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 resuming some in-person classes in Spring 2022 and continuing with online learning opportunities.

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

For more information: call **310-434-4306**, visit our website at **smc.edu/emeritus**, or make an appointment to come visit our office at **1227 Second Street, Santa Monica.**
WISE & Healthy Aging is no stranger to the Westside. 2022 marks 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

- Adult Day Service Center (Santa Monica and Woodland Hills)
- Benefits Enrollment
- Care Management
- WISE HomeCare
- City & County of Los Angeles Long-Term Care Ombudsman Program (regional offices: Santa Monica, Van Nuys, Palmdale, Pasadena, Montebello, Torrance, and Long Beach); and San Bernardino County
- Elder Abuse Prevention Services
- Peer Counseling
- Club WISE
- Discussion and Support Groups (for adults aged 50-plus)
- Training & Education
- Transportation & Mobility Services (MODE membership program)
- Financial and Legal Consultation Clinics
- Community Acupuncture Clinic
- WISE Adventures Travel
- WISE Diner Healthy Lunches
- WISE Minds
- Volunteer Opportunities
- Information, Referral & Assistance
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Special Section

SMATER
than a
scammer
A PROJECT OF
WISE & HEALTHY AGING

About the Guide

The 2022-23 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.
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NURSING HOME CHECKLIST
on pages 22-23
Learn the markers of good care and what specifically to look for and ask when selecting a nursing home for your loved one.

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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

Tax Assistance

Medicare Counseling

Financial Counseling

Community Acupuncture Clinic for Seniors 60 & Older

Disability Community Resource Center

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

WISE & Healthy Aging is a nonprofit social services organization.
The Westside Older Adult Services Network (WOASN)

A network of organizations committed to enhancing the quality of services to older adults and caregivers in the Westside.

For more than twenty years, the WOASN (formerly Older Adult Task Force) has facilitated inter-agency collaborations between non-profits, public agencies, and local businesses.

WOASN aims to:

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

WOASN members are marked with an WOASN throughout this Guide. They are committed to providing quality services to older adults in our community.

WOASN, is a network, not an independent legal organization, has no paid staff, no formal governing body, and no website, and does not provide on-going services.

For membership information, email WestsideOASN@gmail.com

Gary Limjap is a Westside of LA REALTOR® who has been on the top 1% of Coldwell Banker International realtors for nearly two decades. With over 35 years of experience and 1,900+ transactions under his belt, he’s built a reputation as a client-centered professional and expert negotiator. Call Gary today to plan your next move!

★★★★★

GARYLIMJAP
(310) 430-0818 WWW.GARYLIMJAP.COM

Westside Guide for the 50+
Creating healthier communities, together

Providence Saint John’s Health Center has been serving the Santa Monica and Westside communities since 1942 and has maintained a reputation for clinical excellence and award-winning care. Our services include distinguished care in cardiology, orthopedics, neurology and neurosurgery, women’s health and cancer. For more information about our health center and leading-edge services, please call 310-829-5511 or visit providence.org/saintjohns

Providence Saint John’s has been recognized as one of the best hospitals in the Los Angeles region by U.S. News & World Report, distinguished as a World’s Best Hospital by Newsweek, and ranked among the top 5% in the nation for surgical care by Healthgrades®.
Audiology

BrightHear
6360 Wilshire Blvd. Ste. 203
Los Angeles, CA 90048
(323) 424-7100
www.brighthear.com

Community Clinic

Yo San University Community Clinic
13315 W. Washington Blvd.
Los Angeles, CA 90066
(310) 577-3006
www.yosan.edu

Healthcare Services

Cancer Support Community
Los Angeles
1990 S. Bundy Dr. Ste. 100
Los Angeles, CA 90025
(310) 314-2564
cancersupportla.org

Los Angeles County Department of Public Health - Office of Senior Health
3530 Wilshire Blvd, 8th Floor
Los Angeles, California 90010
(213) 738-2645
publichealth.lacounty.gov/aging

Rae Drazin, Ph.D.
Beverly Hills, CA 90211
(310) 968-0404
rae@md-advocate.net

Westside Guide for the 50+
Peer Counseling Support Groups

Pre-registration is required. No drop-ins, please. Fees are based on the ability to pay.

Bereavement Group  Thursdays, 1 – 2:30 pm
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  Mondays, 2 – 3:30 pm
A safe place for women to share the pain and pleasure of life, and to provide and receive emotional support.

Men’s Support Groups  Thursdays, 11 am – 12:30 pm
Confidential and trusting environments in which men can talk about personal issues in their lives, covering both physical and emotional concerns.

From Collecting to Decluttering  Call for more information
A step-by-step, 15-week program to assist and support participants in gaining control over acquiring and saving too many things.

