowing consumers to make informed decisions about their healthcare providers.

California Department of Business Oversight - Seniors Against Investment Fraud (SAIF)
(866) 275-2677
www.dbo.ca.gov

The Seniors Against Investment Fraud (SAIF) program educates and alerts Californians over the age of 50 about common financial scams and unscrupulous sales practices targeting seniors.

Los Angeles County District Attorney’s Office - Elder Abuse Section
201 North Figueroa St., 12th Floor
Los Angeles, CA 90012
(213) 580-3383
da.lacounty.gov/seniors/

The Elder Abuse Section of the Los Angeles County District Attorney’s Office investigates and prosecutes cases of elder abuse, including physical, emotional, and financial abuse, to protect the rights and safety of older adults.

WISE & Healthy Aging - Long Term Care Ombudsman Program
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871, Ext.160
www.wiseandhealthyaging.org/ombudsman

The Long Term Care Ombudsman Program is designed to advocate for the rights of residents in nursing homes and other long term care facilities. The program investigates complaints, mediates disputes, and provides resources to protect the well-being of residents.

Department of Mental Health-Public Guardian
320 West Temple Street, 9th Floor
Los Angeles, CA 90012
(213) 974-0515
dmh.lacounty.gov

The Public Guardian provides the legal process of conservatorship to persons unable to properly care for themselves or who are unable to manage their finances. The conservatorship program is essential for ensuring the safety and well-being of individuals who are unable to make decisions about their own care.

CRIMINAL/CIVIL LAW

California Victim Compensation Program (CalVCP)
(800) 777-9229
vcgcb.ca.gov

The California Victim Compensation Program (CalVCP) assists victims of violent crimes by providing financial compensation for medical expenses, lost wages, and other losses resulting from the crime. The program aims to support victims during their recovery process.

Los Angeles City Attorney’s Victim Assistance Program
201 North Los Angeles Street
LA MALL, Space 301
Los Angeles, CA 90012
(213) 978-2097
atty.lacity.org

The Los Angeles City Attorney’s Victim Assistance Program provides support and resources to victims of violent crimes. The program offers assistance with filing claims, connecting victims with counseling and other support services, and helping to navigate the legal system.

Law Office of Los Angeles County - Public Defender
(213) 974-2811
(800) 801-5551 (TDD)
pd.co.la.ca.us

The Office of the Public Defender provides legal representation to indigent defendants who cannot afford an attorney. The office ensures that defendants have access to a fair trial by providing legal counsel, representation, and advice to those in need.

ELDER ABUSE

Adult Protective Services (APS)
3333 Wilshire Blvd., 4th Floor
Los Angeles, CA 90010
(213) 351-5401

Adult Protective Services (APS) investigates cases of elder abuse, neglect, and exploitation. The program works to protect vulnerable older adults, ensuring their safety and well-being.

California Advocates for Nursing Home Reform
(800) 474-1116
www.canhr.org

California Advocates for Nursing Home Reform is a non-profit organization dedicated to protecting the rights of nursing home residents and advocating for safer and higher-quality care in nursing homes. The organization provides legal assistance, information, and resources to residents and their families.

WISE & Healthy Aging
WISE & Healthy Aging | 310.394.9871 | www.wiseandhealthyaging.org

CONSUMER PROTECTION

Santa Monica Bar Association
2461 Santa Monica Blvd., #529
Santa Monica, CA 90404
(310) 450-9289
(310) 581-5163 (Lawyer Referral Service)
(310) 450-9289 (Arbitration Program)
smba.net

The Santa Monica Bar Association promotes the legal profession and serves the legal needs of the community. The association provides a variety of services, including lawyer referral services, arbitration programs, and resources for legal education.

Santa Monica City Attorney-Consumer Protection Unit
1685 Main St., Third Floor
Santa Monica, CA 90401
(310) 458-8336
(310) 917-6626 (TTY)
www.smconsumer.org

The Consumer Protection Unit enforces a wide variety of local and state laws to assure that Santa Monica businesses treat all of their customers fairly. The unit investigates consumer complaints, enforces consumer protection laws, and educates the public about consumer rights.

The California Department of Business Oversight - Seniors Against Investment Fraud (SAIF) program alerts and educates Californians over the age of 50 about financial and investment fraud, common scams, and unscrupulous sales practices that specifically target seniors.

The Los Angeles City Attorney’s Victim Assistance Program offers support to victims of violent crimes, providing assistance with filing claims, connecting victims with counseling, and navigating the legal system.

The Adult Protective Services (APS) investigates cases of elder abuse, neglect, and exploitation, ensuring the safety and well-being of vulnerable older adults.

The California Advocates for Nursing Home Reform is a non-profit organization fighting for the rights of nursing home residents, providing legal assistance, information, and resources to residents and their families.

The Santa Monica Bar Association promotes the legal profession and serves the legal needs of the community, offering a variety of services including lawyer referral services and arbitration programs.

The Santa Monica City Attorney-Consumer Protection Unit enforces consumer protection laws ensuring fairness among businesses and their customers in Santa Monica.

The California Department of Business Oversight - Seniors Against Investment Fraud (SAIF) is a program that educates and alerts Californians about financial and investment fraud, common scams, and unscrupulous sales practices targeting seniors.

The Los Angeles City Attorney’s Victim Assistance Program provides support and resources to victims of violent crimes.

The Adult Protective Services (APS) investigates cases of elder abuse, neglect, and exploitation, ensuring the safety and well-being of vulnerable older adults.

The California Advocates for Nursing Home Reform is a non-profit organization that advocates for higher-quality care in nursing homes, providing legal assistance, information, and resources to residents and their families.
## FINANCIAL & LEGAL

### LAWYER REFERRAL SERVICE

**SMART LAW - Information Line**  
(213) 243-1500  
www.smartlaw.org  
Lawyer Referral and Legal Information Service

**State Bar of California - Lawyer Referral Service**  
845 South Figueroa Street  
Los Angeles, CA 90017  
(866) 442-2529  
calbar.ca.gov

### LICENSING & COMPLAINTS

**Attorney Complaint Hotline**  
(State Bar of California)  
(800) 843-9053  
calbar.ca.gov

**California Department of Fair Employment and Housing**  
320 West 4th Street, 10th Floor  
Los Angeles, CA 90013  
(800) 884-1684  
(800) 700-2320 (TTY)  
www.dfeh.ca.gov  
The Department of Fair Employment and Housing protects Californians from employment, housing and public accommodation discrimination, and hate violence.

**Consumer Reporting Industry - Opt-In or Opt-Out request**  
(888) 567-8688  
OptOutPrescreen.com  
Opt out of unsolicited mail, pre-approved credit card and insurance offers.

**Federal Trade Commission**  
(877) 382-4357  
www.ftc.gov  
File a complaint if you are experiencing fraudulent, deceptive and unfair business practices in the marketplace.

**Los Angeles Department of Building and Safety**  
1828 Sawtelle Blvd., 2nd Floor  
Los Angeles, CA 90025  
311  
www.ladbs.org  
File a complaint regarding code violations.

**Los Angeles Housing Department - Rent Stabilization Ordinance (RSO)**  
1645 Corinith Ave., Suite 104  
Los Angeles, CA 90025  
(866) 557-7368  
www.lahd.lacity.org  
The Rent Stabilization Ordinance protects tenants from excessive rent increases.

**National Do Not Call Registry**  
(888) 382-1222  
Telemarketing.donotcall.gov  
File a complaint, stop telemarketers from calling.

**U.S. Postal Inspection Service**  
(877) 876-2455  
postalinspectors.uspis.gov  
Report Mail Fraud

**Utilities Fraud Hotline (California Public Utilities Commissions)**  
(800) 649-7570  
www.cpuc.ca.gov  
File a complaint about your phone, water, or electric company.

### PROBATE

**Probate Department of the Los Angeles Superior Court**  
111 North Hill Street, Room 429  
Los Angeles, CA 90012  
(213) 974-5471  
www.lacourt.org/probate

### TENANT ASSISTANCE

**Legal Aid Foundation of Los Angeles**  
1102 South Crenshaw  
Los Angeles, CA 90019  
800-399-4529  
www.lafla.org

**Santa Monica Office:**  
1640 5th Street, #124  
Santa Monica, CA 90401  
(310) 899-6200

### NOTARY PUBLIC

**California Secretary of State - Los Angeles Regional Office**  
300 South Spring Street, Room 12513  
Los Angeles, CA 90013  
(213) 897-3062  
www.sos.ca.gov
**Knowledge is Power!**

**SMARTER than a scammer**

A PROJECT OF WISE & HEALTHY AGING

**Lottery Scam**
A letter or an email message arrives that claims you’ve won a foreign lottery or online sweepstakes. The letter may appear to be from a government agency, a bank, a well-known national company, or a company you never heard of. Regardless of the return address, the only thing between you and your winnings: a check or wire transfer from you to cover taxes, fees, shipping costs, or insurance.

An offer to play a foreign lottery can be tempting and fun, but it’s also illegal. If a sweepstakes run by an American company is legitimate, you won’t have to pay to enter or to win. That’s the law. No federal government agency runs or supervises a lottery; regardless, if you have to pay, it’s a purchase, not a prize.

**Identify Theft**
Someone gets your personal information and runs up bills in your name. They might use your Social Security or Medicare number, your credit card, or your medical insurance – along with your good name. How would you know? You could get bills for things you didn’t buy or services you didn’t get. Your bank account might have withdrawals you didn’t make. You might not get bills you expect. You should check your credit report regularly to ensure that no unauthorized accounts are in your name.