Managing Stress: A Group for People 50 Plus  Call for more information
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.

For more information: (310) 394-9871, ext. 373
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

WISE & Healthy Aging • 1527 4th Street, 2nd Floor • Santa Monica, CA 90401
MENTAL HEALTH SERVICES

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

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 through-out 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

MENTAL HEALTH SERVICES

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

Los Angeles County Department of Mental Health
Access Line
(800) 854-7771
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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

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

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.

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
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

Outpatient Mental Health Services

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

NURSING

Continuity Care Home Nurses
12722 Riverside Dr. # 108
No. Hollywood, CA  91607
(818) 753-5106
www.cchomenurses.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

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

NUTRITION

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

OTHER

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

VISION

National Eye Institute - Eye Diseases Health and Research Information
(301) 496-5248
www.nei.nih.gov

HOME CARE

HOME INSTEAD SENIOR CARE
Culver City/Inglewood (310) 645-8475
Torrance/South Bay (310) 542-0563
Long Beach (562) 596-4884
We provide services from a few hours a week to 24-hours a day. Please call us for a FREE in-home care consultation.

HOMEWATCH CAREGIVERS
Los Angeles & Beach Cities
(310) 338-8558
www.hwcg.com/los-angeles
“Best of Home Care 2018” by Home Care Pulse
“Caring Star 2018” by Caring.com
License #194700033
Let Homewatch CareGivers be your in-home care solution with our award-winning home care services. All caregivers at our licensed agency are our employees and we screen them thoroughly. We train them to supplement their clients’ abilities to help maintain their independence. We monitor quality through daily notes, Quality Assurance visits and third-party surveys by Home Care Pulse, the leader in monitoring home care quality. Our caregivers receive ongoing training through Homewatch CareGivers University.

Continuity Care Home Nurses
“Continuity of Care” Philosophy: Same Clinical Staff Assigned to Patients

Home Care
4 to 24 hours a day
Private Duty Skilled (RN / LVN)
Non-Medical Care (C.N.A. / CHHAs, Companions & Babysitters)

• 24 Hour Service 7 Days/Week
• Serving Southern California
• Intermittent Visits (Includes RNs, LVNs, CHHAs, PTs, OTs, STs, and LCSWs)
• Licensed, Insured & Bonded

Employment Opportunities Available
www.cchomenurses.com
(818) 753-5106 • (714) 814-4014 • (805) 910-0447 • (310) 912-2686

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 living in their homes for as long as possible.

Assistance, Information and Referral Services for:

- In-home assistance and care
- 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
- Coordination of in-home help to assist with activities of daily living such as personal care, shopping, housekeeping and meal preparation
- 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
- Ongoing client support and monitoring

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, and 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.
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, 9 am – 9 pm
Sat – Sun, 9 am – 6 pm

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

Culver City
Westfield Culver City
6000 Sepulveda Blvd., Suite 2660
Culver City, CA 90230
310-313-0020
Mon – Fri, 8 am – 9 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 – 9 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, 8 am – 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 – 9 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
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 (a Veterans benefit)  
WOASN

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

CAREGIVER RESOURCES

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

Aging Life Matters
Los Angeles, CA 90024
(310) 486-9515
aginglifematters.com

Alzheimer’s Association
California Southland Chapter
9606 S. Santa Monica Blvd., Suite 200
Beverly Hills, CA 90210
(323) 309-8821 and (800) 272-3900 24/7
www.alz.org/socal

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

Alzheimer’s Los Angeles
4221 Wilshire Blvd., Suite 400
Los Angeles, CA 90010
Helpline (844) 435-7259
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 County’s IHSS Program helps pay for caregiver services.

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

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

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

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

SmallCircles Connecting Caregivers
www.smallcircles.co

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

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

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

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221 N. Figueroa Street, Suite 180
Los Angeles, CA 90010
(213) 482-7242
www.aging.lacity.org

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

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

SmallCircles Connecting Caregivers
www.smallcircles.co

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

CAREGIVER RESOURCES

(continued)

USC Family Caregiver Support Center/ LA CRC
3335 S. Figueroa Street, Suite E
Los Angeles, CA, 90007
(800) 540-4442
https://www.fcsc.usc.edu/

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
Also information and referral to community resources.

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

CEMETERY & FUNERAL SERVICES

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

City of Santa Monica Woodlawn Cemetery, Mausoleum & Mortuary
(FD #2101)
1847 14th Street
Santa Monica, CA 90404
(310) 458-8717 (on-call – 24/7)
woodlawn.cemetery@santamonica.gov

HOSPICE

A Peaceful Transition
Lynne-Anne McGrail, End of Life Doula
Los Angeles, CA 90025
(310) 367-5889
care@apeacefultransitionla.com

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

IN-HOME CARE

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

Always Best Care
South Bay & West L.A.
370 S. Crenshaw Blvd. Ste. 106
Torrance, CA 90503
(310) 503-6893
alwaysbesthomecare.com

Continuity Care Home Nurses
12722 Riverside Dr. #108
N. Hollywood, CA 91607
(818) 753-5106
ccomenurses.com

INFORMATION & REFERRAL

Brightside Referrals, LLC
Los Angeles, CA 90034
(310) 490-6511
andrea@brightsidereferrals.com

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GREEN/NATURAL BURIAL in WOODLAWN’S ETERNAL MEADOW
an eco-friendly alternative to traditional burial

With traditional burial practices each year, millions of pounds of concrete burial vaults, metal from caskets, and toxic embalming fluid are placed in the ground that are either imperishable or hazardous. In green/natural burial, only caskets made of decomposable materials such as wood or wicker with no lacquers or metals, organic burial shrouds, and biodegradable urns are used. There are no cement vaults encasing caskets and no toxic embalming fluid is used. Woodlawn’s green/natural burial section is Eternal Meadow. Consisting of native Southern California grasses and wildflowers, Eternal Meadow also provides habitat for the region’s native birds and pollinator insects, like the endangered Monarch butterfly. Green burial nurtures the natural growth cycles of the meadow, fosters a greater union with nature, and is a meaningful way to honor the life of a loved one.

For more information, contact Woodlawn Cemetery’s office at (310) 458-8717.
Westside Guide for the 50+

SUPPORT SERVICES

INFORMATION & REFERRAL (continued)

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) 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

SENIOR LIVING

Sunrise Senior Living
1312 15th Street
Santa Monica, CA 90404
(310) 899-1976
sunriseseniorliving.com

TECHNOLOGY ASSISTANCE

California Telephone Access Program
425 W. Broadway #105
Glendale, CA 91204
(800) 806-1191
www.californiaphones.org

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

Nancy’s Tech Help for Older Adults
Culver City, CA 90232
(310) 365-9951
nancy@nancystechhelp.com

SUPPORT SERVICES

SOCIALIZATION PROGRAMS

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

Club WISE - WISE & Healthy Aging
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 857-1527 or (323) 291-3414
www.wiseandhealthyaging.org/club-wise

SOCIALIZATION PROGRAMS

In-Person Day Program
Virtual Programs (OZ—OPICA on Zoom)
Early Memory Loss Program
Individual Counseling
Support Groups

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
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. For information about the next Workshop Orientation, call (310) 394-9871, ext. 373.
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

REALTOR

Michel Bron, SRES ®
Senior Real Estate Specialist
Bron Realty Group
Santa Monica, CA
(310) 467-8042
Michel@BronRealtyGroup.com
For over 20 years, successfully guiding Westside Seniors through the selling and buying process. Our motto is Experience. Integrity. Results.

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

Gary Limjap
Westside of LA Realtor
1608 Montana Ave.
Santa Monica, CA 90403
(310) 430-0818
garylimjap.com

Michelle Menna, SRES ®
Seniors Real Estate Specialist
KW Realty Larchmont
Los Angeles, CA 90004
(323) 559-4422, (323) 272-6657
michelle@michellemenna.com

REFERRAL SERVICES

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

A Home That Cares - Bonnie Davis
9854 National Blvd. #465
Los Angeles, CA 90034
(310) 559-1393
www.ahomethatcares.com

Brightside Referrals, LLC
Los Angeles, CA 90034
(310) 490-6511
andrea@brightsidereferrals.com

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

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

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

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

WOASN

Gary Limjap
Westside of LA Realtor
1608 Montana Ave.
Santa Monica, CA 90403
(310) 430-0818
garylimjap.com

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

WOASN

Brightside Referrals, LLC
Los Angeles, CA 90034
(310) 490-6511
andrea@brightsidereferrals.com

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

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

WOASN

A non-profit organization that restores, builds, and manages affordable housing for people of modest means.

For more information, give us a call or visit our website
www.communitycorp.org
(310) 394-8487

Wisely & 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 Wisely & 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.

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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!
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**FINANCIAL & LEGAL**

**FINANCIAL**

**ENERGY / UTILITY ASSISTANCE**

City of Los Angeles - Utility Tax Exemption Unit  
P.O. Box 53233  
Los Angeles, CA 90053  
(213) 978-3050

City of Malibu’s Senior Citizen Utility Tax Exemption  
23825 Stuart Ranch Road  
Malibu, CA 90265  
(310) 456-2489, ext. 223

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/lownincome

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**

Get My Ducks in a Row  
LA Area  
(818) 999-9963  
GetMyDucksInARow.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

WISE & Healthy Aging - Tax-Aide Counseling (AARP) - Main Location  
1527 4th Street, 2nd Floor  
Santa Monica, CA 90401  
(310) 394-9871  
www.wiseandhealthyaging.org/community-resources

Open year round, also available during tax season at other sites.