**Romance Scam**
Not everyone using online dating sites is looking for love. Scammers create fake online profiles using photos of other people — even stolen pictures of real military personnel. They profess their love quickly. And they tug at your heartstrings with made-up stories about how they need money — for emergencies, hospital bills, or travel. Why all of the tricks? They’re looking to steal your money.

Scammers may also reach out through your email, Facebook, on dating websites.

An online love interest who asks for money is almost certainly a scam artist.

Remember, these scammer do not want to get into your pants they want to get into your pocket book.

**Grandparent Scam/Imposter Scam**
You get a call or an email. It might say you’ve won a prize. It might seem to come from a government official. Maybe it seems to be from someone you know – your grandchild, a relative or a friend. It’s commonly someone who says they’re your grandchild and that they are in jail in a foreign country. Or maybe it’s from someone you feel like you know, but you haven’t met in person – say, a person you met online who you’ve been writing to. Whatever the story, the request is the same: wire money to pay taxes, fees, or to help someone you care about. No government agency will ever ask you to wire money. Ask questions and you’ll likely find that the story starts to fall apart.

**Charity Fraud**
Someone contacts you asking for a donation to their charity. It sounds like a group you’ve heard of, it seems real, and you want to help. How can you tell what charity is legitimate and what’s a scam? Scammers want your money quickly. Charity scammers often pressure you to donate right away. They might ask for cash, and might even offer to send a courier or ask you to wire money. Scammers often refuse to send you information about the charity, give you details, or tell you how the money will be used. They might even thank you for a pledge you don’t remember making.
Here’s what you can do: 1. Take your time. Tell callers to send you information by mail. For requests you get in the mail, do your research. Is it a real group? What percentage of your donation goes to the charity? Is your donation tax-deductible? How do they want you to pay? Rule out anyone who asks you to send cash or wire money. Chances are, that’s a scam.

**IRS & Other Government Entity Scams**
The IRS continues to warn the public to be alert for telephone scams. These callers claim to be with the IRS. The scammers often demand money to pay taxes. Some may try to con you by saying that you’re due a refund. The refund is a fake lure so you’ll give them your banking or other private financial information.

These con artists can sound convincing when they call. They may even know a lot about you. They may alter the caller ID to make it look like the IRS is calling. They use fake names and bogus IRS badge numbers. If you don’t answer, they often leave an “urgent” callback request.

These scams really get going during tax time. Remember, the IRS does not cold call citizens.

**The “Nigerian” Email Scam**
The people behind these messages claim to be officials, businesspeople, or the surviving spouses of former government honchos in Nigeria or another country whose money is tied up temporarily. They offer to transfer lots of money into your bank account if you will pay the fees or “taxes” they need to get their money. If you respond to the initial offer, you may receive documents that look “official.”

The emails are from crooks trying to steal your money or your identity. Inevitably, emergencies come up, requiring more of your money and delaying the “transfer” of funds to your account. In the end, there aren’t any profits for you, and your money is gone along with the thief who stole it. According to State Department reports, people who have responded to these emails have been beaten, subjected to threats and extortion, and in some cases, murdered.

These emails can really tug at your heartstrings and appeal to your sense of altruism. Successful scam artists know exactly how to get you to give up your money. If you get an email asking you to send money to help out a stranger, delete it. Someone is up to no good, and trying to manipulate your emotions.

**Medicare Fraud/Healthcare Scams**
You see an ad on TV, telling you about a new law that requires you to get a new health care card. Maybe you get a call offering you big discounts on health insurance. Or maybe someone says they’re from the government, and they need your Medicare number to issue you a new card. Scammers follow the headlines.

Do you really have to get a new health care card? Is that discounted insurance a good deal? Is that “government official” really from the government? The answer to all three is almost always: No. Here’s what you can do: 1. Stop. Check it out. Before you share your information, call Medicare (1-800-MEDICARE), do some research, and check with someone you trust.

**Tech Support Scams/Microsoft Scam**
Scammers have been peddling bogus security software for years. They set up fake websites, offer free “security” scans, and send alarming messages to try to convince you that your computer is infected. Then, they try to sell you software to fix the problem. At best, the software is worthless or available elsewhere for free. At worst, it could be malware — software designed to give criminals access to your computer and your personal information.

The latest version of the scam begins with a phone call. Scammers can get your name and other basic information from public directories. They might even guess what computer software you’re using.
Red Flags of Scammers  
(National Fraud Information Center):

- A promise that you can win money, make money, or borrow money easily;
- A demand that you act immediately or else miss out on this great opportunity;
- A refusal to send you written information before you agree to buy or donate;
- An attempt to scare you into buying something;
- Insistence that you wire money or have a courier pick up your payment; and,
- A refusal to stop calling after you’ve asked not to be called again.

How can I prevent being scammed?

- Don’t answer phone if you don’t recognize the number. If it’s someone who needs to talk to you for a legitimate reason, they will leave a message.
- If you do answer the phone and the person is selling something hang up.
- Don’t wire money to cover travel, medical emergencies, hotel bills, hospital bills, visas, losses from a temporary financial setback. In fact, it’s a good idea to never wire money period, unless you know for sure that your family or friend is abroad and in trouble.
- Don’t send money to tide someone over after a mugging or robbery, and don’t do anyone a favor by making an online purchase or forwarding a package to another country.
- Do not use public Wi-Fi to check sensitive financial information, or to make purchases using your credit card.
- Social media: If you are on sites like Facebook, make sure that your privacy settings don’t allow strangers to view your information.

Have you been scammed?  
Here’s what you can do:

Report it!

- Local law enforcement
- Federal Trade Commission (www.ftc.gov)
- All scams: FBI’s Internet Crime Complaint Center (www.ic3.gov)
- IRS scam calls. IRS: https://www.treasury.gov/tigta/contact_report scam.shtml
- Websites that you met the scammer on (examples: Match.com; Facebook.com)

Get support!

- Friends, family, group and individual counseling
- We offer a support group here at WISE & Healthy Aging. Call (310) 394-9871.
Elder Justice
A Resource Guide for Action

This Resource Guide was created by WISE & Healthy Aging, and funded in part by the City and County of Los Angeles Area Agencies on Aging.
Recognizing the Signs...

Physical Abuse
- Signs of being restrained, such as rope marks on wrists
- Unexplained signs of injury such as bruises, welts, scars, broken bones or sprains
- Over or under medication
- Broken eyeglasses or frame
- Caregiver’s refusal to allow you to see the person alone
- Report of drug overdose or apparent failure to take medication regularly
- Physical or chemical restraints for caregiver’s convenience

Emotional Abuse
- Threatening, belittling, or controlling caregiver behavior that you witness
- Caregiver isolates elder; refusing to allow access to visitors, mail, phone, etc.
- Uncharacteristic behavior such as withdrawal or changes in alertness

Sexual Abuse
- Bruises around breasts or genitals
- Unexplained sexually transmitted diseases or unexplained vaginal or anal bleeding
- Torn, stained, or bloody underclothing

Neglect by Caregivers or Self-Neglect
- Unusual weight loss, malnutrition, dehydration
- Untreated physical problems, such as bed sores
- Unsanitary living conditions: dirt, bugs, soiled bedding and clothes
- Poor hygiene, lack of clean or appropriate clothing
- Unsafe living conditions (no heat or running water; faulty electrical wiring, fire hazards)
- Desertion of the elder at a public place

Financial Exploitation
- Significant or unauthorized withdrawals from the elder’s accounts
- Sudden changes in the elder’s financial condition
- Items or cash missing from the household
- Suspicious changes in wills, power of attorney, titles, and policies
- Addition of names to the elder’s signature card
- Unpaid bills or lack of medical care, although the elder has enough money to pay for them
- Financial activity the elder couldn’t have done, such as ATM withdrawals by a bedridden account holder
- Unnecessary services, goods, or subscriptions
- Unusual change in spending habits

Scams
- Constant phone calls from various phone numbers
- Elder/adult suddenly wiring money
- Large accumulation of lottery mail
- Elder/adult secretive about a relationship with someone they have not met in person
WISE & Healthy Aging

FINANCIAL & LEGAL

Resources...

**General Information**
- City of Los Angeles Department of Aging and Information and Assistance: 213-482-7252
- County of Los Angeles Area Agency on Aging: 800-510-2020
- Department of Community and Senior Services: www.css.lacounty.gov 213-738-4004
- Los Angeles County Information and Referral, dial: 211 www.211la.org
- City of Los Angeles Information and Referral, dial: 311 or visit www.lacity.org/311-services
- WISE & Healthy Aging Information & Referral for senior services: 310-394-9871

**Legal Assistance**
- Bet Tzedek Legal Services: www.bettzedek.org 323-939-0506
- California State Attorney General: www.ag.ca.gov 800-952-5225
- Legal Aid Foundation of Los Angeles: www.lafla.org 800-399-4529
- Los Angeles City Attorney’s Office Elder Abuse Hotline: 877-477-3646
- Los Angeles County Bar Association Lawyer Referral & Information Smart Law www.smartlaw.org 213-243-1525
- Los Angeles County District Attorney Elder Abuse Section: 213-257-2290
- Los Angeles County Public Administrator - Public Guardian: 213-974-0515
- CANHR State Bar Certified Lawyer Referral Service: 800-474-1116

**Domestic Violence**
- National Domestic Violence Hotline: 800-799-7233
- Domestic Violence Hotline Southern California: 800-978-3600
  (Callers may receive help in 13 languages)
- Jewish Family Service Family Violence Project: 818-505-0900 (crisis line)
- VINE - Victim Information and Notification Everyday
  (A service by the Los Angeles County Sheriff’s Department to notify you when the status of an inmate changes) 877-846-3452

**Mental Wellness**
- County of Los Angeles Department of Mental Health, Older Adult Services ACCESS Center
  (Help regarding hoarding and other mental health issues): 800-854-7771
- National Suicide Prevention Lifeline: 800-273-8255
- Los Angeles Warmline (phone support): 855-952-9276
- 24-Hour Friendship Line (for those who are lonely and need to talk): 800-971-0016
Resources...

Financial Fraud and Exploitation

Credit Card Fraud
If you are a victim of identity theft, or you want to avoid becoming a victim of identity theft, call these agencies to freeze new accounts being opened in your name. Also for disputes regarding your credit record.

Experian: www.experian.com 888-397-3742
Equifax: www.equifax.com 800-525-6285
TransUnion: www.transunion.com 800-680-7289

Free Annual Credit Report Request a free credit report: www.annualcreditreport.com 877-322-8228

Mail Fraud
Opt-out from unsolicited mail, pre-approved credit card and insurance offers: 888-567-8688
Direct Marketing Association Inc. Remove name from mailing & emailing list: www.dmachoice.org

Telephone Fraud
Federal Trade Commission (FTC) Telemarketing fraud/identity theft: 877-382-4357
Do Not Call Registry Stop telemarketers from calling you: www.donotcall.gov 888-382-1222

Internet Crime/Spam
Internet Crime Complaint Center www.ic3.gov

Broker/Investment Fraud
California Department of Business Oversight Seniors Against Investment Fraud (SAIF) 866-275-2677
Concerns about brokers, investment advisers, financial planners, mortgage lenders and bill payers: www.corp.ca.gov
Financial Industry Regulatory Authority (FINRA) BrokerCheck Check the background of a broker or brokerage: brokercheck.finra.org 800-289-9999

Consumer Issues
California Department of Consumer Affairs Check licenses for doctors, nurses and other healthcare professionals: www.dca.ca.gov 800-952-5210
Concerns about brokers, investment advisers, financial planners, mortgage lenders and bill payers: www.corp.ca.gov 800-927-4357
California Department of Real Estate Real estate concerns: www.dre.ca.gov 213-620-2072
California Public Utilities Commission Utility complaints: www.cpuc.ca.gov/puc 800-649-7570
Contractors State License Board Concerns regarding licensed and unlicensed contractors: www.cslb.ca.gov 800-321-2752
Los Angeles County Department of Consumer and Business Affairs Landlord/tenant issues, housing discrimination, homebuyer issues, consumer complaints: www.dca.lacounty.gov 800-593-8222
WISE & Healthy Aging

FINANCIAL & LEGAL

Resources...

Social Security Administration

- www.socialsecurity.gov  Fraud Hotline: 800-269-0271

Medicare or Medi-Cal Fraud

- California Attorney General Bureau of Medi-Cal Fraud & Elder Abuse: 800-722-0432
  On-line complaint form:  www.ag.ca.gov/bmfea
- Center for Health Care Rights/California Health Advocates:  www.cahealthadvocates.org
  Health Insurance Counseling and Advocacy Program (HICAP)
  Medicare and healthcare counseling: 800-434-0222
- Department of Health Services for Medi-Cal fraud: 800-822-6222
- U.S. Health & Human Services TIPS Hotline to report Medicare fraud: 800-447-8477
- Los Angeles County District Attorney Victim-Witness Assistance
  http://da.co.la.ca.us: 800-380-3811 or 626-927-2500
- Ageless Alliance http://agelessalliance.org
  (Uniting against elder abuse through awareness, support and community engagement)

Reporting...

Dial 911 to report elder abuse or neglect to the Police NOW if the abuse is immediate and life-threatening.

Elder Abuse Hotline at 877-477-3646 or 800-992-1660 to report allegations of abuse when you are unsure on where to call.

Adult Protective Services, County of Los Angeles, 888-202-4248 if you suspect elder abuse in the community. Call 213-351-5401 if you are outside of Los Angeles County.

Long-Term Care Ombudsman, at WISE & Healthy Aging 800-334-9473 and report suspected abuse occurring at board and care homes, nursing homes and assisted living facilities in LA County. Statewide Ombudsman after hours crisis line: 800-231-4024.
Do:

- Stay active with your local senior center. It can be a valuable source of information.
- Plan for your care as you age. Identify reliable people who can provide assistance if needed.
- Review your finances regularly. Be extremely cautious when selecting “trustworthy” individuals to help manage your affairs when needed.
- Participate in community activities. Volunteering is a great way to have contact with others and make friends. Call WISE & Healthy Aging at 310-394-9871 for volunteer opportunities.

Don’t:

- Don’t put off preparing your future physical and financial needs.
- Don’t accept personal care from anyone in exchange for property or assets without a lawyer or other trusted advocate to witness the transaction.
- Don’t allow others to keep details of your finances from you.
- Don’t give out personal or financial information to people you don’t know, especially over the phone.
- Don’t sign legal documents that you do not understand.

WISE & Healthy Aging is a non-profit, social services organization recognized for its wide range of innovative support services designed to meet the needs of a diverse clientele within the greater Los Angeles area.

Our mission is to advance the dignity and quality of life of older adults through leadership, advocacy and high-quality, innovative services.
### California Department of Insurance
300 South Spring Street, South Tower
Los Angeles, CA 90013
(800) 927-4357 (Consumer Hotline)
(800) 967-9331 (Licensing Hotline)
www.insurance.ca.gov

### Employee’s Health Insurance Services, Inc.
P.O. Box 27
Del Mar, CA 92014
(858) 481-8990
ehisinc@sbcglobal.net

### Medi-Cal Managed Care - Health Care Options
(800) 430-4263
Office of the Ombudsman
(888) 452-8609
www.healthcareoptions.dhcs.ca.gov

### Health Insurance Counseling and Advocacy Program (HICAP)
(At Culver City Senior Center)
4095 Overland Avenue
Culver City, CA 90232
(310) 253-6700

### Medi-Cal
(800) 541-5555
www.medi-cal.ca.gov

### Barry A. Sikov, Medicare Advisor
522 S. Sepulveda Blvd. #207
Los Angeles, CA 90049
(310) 476-9720
Barry@belairinsuranceservices.com

### Medicare
(800) 633-4227
(877) 486-2048 (TTY)
www.medicare.gov

### OATF

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>California Department of Insurance</td>
<td>300 South Spring Street, South Tower, Los Angeles, CA 90013</td>
<td>(800) 927-4357 (Consumer Hotline), (800) 967-9331 (Licensing Hotline)</td>
<td><a href="http://www.insurance.ca.gov">www.insurance.ca.gov</a></td>
</tr>
<tr>
<td>Employee’s Health Insurance Services, Inc.</td>
<td>P.O. Box 27, Del Mar, CA 92014</td>
<td>(858) 481-8990</td>
<td><a href="mailto:ehisinc@sbcglobal.net">ehisinc@sbcglobal.net</a></td>
</tr>
<tr>
<td>Medi-Cal Managed Care - Health Care Options</td>
<td></td>
<td>(800) 430-4263</td>
<td>Office of the Ombudsman, (888) 452-8609, <a href="http://www.healthcareoptions.dhcs.ca.gov">www.healthcareoptions.dhcs.ca.gov</a></td>
</tr>
<tr>
<td>Health Insurance Counseling and Advocacy Program (HICAP)</td>
<td>4095 Overland Avenue, Culver City, CA 90232</td>
<td>(310) 253-6700</td>
<td></td>
</tr>
<tr>
<td>Medi-Cal</td>
<td></td>
<td>(800) 541-5555</td>
<td><a href="http://www.medi-cal.ca.gov">www.medi-cal.ca.gov</a></td>
</tr>
<tr>
<td>Barry A. Sikov, Medicare Advisor</td>
<td>522 S. Sepulveda Blvd. #207, Los Angeles, CA 90049</td>
<td>(310) 476-9720, <a href="mailto:Barry@belairinsuranceservices.com">Barry@belairinsuranceservices.com</a></td>
<td></td>
</tr>
<tr>
<td>BRUCE A. JOHNSTON</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEST LA Baby Boomer Insurance Services</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Insurance Agency of record for Westside Baby Boomers for Medicare &amp; Health Insurance Options</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicare Advantage Plans, Medicare Supplements, RX Plans, Travel Insurance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1821 Wilshire Blvd Suite 525, Santa Monica California 90403</td>
<td></td>
<td>310.351.7772</td>
<td><a href="mailto:westlamedicare@gmail.com">westlamedicare@gmail.com</a>, 101medicare.com, Ca Lic#OH45182</td>
</tr>
</tbody>
</table>

**Note:** WISE & Healthy Aging is a 501(c)(3) nonprofit corporation. To distribute the Guide free of cost, we sell advertising space. While we appreciate the paid listings in the Guide, their inclusion does not imply a recommendation or endorsement of products or services by WISE & Healthy Aging. Always be a vigilant consumer. Verify information and seek references where appropriate.
Confused about Medicare? Are you turning 65 or retiring soon? I can show you the options and can enroll you in the best plan style to fit your specific needs. Supplements, Drug Plans and Medicare Advantage Plans.

NO COST TO YOU! Call TODAY!