Claude Pepper Senior Citizen Center  
Los Angeles, CA 90035  
(310) 559-9677

Culver City Veterans Auditorium  
Culver City, CA 90230  
(310) 253-6700

Felicia Mahood Senior Center  
Los Angeles, CA 90025  
(310) 479-4119

Natalie Stanger, Daily Money Manager  
Helping People Manage Personal Finances  
Santa Monica, West L.A., Culver City  
(310) 699-4471  
nstanger2@gmail.com

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

FINANCIAL & LEGAL

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

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

Goldfarb & Luu
Estate Planning & Elder Law
18757 Burbank Blvd., Ste. 201
Tarzana, CA 91356
(800) 489-1984
GoldfarbLuu.com

WOASN

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

INCOME TAX COUNSELING
(continued)

Joslyn Senior Center
El Segundo, CA 90245
(310) 524-2705

Rogers Park Center
Inglewood, CA 90301
(310) 412-5504

Roxbury Recreation Center
Beverly Hills, CA 90212
(310) 285-6840

Westchester Senior Center
Los Angeles, CA 90045
(310) 649-3317

PUBLIC BENEFITS

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

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.

REVERSE MORTGAGE COUNSELING

Brad Dela Cruz
NMLS # 582941
American Advisors Group
1622 Wilshire Blvd., Ste A
Santa Monica, CA 90403
Direct: (310) 920-7610
Fax: (310) 220-3115
reverseprofessional.com

WOASN

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

LEGAL

Bet Tzedek Legal Services
3250 Wilshire Blvd. 13th Floor
Los Angeles, CA 90010
(323) 939-0506
bettzedek.org

WOASN

Overwhelmed Caring for Parents? We get it!

PROBLEM:
• You love your parents but
• You don’t want to burden your kids!
• TO DO LIST: Estate planning.
• So busy — it just doesn’t get done.

SOLUTION:
• We create & review estate plans and
• Simply explain — what’s needed.
• Don’t wait till court is the only option!

We make it easy & give you peace of mind. Call today!

Goldfarb & Luu
ESTATE PLANNING & ELDER LAW
GoldfarbLuu.com • 800.489.1984
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

Department of Consumer Affairs-Bureau of Automotive Repair (BAR)
6001 Bristol Parkway
Culver City, CA 90230
(310) 410-0024
www.bar.ca.gov
The BAR Field Office will answer general consumer questions and complaints and help identify locations of licensed Smog Check stations.

Los Angeles County Department of Consumer Affairs - Small Claims Advisors
(800) 593-8222
www.dca.lacounty.gov
Free help for Small Claims Court litigants is available to individuals and businesses suing or being sued in a Los Angeles County Small Claims Court.

Medical Board of California-Physician and Consumer Information Unit
(800) 633-2322
www.mbc.ca.gov
License Verification, General Licensing, Application and Complaint Information for health care consumers.

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.

CONSUMER PROTECTION

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

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

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

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

California Victim Compensation Program (CalVCP)
(800) 777-9229
vcgcb.ca.gov
Helps pay bills and expenses that result from certain violent crimes.

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

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

ELDER ABUSE

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

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

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

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/

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

WOASN

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.

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

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 Corinth Ave., Suite 104
Los Angeles, CA 90025
(866) 557-7368
www.lahd.lacity.org
The Rent Stabilization Ordinance protects tenants from excessive rent increases.
WISE & Healthy Aging

FINANCIAL & LEGAL

LICENSING & COMPLAINTS (continued)
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.

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

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

Seniors Against Scammers!

8 out of 10 people will be targeted by scammers

Have you been affected by a scam?
You are not alone!
Join our weekly phone-in group, and get confidential peer support in the comfort of your own home.

Common scams:
• Romance scams
• Lottery scams
• Phone, mail and internet
• Grandparent scams
• Identity Theft
• IRS/Federal government

For more information, or to sign up, call: (310) 394-9871 ext. 423
Enjoy the retirement you deserve!

Discover how homeowners 62+ are using FHA-insured reverse mortgage loans*.

Pay off higher-interest credit cards

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Pay for expenses like caregiving and home repairs

Eliminate monthly mortgage payments (borrower must continue to pay for property taxes, homeowners insurance, and home maintenance costs)

Call today! (310) 920-7610

Stop by or call today! Office hours by appointment.
1622 Wilshire Blvd., Ste A, Santa Monica, CA 90403

Brad Dela Cruz, NMLS ID: 582941
bdelacruz@aag.com
www.reverseprofessional.com

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NMLS # 9392 (www.nmlsconsumeraccess.org). American Advisors Group (AAG) is headquartered at 18200 Von Karman Ave., Suite 300, Irvine, CA 92612. AAG Advantage reverse mortgage loans are offered in CA (CA Loans made or arranged pursuant to a California Finance Lenders Law license (603F324) and Licensed by the Department of Financial Protection and Innovation under the California Residential Mortgage Lending Act (4131144)). For full legal disclosure, please visit: www.americanadvisorsgroup.com/disclosure.
**Knowledge is Power!**

**SMARTER than a scammer**

A PROJECT OF WISE & HEALTHY AGING

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**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 have 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.

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**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.

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**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 or 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.

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**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.

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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.
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 tidy 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.
- Get on the do not call list. You can sign up by calling 1-888-382-1222 or online at www.donotcall.gov
- Stop unsolicited credit card offers in the mail. Call toll-free 1-888-5-OPT-OUT (1-888-567-8688) or visit www.optoutprescreen.com.
- Check your bank statements and check your credit report. AnnualCreditReport.com or 1-877-322-8228
- Protect your information. Where would they find your credit card or Social Security number?
- Protect your personal information by shredding documents before you throw them out, by giving your Social Security number only when you must, and by using strong passwords online.

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
- Someone isolates an 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 at the bank
- 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 (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
Resources...

**General Information**
- City of Los Angeles Department of Aging: aging.lacity.org 213-482-7252
- County of Los Angeles Area Agency on Aging: wdacs.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

**Legal Assistance**
- Bet Tzedek Legal Services: www.bettzedek.org 323-939-0506
- California State Attorney General: oag.ca.gov 800-952-5225
- Legal Aid Foundation of Los Angeles: 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)
- 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
- LA Found help for when a loved one goes missing due to a wandering from dementia www.lafoud.lacounty.gov 883-569-7651
FINANCIAL & LEGAL

Resources...

Financial Fraud and Exploitation

Credit Card Fraud
If you are a victim of identity theft, or want to avoid becoming a victim, 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
www.annualcreditreport.com 877-322-8228

Mail Fraud
U.S. Postal Inspection Service  Report mail fraud: www.uspatis.gov 877-876-2455
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
Department of Financial Protection and Innovation, Seniors Against Investment Fraud (SAIF) 866-275-2677
Concerns about brokers, investment advisers, financial planners, mortgage lenders and bill payers: dfpi.ca.gov
Financial Industry Regulatory Authority (FINRA) BrokerCheck  Check the background of a broker or brokerage: 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
California Department of Insurance
Insurance concerns: www.insurance.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/consumer-support 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.dcba.lacounty.gov 800-593-8222
Resources...

Social Security Administration
- www.ssa.gov  Fraud Hotline: **800-269-0271**

Medicare or Medi-Cal Fraud
- California Attorney General Division of Medi-Cal Fraud & Elder Abuse: **800-722-0432**
  On-line complaint form: oag.ca.gov/dmfea
- Center for Health Care Rights/California Health Advocates: 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 Services
  da.lacounty.gov/victims: **800-380-3811** or **626-927-2500**

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** 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**.

National Elder Fraud Hotline, assistance with reporting at federal, state and local levels and referrals to fraud resources: **833-372-8311**.
**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.**
Put your trust in a 2022 Medicare health plan rated 5 out of 5 Stars
★★★★★

Earning 5 out of 5 Stars for 2022, our California plan is the nation’s longest-running 5-Star-rated Medicare health plan (2012–2022).

When you choose a Kaiser Permanente Medicare health plan, you get quality care and supportive services to help you live well and thrive—all in a single plan that offers great value.

The Medicare Star Quality Rating System rates Medicare health plans based on major categories that include:

- Preventive care
- Chronic care
- Prescription drug services
- Customer service
- Member satisfaction

Make a more informed choice

Maria Membreno
Kaiser Permanente Medicare specialist

To learn more about Kaiser Permanente Medicare health plans, call me at 562-762-9114 (TTY 711 for the deaf or hard of hearing) or visit my website at mykpagent.org/mariam

Kaiser Foundation Health Plan, Inc.
393 E. Walnut St., Pasadena, CA 91188-8514

Every year, Medicare evaluates plans based on a 5-Star rating system. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.
WISE & Healthy Aging

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.com

Deborah Lewis, Medicare Insurance Broker
Los Angeles, CA 90043
(213) 440-0937
dlewis.onlinehealth.news

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

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

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

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

BRUCE A. JOHNSTON
WEST LA Baby Boomer Insurance Services

The Insurance Agency of record for Westside Baby Boomers for Medicare & Health Insurance Options

Medicare Advantage Plans Medicare Supplements RX Plans Travel Insurance

1821 Wilshire Blvd Suite 402
Santa Monica California 90403
310.351.7772
westlamedicare@gmail.com 101medicare.com
Ca Lic#OH45182

Covered California
www.coveredca.com
Determine eligibility and apply online for Medi-Cal.