Barry A. Sikov
(310) 476-9720
Ca Lic #0826092
ANIMAL CARE & CONTROL

Animal Control and Pet Care
(Beverly Hills)
(310) 285-1119

Animal Control Services (Culver City)
(310) 837-1221

City of Los Angeles-Department of Animal Services
11361 Pico Blvd.
Los Angeles, CA 90064
(888) 452-7381
www.laanimalservices.com

Department of Animal Care and Control (County of Los Angeles)
(562) 728-4882
animalcare.lacounty.gov

Santa Monica Police Department - Animal Control Unit
(310) 458-8594

INDEPENDENCE AT HOME

Culver City Senior Center
4095 Overland Avenue
Culver City, CA 90232
(310) 253-6700
www.culvercity.org

Independence at Home
Independence at Home
3800 Kilo Ray Airport Way #100
Long Beach, CA 90806
(866) 421-1964
www.IndependenceAtHome.org

Jewish Family Service of Los Angeles
Felicia Mahood Multipurpose Center
11338 Santa Monica Boulevard
Los Angeles, CA 90025
(310) 231-9228
www.jfsla.org

OATF

Maybe you just need a little extra support at home. Independence at Home (IAH) has a team of caring professionals ready to help.

Our trained social workers, gerontologists, nurses, mental health professionals, pharmacists, and health educators can connect older adults and their caregivers to the services needed to stay healthy and independent at home.

• From case management to medication safety to in-home behavioral health therapy, IAH has a variety of programs to help older adults age safely in their communities.

• There is no charge for our assistance. If you are 55 and older—or a caregiver to someone 55 and older—find out how IAH can help you. Many services are also available in Spanish and other languages.

IT ALL STARTS WITH ONE CALL:

Independence at Home
866-421-1964

WISE & Healthy Aging is a 501(c)(3) nonprofit corporation. To distribute the Guide free of cost, we sell advertising space. While we appreciate the paid listings in the Guide, their inclusion does not imply a recommendation or endorsement of products or services by WISE & Healthy Aging. Always be a vigilant consumer. Verify information and seek references where appropriate.
COMMUNITY RESOURCES

Santa Monica Commission for the Senior Community
1685 Main Street, Room 212
Santa Monica, CA 90401
(310) 458-8701
human.services@smgov.net

USC Family Caregiver Support Center
3715 McClintock Avenue
Los Angeles, CA 90089
(855) 872-6060
fcsc.usc.edu

Wise & Healthy Aging
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
www.wiseandhealthyaging.org

Disability Community Resource Center
12901 Venice Boulevard
Los Angeles, CA 90066
(310) 390-3611
www.dorc.co

Disability Rights California
350 South Bixel Street
Suite 290
Los Angeles CA 90017
(213) 213-8000
(800) 776-5746 (Toll-free)
(800) 719-5798 (TTY)
www.disabilityrightsca.org

Los Angeles County Commission on Disabilities
500 West Temple Street, Room 358
Los Angeles, CA 90012
(213) 974-1311
(800) 735-2929 (TDD)
www.laccd.org

Network of Care for Behavioral Health
losangeles.networkofcare.org
Online information portal for people with developmental disabilities

Santa Monica Adaptive Recreation and Sports (SMARS)
1401 Olympic Blvd.
Santa Monica, CA 90404
(310) 458-8237

Westside Regional Center
5901 Green Valley Circle
Suite 230
Culver City, CA 90230
(310) 258-4000
www.westsiderc.org

Westside Special Olympics
1401 Olympic Blvd.
Santa Monica, CA 90404
(310) 458-8237
www.sosc.org

Santa Monica Commission for the Senior Community
1685 Main Street, Room 212
Santa Monica, CA 90401
(310) 458-8701
human.services@smgov.net

OATF

WISE & Healthy Aging
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
www.wiseandhealthyaging.org

OATF

EDUCATION

AARP Driver Safety Program
(sponsored by Wise & Healthy Aging Transportation & Mobility Program and Santa Monica Big Blue Bus)
1527 4th Street, 1st Floor
Santa Monica, CA 90401
(310) 394-9871, Ext. 455
www.wiseandhealthyaging.org/transportation
Helping older drivers improve skills, avoid accidents and traffic violations (certification allows for discount on auto insurance).

Conscious Aging
Santa Monica, CA 90401
(310) 266-2135
Iwow.biz

Emeritus – Santa Monica College
1227 Second Street
Santa Monica, CA 90401
(310) 434-4306
www.smc.edu/emeritus
Emeritus is Santa Monica College’s zero-cost, noncredit lifelong learning program for older adults offering classes in Arts & Crafts, Computers, Health, Literature, Music, Political Science and Theater Arts.

Los Angeles OASIS
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
https://los-angeles.oasisnet.org

OATF
COMMUNITY RESOURCES

EDUCATION (continued)

UCLA Health 50 Plus
1250 16th Street
Santa Monica, CA 90404
(800) 516-5323
ucalhealth.org

WISE & Healthy Aging - Education & Training Center
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
https://los-angeles.oasisnet.org

EMERGENCY SERVICES

A Complete List of Non-Emergency Contacts by City (right)
Los Angeles County Specific Needs Disaster Registry
snap.lacounty.gov
Register online to enhance the efficiency of first-responder agencies to assist you or a loved one with disabilities in an emergency.

Los Angeles Fire Department - Community Emergency Response Team
(213) 893-9840
www.cert-la.com
The Community Emergency Response Team (CERT) program is an all-risk, all-hazard training.

Malibu City - Emergency & Traffic Hotline
(310) 456-9982

SMAAlerts
(310) 458-2263
www.cityofsantamonica.bbcportal.com/
SMAAlerts allows the City of Santa Monica to provide you with critical information in an emergency situation.

EMPLOYMENT

California State Employment Development Department
12160 Mindanao Way
Marina Del Rey, CA 90292
(310) 574-6464
www.edd.ca.gov

Senior Community Service Employment Program
(310) 680-3700
www.doleta.gov/Seniors/

Work Source Center
(888) 226-6300
www.211la.org

FACILITIES RENTAL

Santa Monica Bay Woman’s Club
1210 4th Street
Santa Monica, CA 90401
(310) 395-1308
info@smbwc.org

FARMERS MARKETS

A Complete List of Farmers Markets on page 56.

Los Angeles County Farmers Market Office
(818) 591-8161

Pacific Coast Farmers Market Association - Certified Farmers Market Hotline
(925) 825-9090

FITNESS

Emeritus - Santa Monica College
1227 Second Street
Santa Monica, CA 90401
(310) 434-4306
www.smc.edu/emeritus

NON-EMERGENCY FIRE AND POLICE DEPARTMENTS BY CITY

Call 9-1-1 when there is a life-threatening emergency that requires the immediate response of emergency services such as police, fire or paramedic.

BEVERLY HILLS
Fire Department
(310) 550-4900
Police Department
(310) 550-4951

CULVER CITY
Fire Department
(310) 839-1146
Police Department
(310) 837-1221

MALIBU
Fire Department
(310) 317-1802
Police Department
(310) 456-6652

SANTA MONICA
Fire Department
(310) 458-8660
Police Department
(310) 458-8491

WEST LOS ANGELES
Fire Department
(310) 575-8559
Police Department
(310) 444-0702

WISE & Healthy Aging is a 501(c)(3) nonprofit corporation. To distribute the Guide free of cost, we sell advertising space. While we appreciate the paid listings in the Guide, their inclusion does not imply a recommendation or endorsement of products or services by WISE & Healthy Aging. Always be a vigilant consumer. Verify information and seek references where appropriate.
**FITNESS (continued)**

Los Angeles Oasis
1527 4th Street
Santa Monica, CA 90401
(310) 394-9871
www.oasisnet.org/la

Santa Monica Family YMCA
1332 6th Street
Santa Monica, CA 90401
(310) 393-2721
www.ymcasm.org

Train With Susan – Personal Training and Small Group Exercise
In Your Home or My Private Studio
(323) 574-4802
www.trainwithsusan.com

**FOOD PROGRAMS**

Claude Pepper Senior Citizens Center
1762 South La Cienega Blvd.
Los Angeles, CA 90035
(310) 559-9677

Culver City Senior Nutrition Program
4095 Overland Avenue
Culver City, CA 90232
(310) 253-6726
(Home delivered meals program)
(310) 253-6748

Culver Palms Meals on Wheels
4427 Overland Avenue
Culver City, CA 90230
(310) 559-0666
www.mealsonwheelsculverpalms.org

Felicia Mahood Lunch Program
11338 Santa Monica Blvd.
Los Angeles, CA 90025
(310) 479-4119

Meals on Wheels West
1823 A Michigan Avenue
Santa Monica, CA 90404
(310) 394-5133
www.mealsonwheelswest.org

Oakwood Recreation Center
767 California Street
Los Angeles, CA 90291
(310) 452-7479

Penmar Recreation Center
1341 Lake Street
Venice, CA 90291
(310) 396-8735

Roxbury Park Community Center
471 South Roxbury Drive
Beverly Hills, CA 90212
(310) 285-6840

Venice Japanese Community Center
12448 Braddock Drive
Los Angeles, CA 90066
(310) 822-8885
www.vjcc.com

Westchester Senior Citizen Center
8740 Lincoln Blvd.
Los Angeles, CA 90045
(310) 649-3317

Westside Food Bank
1710 22nd Street
Santa Monica, CA 90404
(310) 828-6016
www.westsidefoodbankca.org

**OATF**

WISE Diner/ Senior Lunch Program
(A program of WISE & Healthy Aging)
Ken Edwards Center
1527 4th Street, First Floor
Santa Monica, CA 90401
(310) 394-9871, Ext.436
www.wiseandhealthyaging.org/wise-diner-program
The WISE & Healthy Aging WISE Diner Program offers healthy lunches served in welcoming group settings throughout the City of Santa Monica to older adults 60 and older.