WOASN

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

WOASN

BRUCE A. JOHNSTON

WEST LA Baby Boomer Insurance Services

The Insurance Agency of record for Westside Baby Boomers for Medicare & Health Insurance Options

Medicare Advantage Plans Medicare Supplements RX Plans Travel Insurance

1821 Wilshire Blvd Suite 402
Santa Monica California 90403
310.351.7772
westlamedicare@gmail.com 101medicare.com
Ca Lic#OH45182

Covered California
www.coveredca.com
Determine eligibility and apply online for Medi-Cal.

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

Medicare Insurance Counseling (HICAP) at WISE & Healthy Aging
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
www.wiseandhealthyaging.org/community-resources

Report Medicare Fraud
(800) 447-8477
www.stopmedicarefraud.gov

SCAN Health Plan
3800 Kilroy Airport Way, Suite 100
Long Beach, CA 90806
(310) 780-2304
www.scanhealthplan.com

WEST LA Baby Boomer Insurance Services
1821 Wilshire Blvd. Suite 402
Santa Monica, CA 90403
(310) 351-7772
101medicare.com

Social Security Administration
11500 West Olympic Blvd., Suite 300
Los Angeles, CA 90064
(800) 772-1213
(800) 325-0778 (TTY)
www.ssa.gov

Social Security Fraud Hotline
(800) 269-0271
(866) 501-2101 (TTY)
www.oig.ssa.gov/report

State Disability Insurance Program
888 South Figueroa Street, Suite 200
Los Angeles, CA 90017
(800) 480-3287
www.edd.ca.gov/Disability/

Americans with Disabilities Act - Information Line
(800) 514-0301
(800) 514-0383 (TTY)
www.ada.gov

Unemployment Insurance (UI) Program
(800) 300-5616
(800) 815-9387 (TTY)
www.edd.ca.gov/Unemployment/

Do you need information about...
• How Medicare works
• HMOs or Medigap Insurance
• Long-term Care Insurance
• Medicare Prescription Drug Coverage (Part D)

Free information, counseling and advocacy provided by HICAP in collaboration with WISE & Healthy Aging.
Call for appointment.

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

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

CULVER CITY SENIOR CENTER

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

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

Jewish Family Service LA
330 N. Fairfax Ave.
Los Angeles, CA 90036
(877) 275-4537
www.jfsla.org or services@jfsla.org

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

USC Leonard Davis
Family Caregiver Support Center
USC Family Caregiver Support Center/ LA CRC
3335 S. Figueroa Street, Suite E
Los Angeles, CA. 90007
(800) 540-4442
https://www.fcsc.usc.edu/

The USC Family Caregiver Support Center helps family caregivers living in LA County who are providing informal care to someone with a chronic medical condition.

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

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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.laccod.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

**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  
lwow.biz

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

**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.
COMMUNITY RESOURCES

EMERGENCY SERVICES

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.

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

FAMILY CONFLICT RESOLUTION

Bunni Dybnis, MA, LMFT, CMC
Aging Life Matters
Los Angeles, CA 90024
(310) 486-9515
aginglifematters.com

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

Club WISE
1527 4th Street
Santa Monica, CA 90401
(310) 394-9871
www.wiseandhealthyaging.org/club-wise

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

WOASN

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

WOASN

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

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

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**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

**WOASN**

**Christine Emerson Reed Park**  
1133 7th Street  
Santa Monica, CA 90403  
(310) 394-9871  
www.changelives.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
COMMUNITY RESOURCES

HOT LINES

Alzheimer’s Association Helpline  
(800) 272-3900

California Poison Control Center 
(800) 222-1222 
www.calposion.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) 821-3145 
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

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
LIBRARIES (continued)

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

Chris Gomberg, LMFT, CPRC
Non-Financial Retirement Coaching
(818) 692-1934
www.chrisgombergretirementcoach.com

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

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

PARKS / RECREATION CENTERS (listed by city)

Beverly Hills
Beverly Cañon Gardens
241 North Cañon Drive
Beverly Hills, CA 90210
(310) 285-2537

Beverly Gardens Park
22 blocks along Santa Monica Blvd.
Beverly Hills, CA 90210
(310) 285-2537

Coldwater Canyon Park
1100 N. Beverly Drive
Beverly Hills, CA 90210
(310) 285-6820

Greystone Park & Mansion
905 Loma Vista Drive
Beverly Hills, CA 90210
(310) 285-6830

La Cienega Community Center/Park
8400 Gregory Way
Beverly Hills, CA 90210
(310) 285-6810

La Cienega Tennis Center
325 S. La Cienega Blvd.
Beverly Hills, CA 90211
(310) 285-6820

Roxbury Park Community Center
471 S. Roxbury Dr.
Beverly Hills, CA 90212
(310) 285-6840

Will Rogers Memorial Park
9650 Sunset Blvd.
Beverly Hills, CA 90210
(310) 285-2536

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Westside Guide for the 50+
Syd Kronenthal Park  
3459 McManus Avenue  
Culver City, CA 90232  
(310) 253-6650

Los Flores Creek Park  
3805 Las Flores Canyon Road  
Malibu, CA 90265  
(310) 456-2489

Legacy Park  
23500 Civic Center Way  
Malibu, CA 90265  
(310) 317-1364

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

Los Angeles  

Cheviot Hills Recreation Center  
2551 Motor Avenue  
Los Angeles, CA 90064  
(310) 837-5186

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

Culver City  

Blair Hills Park  
5950 Wrightcrest Drive  
Culver City, CA 90232  
(310) 253-6650

Malbo Park  
5801 Sawtelle Blvd.  
Culver City, CA 90232  
(310) 253-6650

Carlson Park  
10400 Braddock Drive  
Culver City, CA 90232  
(310) 253-6650

Culver City Park  
9700 Jefferson Blvd.  
Culver City, CA 90232  
(310) 253-6650

Culver/Slauson Park  
5072 South Slauson Avenue  
Culver City, CA 90230  
(310) 391-5451

Culver West Alexander Park  
4162 Wade Street  
Culver City, CA 90066  
(310) 253-6650

El Marino Park  
5301 Berryman Avenue  
Culver City, CA 90230  
(310) 253-6650

Fox Hills Park  
5809 Green Valley Circle  
Culver City, CA 90230  
(310) 253-6650

Lindberg Park  
5041 Rhoda Way  
Culver City, CA 90230  
(310) 253-6650

Los Angeles  

Cheviot Hills Recreation Center  
2551 Motor Avenue  
Los Angeles, CA 90064  
(310) 837-5186

Crestwood Hills Recreation Center  
1000 Hanley Ave.  
Los Angeles, CA 90049  
(310) 472-5233

Glen Alla Park  
4601 Alla Road  
Los Angeles, CA 90292  
(310) 202-2803

Holmby Park  
601 Club View Drive  
Los Angeles, CA 90024  
(310) 202-2803

Palms Recreation Center  
2950 Overland Ave.  
Los Angeles, CA 90064  
(310) 838-3838  
Palms.RecreationCenter@lacity.org

Malibu  

Charmilee Wilderness Park  
2577 Encinal Canyon Road  
Malibu, CA 90265  
(310) 457-7247