WISE Diner/ Senior Lunch Program
(A program of WISE & Healthy Aging)
Reed Park
1133 7th Street
Santa Monica, CA 90403

WISE Diner/ Senior Lunch Program
(A program of WISE & Healthy Aging)
WISE Adult Day Service Center
1527 4th Street, 2nd Floor
Santa Monica, CA 90401

**Assistance for the HOMELESS**

Chrysalis
1853 Lincoln Blvd.
Santa Monica, CA 90404
(310) 401-9400
www.changelives.org

Los Angeles Homeless Services Authority
811 Wilshire Blvd., 6th Floor
Los Angeles, CA 90017
(213) 683-3333

OPCC
1453 16th Street
Santa Monica, CA 90404
(310) 450-4050
**COMMUNITY RESOURCES**

**Assistance for the HOMELESS (continued)**

**St. Joseph Center**
204 Hampton Drive
Venice, CA 90291
(310) 396-6468
www.stjosephctr.org

**The Giving Spirit**
11693 San Vicente Blvd., #113
Los Angeles, CA 90049
(310) 943-6460
www.thegivingspirit.org

**The Salvation Army Santa Monica Corps**
1533 4th Street
Santa Monica, CA 90401
(310) 451-1358
www.santamonica.salvationarmy.org

**Upward Bound House**
1104 Washington Ave.
Santa Monica, CA 90403
(310) 458-7779
www.upwardboundhouse.org

**Venice Community Housing**
720 Rose Ave.
Venice, CA 90291
(310) 399-4100
www.vchcorp.org

**HOT LINES**

**Alzheimer’s Association Helpline**
(800) 272-3900

**California Poison Control Center**
(800) 222-1222
www.calpoison.org

**City of Los Angeles Sanitation - Customer Service**
(800) 773-2489

**Domestic Violence Safety Plan Hotline**
(800) 978-3600

**Elder Abuse Hotline**
(877) 477-3646

**Environmental Protection Hotline (Malibu City)**
(310) 359-8003

**Identity Theft Resource Center**
(888) 400-5530
www.idtheftcenter.org

**Los Angeles County Information Services**
211
www.infoline-la.org

**National Cancer Institute- Information Service**
(800) 422-6237
www.cancer.gov

**National Institute on Aging - Information Center**
(800) 222-2225

**Santa Monica Police Department- Graffiti Removal**
(310) 458-2231

**Suicide Prevention Lifeline**
(800) 784-2433

**LIBRARIES**

**Beverly Hills Public Library**
444 North Rexford Drive
Beverly Hills, CA 90210
(310) 288-2220
www.beverlyhills.org

**Donald Bruce Kaufman- Brentwood**
11820 San Vicente Blvd.
Los Angeles, CA 90049
(310) 575-8273
www.lapl.org

**Julian Dixon Library**
4975 Overland Avenue
Culver City, CA 90230
(310) 559-1676
www.lapl.org

**Lloyd Taber - Marina del Rey Library**
4533 Admiralty Way
Marina del Rey, CA 90292
(310) 821-3415
www.lapl.org

**Malibu Public Library**
23519 West Civic Center Way
Malibu, CA 90265
(310) 456-6438
www.colapublib.org

**Mar Vista Library**
12006 Venice Blvd.
Los Angeles, CA 90066
(310) 390-3454
www.lapl.org

**National Library Service for the Blind and Physically Handicapped**
(800) 424-8567

**Palisades Branch Library**
861 Alma Real Drive
Pacific Palisades, CA 90272
(310) 459-2754
www.lapl.org

**Palms - Rancho Park Library**
2920 Overland Avenue
Los Angeles, CA 90064
(310) 840-2142
www.lapl.org

**Robertson Branch Library**
1719 South Robertson Boulevard
Los Angeles, CA 90035
(310) 840-2147
www.lapl.org

**Venice - Abbot Kinney Memorial Library**
501 S. Venice Blvd
Venice, CA 90291
(310) 821-1769
www.lapl.org
LIBRARIES (continued)

West Los Angeles Regional Library
11360 Santa Monica Blvd.
Los Angeles, CA 90025
(310) 575-8323
www.lapl.org

Westchester - Loyola Village Library
7114 W. Manchester Ave.
Los Angeles, CA 90045
(310) 348-1096
www.lapl.org

Westwood Library
1246 Glendon Ave.
Los Angeles, CA 90024
(310) 474-1739
www.lapl.org

Santa Monica Public Library, Main
601 Santa Monica Boulevard
Santa Monica, CA 90401
(310) 458-8600
smpl.org

Fairview Branch Library
2101 Ocean Park Blvd.
(310) 458-8681

Montana Branch Library
1704 Montana Ave.
(310) 458-8682

Ocean Park Branch Library
2601 Main St.
(310) 458-8683

Pico Branch Library
2201 Pico Blvd.
(310) 458-8684

MUSIC THERAPY

Laura Kanofsky MT-BC, LCSW –
Music Therapy
1223 Wilshire Boulevard #775
Santa Monica, CA 90403
(310) 927-1718
laura.kanofsky@gmail.com

OTHER

Step Up on Second, Inc.
1328 Second Street
Santa Monica, CA 90401
Phone (310) 394-6889
Fax (310) 394-6883
www.stepuponsecond.org
Step Up delivers compassionate support
to people experiencing serious mental
illness to help them recover, stabilize,
and integrate into the community.

Clare Foundation
909 Pico Blvd.
Santa Monica, CA 90405
Phone (866) 452-5273
www.clarefoundation.org

The People Concern
1453 16th Street
Santa Monica, CA 90404
Phone (323) 334-9000
www.thepeopleconcern.org

PARKING ENFORCEMENT

Enforcement Services (Culver City)
(310) 253-5555

Parking Enforcement (Beverly Hills)
(310) 550-4875

Parking Enforcement (Malibu City)
(800) 654-7275

Parking Enforcement (Santa Monica)
(310) 458-8466
## COMMUNITY RESOURCES

### PARKS / RECREATION CENTERS (listed by city)

#### Beverly Hills

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverly Cañon Gardens</td>
<td>241 North Cañon Drive</td>
<td>Beverly Hills</td>
<td>(310) 285-2537</td>
</tr>
<tr>
<td>Beverly Gardens Park</td>
<td>22 blocks along Santa Monica Blvd.</td>
<td>Beverly Hills</td>
<td>(310) 285-2537</td>
</tr>
<tr>
<td>Coldwater Canyon Park</td>
<td>1100 N. Beverly Drive</td>
<td>Beverly Hills</td>
<td>(310) 285-6820</td>
</tr>
<tr>
<td>Greystone Park &amp; Mansion</td>
<td>905 Loma Vista Drive</td>
<td>Beverly Hills</td>
<td>(310) 285-6830</td>
</tr>
<tr>
<td>La Cienega Community Center/Park</td>
<td>8400 Gregory Way</td>
<td>Beverly Hills</td>
<td>(310) 285-6810</td>
</tr>
<tr>
<td>La Cienega Tennis Center</td>
<td>325 S. La Cienega Blvd.</td>
<td>Beverly Hills</td>
<td>(310) 285-6820</td>
</tr>
<tr>
<td>Roxbury Park Community Center</td>
<td>471 S. Roxbury Dr.</td>
<td>Beverly Hills</td>
<td>(310) 285-6840</td>
</tr>
<tr>
<td>Will Rogers Memorial Park</td>
<td>9650 Sunset Blvd.</td>
<td>Beverly Hills</td>
<td>(310) 285-2536</td>
</tr>
</tbody>
</table>

#### Culver City

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blanco Park</td>
<td>5801 Sawtelle Blvd.</td>
<td>Culver City</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Carlson Park</td>
<td>10400 Braddock Drive</td>
<td>Culver City</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Culver City Park</td>
<td>9700 Jefferson Blvd.</td>
<td>Culver City</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Culver/Slauson Park</td>
<td>5072 South Slauson Avenue</td>
<td>Culver City</td>
<td>(310) 391-5451</td>
</tr>
<tr>
<td>Culver West Alexander Park</td>
<td>4162 Wade Street</td>
<td>Culver City</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>El Marino Park</td>
<td>5301 Berryman Avenue</td>
<td>Culver City</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Fox Hills Park</td>
<td>5809 Green Valley Circle</td>
<td>Culver City</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Lindberg Park</td>
<td>5041 Rhoda Way</td>
<td>Culver City</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Syd Kronenthal Park</td>
<td>3459 McManus Avenue</td>
<td>Culver City</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Tellefson Park</td>
<td>3998 Bentley Avenue</td>
<td>Culver City</td>
<td>(310) 253-6650</td>
</tr>
</tbody>
</table>

#### Los Angeles

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheviot Hills Recreation Center</td>
<td>2551 Motor Avenue</td>
<td>Los Angeles</td>
<td>(310) 837-5186</td>
</tr>
<tr>
<td>Crestwood Hills Recreation Center</td>
<td>1000 Hanley Ave.</td>
<td>Los Angeles</td>
<td>(310) 472-5233</td>
</tr>
<tr>
<td>Glen Alla Park</td>
<td>4601 Alla Road</td>
<td>Los Angeles</td>
<td>(310) 202-2803</td>
</tr>
<tr>
<td>Holmby Park</td>
<td>601 Club View Drive</td>
<td>Los Angeles</td>
<td>(310) 202-2803</td>
</tr>
<tr>
<td>Palms Recreation Center</td>
<td>2950 Overland Ave.</td>
<td>Los Angeles</td>
<td>(310) 838-3838</td>
</tr>
<tr>
<td>Veteran’s Park</td>
<td>4117 Overland Avenue</td>
<td>Culver City</td>
<td>(310) 253-6650</td>
</tr>
</tbody>
</table>

#### Malibu

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charmlee Wilderness Park</td>
<td>2577 Encinal Canyon Road</td>
<td>Malibu</td>
<td>(310) 457-7247</td>
</tr>
<tr>
<td>Los Flores Creek Park</td>
<td>3805 Las Flores Canyon Road</td>
<td>Malibu</td>
<td>(310) 456-2489</td>
</tr>
<tr>
<td>Legacy Park</td>
<td>23500 Civic Center Way</td>
<td>Malibu</td>
<td>(310) 317-1364</td>
</tr>
</tbody>
</table>
PARKS / RECREATION CENTERS (listed by city)

**Malibu Bluffs Park**  
24250 Pacific Coast Hwy.  
Malibu, CA 90265  
(310) 317-1364

**Malibu Community Pool**  
30215 Morning View Drive  
Malibu, CA 90265  
(310) 589-1933

**Malibu Equestrian Park**  
6225 Merritt Drive  
Malibu, CA 90265  
(310) 317-1364

**Michael Landon Community Center**  
24250 Pacific Coast Highway  
Malibu, CA 90265  
(310) 317-1364

**Trancas Canyon Park**  
6050 Trancas Canyon Road  
Malibu, CA 90265  
(310) 317-1364

**Marina del Rey**

**Burton W. Chace Park**  
13650 Mindanao Way  
Marina del Rey, CA 90292  
(310) 305-9595

**Fisherman’s Village**  
13737 Fiji Way  
Marina del Rey, CA 90292  
(310) 821-1081

**Marina Beach**  
4101 Admiralty Way  
Marina del Rey, CA 90292  
(310) 305-9545

**Yvonne B. Burke Park**  
4400 Admiralty Way  
Marina del Rey, CA 90292  
(310) 305-9545

**Pacific Palisades**

**Palisades Recreation Center**  
851 Alma Real Drive  
Pacific Palisades, CA 90272  
(310) 454-1412  
Palisades.RC@lacity.org

**Rivas Canyon Park**  
14700 Oracle Place  
Pacific Palisades, CA 90272  
(310) 840-2187

**Santa Ynez Recreation Center**  
17005 Palisades Circle  
Pacific Palisades, CA 90272  
(310) 459-4083

**Temescal Gateway Park**  
15601 West Sunset Blvd.  
Pacific Palisades, CA 90272  
(310) 454-1395

**Will Rogers State Historic Park**  
1501 Will Rogers State Park Road  
Pacific Palisades, CA 90272  
(310) 454-8212  
www.parks.ca.gov

**Playa del Rey**

**Del Rey Lagoon**  
6660 Esplanade Place  
Playa del Rey, CA 90293  
(310) 202-2803

**Dockweiler State Beach**  
12505 Vista del Mar  
Playa del Rey, CA 90293  
(310) 305-9503

**Playa del Rey Beach**  
Culver Blvd. & Pacific Avenue  
Playa del Rey, CA 90293

**Titmouse Park**  
415 Culver Blvd.  
Playa Del Rey, CA 90293  
(310) 202-2803

**Vista Del Mar Park**  
6200 Vista Del Mar Blvd.  
Playa Del Rey, CA 90293  
(310) 202-2803

**Santa Monica**

**1450 Ocean - the Camera Obscura Building**  
1450 Ocean Avenue  
Santa Monica, CA 90401  
(310) 458-2239  
www.smgov.net/1450ocean

**Airport Park**  
3201 Airport Avenue  
Santa Monica, CA 90405  
(310) 458-8300  
www.smgov.net/parks

**Annenberg Community Beach House**  
415 Pacific Coast Highway  
Santa Monica, CA 90402  
(310) 458-4904  
www.annenbergbeachhouse.com

**Ashland Park**  
1650 Ashland Avenue  
Santa Monica, CA 90405  
(310) 458-8300

**Barnard Way Linear Park**  
2440 Barnard Way  
Santa Monica, CA 90405  
(310) 458-8300

**Chess Park**  
Ocean Front Walk at Seaside Terrace  
Santa Monica, CA 90401  
(310) 458-8450

**Clover Park**  
2600 Ocean Park Blvd.  
Santa Monica, CA 90405  
(310) 458-8300

**Colorado Center Park**  
26th Street and Broadway  
Santa Monica, CA 90404  
(310) 458-8300
Westside Guide for the 50+

COMMUNITY RESOURCES

PARKS / RECREATION CENTERS (listed by city)

Community Recreation Division - Community Gardens
(310) 458-8300
www.smgov.net/Departments/CCS/content.aspx?id=33150

Cove State Park
1401 Olympic Blvd.
Santa Monica, CA 90404
(310) 458-8237
cove@smgov.net

Crescent Bay Park
2000 Ocean Avenue
Santa Monica, CA 90405
(310) 458-8300

Douglas Park
2439 Wilshire Blvd.
Santa Monica, CA 90403
(310) 458-8300

Euclid Park
1525 Euclid Street
Santa Monica, CA 90404
(310) 458-8300

Goose Egg Park
Palisades Avenue
(between 4th and 7th Streets)
Santa Monica, CA 90402
(310) 458-8300

Hotchkiss Park
2302 4th Street
Santa Monica, CA 90405
(310) 458-8300

Joslyn Park
633 Kensington Road
Santa Monica, CA 90405
(310) 458-8300

Los Amigos Park
500 Hollister Avenue
Santa Monica, CA 90405
(310) 458-8300

Marine Park
1406 Marine Street
Santa Monica, CA 90405
(310) 458-8300

Memorial Park
1401 Olympic Blvd.
Santa Monica, CA 90404
(310) 458-8300

Miles Memorial Playhouse
1130 Lincoln Blvd.
Santa Monica, CA 90403
(310) 458-8634
www.smgov.net/departments/CCS/MilesPlayhouse/

Ocean View Park
2701 Barnard Way
Santa Monica, CA 90405
(310) 458-8300

Ozone Park
720 Ozone Street
Santa Monica, CA 90405
(310) 458-8300

Palisades Park
Ocean Avenue (between Colorado Ave. and Adelaide Dr.)
Santa Monica, CA 90401
(310) 458-8300

Park Drive Park
2415 Broadway Blvd.
Santa Monica, CA 90404
(310) 458-8300

Reed Park
1133 7th Street
Santa Monica, CA 90403
(310) 458-8300

Rustic Canyon Recreation Center
601 Latimer Road
Santa Monica, CA 90402
(310) 454-5734
RusticCanyon.RC@lacity.org

Santa Monica Family YMCA
1332 6th Street
Santa Monica, CA 90401
(310) 393-2721
www.ymcasm.org

Santa Monica State Beach
(310) 458-8300
www.smgov.net/Portals/Beach/

Schader Park
1425 Cloverfield Blvd.
Santa Monica, CA 90404
(310) 458-8300
www.smgov.net/parks

South Beach Park
3400 Barnard Way
Santa Monica, CA 90405
(310) 458-8300
www.smgov.net/parks

Steward Street Park
1819 Stewart Street
Santa Monica, CA 90404
(310) 458-8300
www.smgov.net/parks

Tongva Park and Ken Genser Square
1615 Ocean Avenue
Santa Monica, CA 90401
(310) 458-8300
www.smgov.net/parks

Virginia Avenue Park
2200 Virginia Avenue
Santa Monica, CA 90404
(310) 458-8300
www.smgov.net/parks

WISE & Healthy Aging is a 501(c)(3) nonprofit corporation. To distribute the Guide free of cost, we sell advertising space. While we appreciate the paid listings in the Guide, their inclusion does not imply a recommendation or endorsement of products or services by WISE & Healthy Aging. Always be a vigilant consumer. Verify information and seek references where appropriate.
Los Angeles Oasis -
WISE & Healthy Aging
1527 4th Street, 1st Floor
Santa Monica, CA 90401
(310) 857-1527
https://los-angeles.oasisnet.org

Culver City Senior Center
4095 Overland Avenue
Culver City, CA 90232
(310) 253-6700
www.culvercity.org

Felicia Mahood Senior Multipurpose Center
11338 Santa Monica Blvd.
Los Angeles, CA 90025
(310) 479-4119

Freda Mohr Multipurpose Center
330 North Fairfax Avenue
Los Angeles, CA 90036
(323) 937-5900
www.jfsla.org

Israel Levin Senior - Adult Center
201 Ocean Front Walk
Venice, CA 90291
(310) 396-0205
www.jfsla.org

WiSE & Healthy Aging Transportation Support

Including Door-Through-Door Service

Are you a Santa Monica resident who is 60+ years or 18+ years and disabled?
Let us help you with your transportation needs.

Call for Information: (310) 394-9871, ext. 455
COMMUNITY RESOURCES

TRANSPORTATION

Access Services Incorporated
(213) 488-1748
(800) 883-1295 Reservation Line
www.asila.org
Access Services Inc. is a county-wide agency that provides shared ride, curb-to-curb transportation to serve the needs of individuals with disabilities throughout the Los Angeles County.

Metro Reduced Fare Office - Senior Transit Access Pass (TAP) Card
(213) 680-0054
www.metro.net

Beverly Hills Dial-A-Ride Shuttle
(310) 275-2791

Beverly Hills Taxi Coupon Program
P.O. Box 741165
Los Angeles, CA 90004
(310) 981-9318
www.beverlyhills.org

City of Beverly Hills - Transportation Planning
455 North Rexford Drive
Beverly Hills, CA 90210
(310) 285-1128
transportation@beverlyhills.org

City of Culver City - Department of Transportation
4343 Duquesne Avenue
Culver City, CA 90232
(310) 253-6510
www.culvercity.org/government/transportation

Culver City - Dial-A-Ride Program
(310) 253-6729
(310) 253-6580 (Schedule a Ride)

Culver City Bus
4343 Duquesne Avenue
Culver City, CA 90232
(310) 253-6510

Culver City Taxi Coupon Program
4095 Overland Avenue
Culver City, CA 90232
(310) 253-6729

Culver City Traffic Engineering - Parking Permit Program
9770 Culver Boulevard
Culver City, CA 90232
(310) 253-5615

Department of Motor Vehicles - Culver City Office
11400 Washington Boulevard
Los Angeles, CA 90066
(800) 777-0133
dmv.ca.gov

Department of Motor Vehicles - Santa Monica Office
2235 Colorado Avenue
Santa Monica, CA 90404
(800) 777-0133
dmv.ca.gov

Santa Monica Bus Lines (Big Blue Bus)
1660 7th Street
Santa Monica, CA 90401
(310) 451-5444
www.bigbluebus.com

Senior Beach Parking Permit
1717 4th Street
Suite 150
Santa Monica, CA 90401
(310) 458-8295
parking.office@smgov.net

WISE & Healthy Aging - “Dial-a-Ride” Program
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871, Ext.455
www.wiseandhealthyaging.org/transportation

In collaboration with the City of Santa Monica’s Big Blue Bus, the WISE & Healthy Aging/ Santa Monica Dial-A-Ride program offers low cost, shared-ride curb-to-curb van transportation to Santa Monica residents who are at least 60 years of age and persons with disabilities who are 18 years of age or older. Also, for seniors needing more assistance, a door-through-door service is available.
WISE & Healthy Aging offers exclusive group travel opportunities for adults of all ages. These high-quality packages are available at competitive prices, and are a safe way to travel. Make new friends and see the sights. Relax, the planning is already done for you!

Travelers can sign up for local one-day excursions, multi-day trips internationally or within the United States.

Visit our website (noted below) and click on Adventures for complete itineraries and reservation forms for all trips.

Call Center for Homeless Veterans
(877) 424-3838

Department of Veterans Affairs
(877) 222-8387
(Debt Management Center)
(800) 827-0648
(Caregiver Support Line)
(855) 260-3274

Los Angeles National Cemetery
950 South Sepulveda Blvd.
Los Angeles, CA 90049
(310) 268-4675
www.cem.va.gov

Los Angeles Regional Benefits Office
11000 Wilshire Blvd.
Los Angeles, CA 90024
(800) 827-1000
www.benefits.va.gov/losangeles

New Directions for Veterans
11303 Wilshire Blvd., #116
Los Angeles, CA 90073
(310) 914-4045
www.ndvets.org

VA Caregiver Support Line
(855) 260-3274

VA Insurance Center
(800) 669-8477

Veterans Administration
(800) 827-1000
www.va.gov

Veterans Crisis Line
(800) 273-8255

Veterans Help Desk - Employment Service
(855) 824-8387
Vaforvets.va.gov

West Los Angeles Vet Center
5730 Uplander Way
Suite 100
Culver City, CA 90230
(310) 641-0326
1. Get a Kit of emergency supplies.
Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

<table>
<thead>
<tr>
<th>Recommended Supplies to Include in a Basic Kit:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Water: one gallon per person per day, for</td>
</tr>
<tr>
<td>drinking and sanitation</td>
</tr>
<tr>
<td>✓ Non-perishable food: at least a</td>
</tr>
<tr>
<td>three-day supply</td>
</tr>
<tr>
<td>✓ Flashlight and extra batteries</td>
</tr>
<tr>
<td>✓ First Aid kit</td>
</tr>
<tr>
<td>✓ Whistle to signal for help</td>
</tr>
<tr>
<td>✓ Filter mask or cotton t-shirt, to help filter</td>
</tr>
<tr>
<td>the air</td>
</tr>
<tr>
<td>✓ Moist towelettes, garbage bags and</td>
</tr>
<tr>
<td>plastic ties for personal sanitation</td>
</tr>
<tr>
<td>✓ Wrench or pliers to turn off utilities</td>
</tr>
<tr>
<td>✓ Battery-powered or hand crank radio and a NOAA</td>
</tr>
<tr>
<td>Weather Radio with tone alert and</td>
</tr>
<tr>
<td>extra batteries</td>
</tr>
<tr>
<td>✓ Manual can opener if kit contains canned food</td>
</tr>
<tr>
<td>✓ Plastic sheeter and duct tape,</td>
</tr>
<tr>
<td>to shelter -in-place</td>
</tr>
<tr>
<td>✓ Important family documents</td>
</tr>
<tr>
<td>✓ Items for unique family needs, such as</td>
</tr>
<tr>
<td>daily prescription medication or pet food</td>
</tr>
</tbody>
</table>

**Include Medications and Medical Supplies:** If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week and keep a copy of your prescriptions as well as dosage or treatment information. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to prepare. If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and other areas you might evacuate to.

**Include Emergency Documents:** Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank accounts information and tax records. It is best to keep these documents in a waterproof container. If there is any information related to operating equipment or life-saving devices that you rely on, include those in your emergency kit as well. If you have a communication disability, make sure your emergency information list notes the best way to communicate with you. Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.

**Additional Items:** If you use eyeglass, hearing aids and hearing aid batteries, wheelchair batteries or oxygen, be sure you always have extras in your kit. Also have copies of your medical insurance, Medicare and Medicaid cards readily available. If you have a service animal, be sure to include food, water, collar with ID tag, medical records and other emergency pet supplies.

**Consider two kits:** In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

2. Make a Plan for what you will do in an emergency.
The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life.

**Develop a Family Emergency Plan:** Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Watch television and listen to the radio for official instructions as they become available.

For more information, visit ready.gov or call 1-800-BE-READY
Create a Personal Support Network: If you anticipate needing assistance during a disaster, ask family, friends and others to be part of your plan. Share each aspect of your emergency plan with everyone in your group, including a friend or relative in another area who would not be impacted by the same emergency who can help if necessary. Include the names and numbers of everyone in your personal support network, as well as your medical providers in your emergency supply kit. Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. If you use a wheelchair or other medical equipment, show friends how to use these devices so they can move you if necessary and teach them how to use any lifesaving equipment or administer medicine in case of an emergency. Practice your plan with those who have agreed to be part of your personal support network.

Create a Plan to Shelter-in-Place: There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as sheltering-in-place and sealing the room can be a matter of survival. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place and seal the room. Consider precutting plastic sheeting to seal windows, doors and air vents. Each piece should be several inches larger than the space you want to cover so that you can duct tape it flat against the wall. Label each piece with the location of where it fits. Immediately turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers. Take your emergency supplies and go into the room you have designated. Seal all windows, doors and vents. Understand that sealing the room is a temporary measure to create a barrier between you and contaminated air. Listen to the radio for instructions from local emergency management officials.

Create a Plan to Get Away: Plan in advance how you will assemble your family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. Become familiar with alternate routes as well as other means of transportation out of your area. If you do not have a car, plan how you will leave if you have to. If you typically rely on elevators, have a back-up plan in case they are not working. Talk to your neighbors about how you can work together.

Consider Your Pets: Whether you decide to stay put or evacuate, you will need to make plans in advance for your service animal and pets. Keep in mind that what’s best for you is typically what’s best for your animals. If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, make sure that they allow pets. Some only allow service animals.

Fire Safety: Plan two ways out of every room in case of fire.

Contact Your Local Emergency Information Management Office: Some local emergency management offices maintain registers of older people so they can be located and assisted quickly in a disaster. Contact your local emergency management agency to see if these services exist where you live or visit ready.gov to find links to government offices in your area.

3. Be Informed about what might happen.

Some of the things you can do to prepare for the unexpected, such as assembling an emergency supply kit and making an emergency plan are the same regardless of the type of emergency. However, it’s important to stay informed about what might happen and know what types of emergencies are likely to affect your region. Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act.

Developed in partnership with:

For more information, visit ready.gov or call 1-800-BE-READY
WISE & Healthy Aging

COMMUNITY RESOURCES

WISE & Healthy Aging at a GLANCE...

Since 1972, WISE & Healthy Aging (formerly WISE Senior Services and Center for Healthy Aging) has been known for our innovative programs and services designed to meet the needs of seniors and caregivers.

**Care Management and Home Care** Many more seniors are aging in place. And 90% of baby boomers indicate that they want to remain in their homes as long as possible. Our In-Home Services team helps to coordinate care and resources for more than 400 seniors.

**Elder Abuse Prevention** The City and County of Los Angeles Long-Term Care Ombudsman Program at WISE & Healthy Aging, the largest program in the nation, advocates for the rights of disabled adults and senior residents in more than 1,800 long-term care facilities throughout the county. Our regional offices are located in Van Nuys, Santa Monica, Pasadena, Montebello and Long Beach. State-certified staff and volunteer ombudsmen conducted 6,460 unannounced facility visits. 9,378 cases were investigated of which 20% involved elder abuse and neglect. We provided 1,539 hours of community and professional trainings on elder abuse prevention.

**Our Adult Day Service Centers** (Santa Monica and Woodland Hills) provide day care programming to more than 200 frail seniors. Most program participants are dealing with early memory loss, dementia or Alzheimer’s Disease. Our Santa Monica Center is the only state-designated Alzheimer’s Day Care Resource Center (ADCR) on the Los Angeles Westside. We offer a safe, enjoyable environment with trained and caring staff. WISE Minds is our customized programming for those with early memory loss. And “Somos Amigos” is for Spanish-speaking adult day care clients.

**Supporting Caregivers** Caring for an elderly loved one is never easy. More than 200 family members attend support groups and trainings to learn from other family caregivers and experts.
WISE Diner

Alleviating Hunger Nutrition is one of the most critical aspects of staying healthy. 22,691 hot meals were served to low-income seniors at three locations in Santa Monica.

For active older adults, Los Angeles Oasis programming (Westside and Baldwin Hills) offers lifelong learning opportunities, volunteer engagement and activities that promote health and wellness. With 1,238 members, our facilities offer all types of exercises, creative arts and personal growth as well as discussion groups, book groups events and excursions through WISE Adventures.

A ‘Village’ Model to Support Aging in Place This concierge-level service within Oasis provides services and assistance to encourage members to stay active, meet other people, participate in community activities and tap into trusted, vetted vendors for services.

Transportation & Mobility Program When seniors no longer drive and cannot walk long distances, getting to and from doctor appointments, the grocery store or pharmacy can be a real challenge. 2,026 seniors have access to transportation resource information, AARP Driver Safety classes, and a transport service through MODE (Mobility on Demand Everyday), including door-through-door service, in conjunction with the City of Santa Monica.

Training & Education Center Our certified instructors provide nationally-recognized, evidence-based trainings in healthier living, fall prevention, diabetes education and chronic disease self-management. Our WISE Caregiver Training Academy focuses on evidence-based trainings for lay family and career caregivers. We also conduct specialty trainings in Alzheimer’s Disease and dementia (available in multiple languages).

Senior Peer Counseling Trained volunteer peer counselors provide individual and group counseling to more than 185 seniors. On-site and off-site services are also available. We offer workshops and support groups for men, women, those transitioning into the next chapter of their life’s journey, seniors who are primary caregivers for grandchildren, those dealing with the loss of a loved one, and people challenged by clutter and hoarding.

WISE & Healthy Aging, a nonprofit social services organization, advances the dignity and quality of life of older adults through leadership, advocacy and high-quality, innovative services.
COMMUNITY RESOURCES

Westside Farmers Markets

Beverly Hills Farmers Market
9300 block of Civic Center Drive
(between Third St. and Santa Monica)
Beverly Hills, CA 90210
Sundays, 9 am to 2 pm
(310) 285-6830

Brentwood Farmers Market
741 Gretna Green Way
Brentwood, CA 90049
Sundays, 9 am to 2:30 pm

Century City Farmers Market
1800 Avenue of the Stars
Century City, CA 90067
Thursdays, 11 am to 3 pm

Culver City Farmers Market
3800 Main Street
(between Culver Blvd and Venice Blvd)
Culver City, CA 90232
Tuesdays, 2 pm to 7 pm

La Cienega Farmers Market
1801 S. La Cienega Blvd.
Los Angeles, CA 90035
Thursdays, 2 pm to 7 pm
(424) 287-2280
www.lacienegafarmersmarket.com

Malibu Farmers Market
23555 Civic Center Way
Malibu, CA 90265
Sundays, 10 am to 3 pm
(310) 428-4262

Mar Vista Farmers Market
Grand View at Venice Blvd.
Los Angeles, CA 90066
Sundays, 9 am to 2 pm
www.marvistafarmersmarket.org
(310) 861-4444

Marina Del Rey Farmers Market
Admiralty Way & Via Marina in Lot#10
Marina Del Rey, CA 90292
Thursdays, 9 am to 2 pm

Motor Avenue Farmers Market
Corner of Motor Ave and National Blvd.
Sundays, 9 am to 2 pm
(310) 202-9002
www.motoravenuemarket.com

Original Farmers Market
Third Street & Fairfax Ave.
Los Angeles, CA 90036
Tuesday - Sunday, 10 am to 8 pm
(323) 933-9211
www.farmersmarketla.com

Pacific Palisades Farmers Market
1037 Swarthmore Ave.
Pacific Palisades, CA 90272
Sundays, 8 am to 1 pm

Playa Vista Farmers Market
6400 Seabuff Drive
Los Angeles, CA 90094
Wednesdays, 4 pm to 8 pm
(June - Dec)
www.playavistafm.com

Santa Monica Downtown Farmers Market
Arizona Avenue
(between 4th & 2nd)
Santa Monica, CA 90401
Wednesdays, 8:30 am to 1:30 pm
Saturdays, 8:30 am to 1 pm
(310) 458-8712
www.farmersmarket.smgov.net

Santa Monica Main St.
Farmers Market
2460 Main St. (in Heritage Square)
Santa Monica, CA 90405
Sundays, 8:30 am to 1:30 pm
(310) 458-8712
www.farmersmarket.smgov.net

Santa Monica/ Virginia Avenue Farmers Market
2200 Virginia Avenue
(Pico Blvd. at Cloverfield Blvd.)
Santa Monica, CA 90404
Saturdays, 8 am to 1 pm
(310) 458-8712
www.farmersmarket.smgov.net

Venice Farmers Market
500 Venice Blvd.
(Venice Blvd. & Venice Way)
Venice, CA 90291
Fridays, 7 am to 11 am
(310) 399-6690
www.venicefarmersmarket.com

West Los Angeles Farmers Market
1600 Purdue Avenue
Los Angeles, CA 90024
Sundays, 9 am to 2 pm
(310) 739-5028
www.westlafarmersmarket.info

Westchester Farmers Market
7000 W. Manchester Avenue
Los Angeles, CA 90045
Wednesdays, 8:30 am to 1:30 pm
www.westchesterfarmersmarket.com

Westwood Village Farmers Market
1031 Broxton Avenue
Los Angeles, CA 90024
Thursdays, 12 noon to 6 pm

WISE & Healthy Aging is a 501(c)(3) nonprofit corporation. To distribute the Guide free of cost, we sell advertising space. While we appreciate the paid listings in the Guide, their inclusion does not imply a recommendation or endorsement of products or services by WISE & Healthy Aging. Always be a vigilant consumer. Verify information and seek references where appropriate.
SMC Emeritus, a noncredit older adult program of Santa Monica College, offers **over 120 FREE classes at the Emeritus Campus** and convenient locations throughout the community. Come acquire new skills, learn healthy living strategies, express your artistic side, and meet others who share your interests.

We are committed to lifelong learning and welcome you to the Emeritus family.

**All older adults are welcome.**

For more information: call 310-434-4306, visit our website at smc.edu/emeritus, or stop by our office at 1227 Second Street, Santa Monica.
UCLA Immediate Care & After-Hours Care

You don’t become one of the most trusted names in medicine without working extra hours and weekends. And with our immediate care and after-hours care you get the outstanding doctors and staff you trust when your primary care physician is unavailable.

If it’s a true emergency, call 911. For everything else, come see us.

- No appointment necessary
- Most insurance plans accepted
- Walk-ins and new patients welcome
- Pediatric and adult services available

Santa Monica Wilshire Immediate Care
2424 Wilshire Blvd.
Santa Monica, CA 90403
310-828-4530
Mon – Fri, 9 am – 9 pm
Sat – Sun, 9 am – 6 pm

Santa Monica 16th Street Immediate Care
1245 16th St., Suite 125
Santa Monica, CA 90404
310-315-8900
Mon – Fri, 5 pm – 9 pm
Sat – Sun, 9 am – 5 pm

Century City
Westfield Century City
10250 Santa Monica Blvd., Suite 2440
Los Angeles, CA 90067
310-286-0122
Mon – Fri, 8 am – 8 pm
Sat – Sun and most holidays, 9 am – 6 pm

Culver City
Westfield Culver City
6000 Sepulveda Blvd., Suite 2660
Culver City, CA 90230
310-317-0020
Mon – Fri, 8 am – 8 pm
Sat – Sun and most holidays, 9 am – 6 pm

Malibu Immediate Care
23815 Stuart Ranch Road, Suite 301
Malibu, CA 90265
310-317-0034
Mon – Fri, 8 am – 8 pm
Sat – Sun, 9 am – 6 pm

Marina del Rey Immediate Care
4560 Admiralty Way, Suite 100
Marina del Rey, CA 90292
310-827-3700
Mon – Fri, 9 am – 9 pm
Sat – Sun, 9 am – 6 pm

Redondo Beach Immediate Care
514 N. Prospect Ave., Suite 103
Redondo Beach, CA 90277
310-937-8555
Mon – Fri, 5 pm – 9 pm
Sat, 9 am – 1 pm

Santa Clarita Immediate Care
27235 Tourney Rd., Suite 2500
Valencia, CA 91355
661-253-2851
Mon – Fri, 8 am – 9 pm
Sat – Sun, 9 am – 5 pm

Westwood (Pediatrics only)
200 UCLA Medical Plaza, Suite 265
Los Angeles, CA 90095
310-825-0867
Mon – Thurs, 8 am – 8 pm
Fri, 9 am – 4 pm
Sat, 9 am – 3 pm

Woodland Hills
The Village at Westfield Topanga
6344 Topanga Canyon Blvd., Suite 2040
Woodland Hills, CA 91367
818-610-0292
Sat – Sun and most holidays, 9 am – 6 pm