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<table>
<thead>
<tr>
<th>PARKS / RECREATION CENTERS (listed by city) (continued)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Marina Beach</strong></td>
</tr>
<tr>
<td>4101 Admiralty Way</td>
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<tr>
<td>Marina del Rey, CA 90292</td>
</tr>
<tr>
<td>(310) 305-9545</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Yvonne B. Burke Park</strong></td>
</tr>
<tr>
<td>4400 Admiralty Way</td>
</tr>
<tr>
<td>Marina del Rey, CA 90292</td>
</tr>
<tr>
<td>(310) 305-9545</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Pacific Palisades</strong></td>
</tr>
<tr>
<td><strong>Palisades Recreation Center</strong></td>
</tr>
<tr>
<td>851 Alma Real Drive</td>
</tr>
<tr>
<td>Pacific Palisades, CA 90272</td>
</tr>
<tr>
<td>(310) 454-1412</td>
</tr>
<tr>
<td><a href="mailto:Palisades.RC@lacity.org">Palisades.RC@lacity.org</a></td>
</tr>
<tr>
<td></td>
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<tr>
<td><strong>Rivas Canyon Park</strong></td>
</tr>
<tr>
<td>14700 Oracle Place</td>
</tr>
<tr>
<td>Pacific Palisades, CA 90272</td>
</tr>
<tr>
<td>(310) 840-2187</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Santa Ynez Recreation Center</strong></td>
</tr>
<tr>
<td>17005 Palisades Circle</td>
</tr>
<tr>
<td>Pacific Palisades, CA 90272</td>
</tr>
<tr>
<td>(310) 459-4083</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Temescal Gateway Park</strong></td>
</tr>
<tr>
<td>15601 West Sunset Blvd.</td>
</tr>
<tr>
<td>Pacific Palisades, CA 90272</td>
</tr>
<tr>
<td>(310) 454-1395</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Will Rogers State Historic Park</strong></td>
</tr>
<tr>
<td>1501 Will Rogers State Park Road</td>
</tr>
<tr>
<td>Pacific Palisades, CA 90272</td>
</tr>
<tr>
<td>(310) 454-8212</td>
</tr>
<tr>
<td><a href="http://www.parks.ca.gov">www.parks.ca.gov</a></td>
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<td></td>
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<tr>
<td><strong>Playa del Rey</strong></td>
</tr>
<tr>
<td><strong>Dockweiler State Beach</strong></td>
</tr>
<tr>
<td>12505 Vista del Mar</td>
</tr>
<tr>
<td>Playa del Rey, CA 90293</td>
</tr>
<tr>
<td>(310) 305-9503</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Playa del Rey Beach</strong></td>
</tr>
<tr>
<td>Culver Blvd. &amp; Pacific Avenue</td>
</tr>
<tr>
<td>Playa del Rey, CA 90293</td>
</tr>
<tr>
<td>(310) 202-2803</td>
</tr>
<tr>
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</tr>
<tr>
<td><strong>Titmouse Park</strong></td>
</tr>
<tr>
<td>415 Culver Blvd.</td>
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<tr>
<td>Playa Del Rey, CA 90293</td>
</tr>
<tr>
<td>(310) 202-2803</td>
</tr>
<tr>
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</tr>
<tr>
<td><strong>Vista Del Mar Park</strong></td>
</tr>
<tr>
<td>6200 Vista Del Mar Blvd.</td>
</tr>
<tr>
<td>Playa Del Rey, CA 90293</td>
</tr>
<tr>
<td>(310) 202-2803</td>
</tr>
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</tr>
<tr>
<td><strong>Santa Monica</strong></td>
</tr>
<tr>
<td><strong>1450 Ocean - the Camera Obscura Building</strong></td>
</tr>
<tr>
<td>1450 Ocean Avenue</td>
</tr>
<tr>
<td>Santa Monica, CA 90401</td>
</tr>
<tr>
<td>(310) 458-2239</td>
</tr>
<tr>
<td><a href="http://www.smgov.net/1450ocean">www.smgov.net/1450ocean</a></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Airport Park</strong></td>
</tr>
<tr>
<td>3201 Airport Avenue</td>
</tr>
<tr>
<td>Santa Monica, CA 90405</td>
</tr>
<tr>
<td>(310) 458-8300</td>
</tr>
<tr>
<td><a href="http://www.smgov.net/parks">www.smgov.net/parks</a></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Annenberg Community Beach House</strong></td>
</tr>
<tr>
<td>415 Pacific Coast Highway</td>
</tr>
<tr>
<td>Santa Monica, CA 90402</td>
</tr>
<tr>
<td>(310) 458-4904</td>
</tr>
<tr>
<td><a href="http://www.annenbergbeachhouse.com">www.annenbergbeachhouse.com</a></td>
</tr>
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<td></td>
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<tr>
<td><strong>Ashland Park</strong></td>
</tr>
<tr>
<td>1650 Ashland Avenue</td>
</tr>
<tr>
<td>Santa Monica, CA 90405</td>
</tr>
<tr>
<td>(310) 458-8300</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Barnard Way Linear Park</strong></td>
</tr>
<tr>
<td>2440 Barnard Way</td>
</tr>
<tr>
<td>Santa Monica, CA 90405</td>
</tr>
<tr>
<td>(310) 458-8300</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Chess Park</strong></td>
</tr>
<tr>
<td>Ocean Front Walk at Seaside Terrace</td>
</tr>
<tr>
<td>Santa Monica, CA 90401</td>
</tr>
<tr>
<td>(310) 458-8450</td>
</tr>
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<tr>
<td><strong>Clover Park</strong></td>
</tr>
<tr>
<td>2600 Ocean Park Blvd.</td>
</tr>
<tr>
<td>Santa Monica, CA 90405</td>
</tr>
<tr>
<td>(310) 458-8300</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Colorado Center Park</strong></td>
</tr>
<tr>
<td>26th Street and Broadway</td>
</tr>
<tr>
<td>Santa Monica, CA 90404</td>
</tr>
<tr>
<td>(310) 458-8300</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Community Recreation Division - Community Gardens</strong></td>
</tr>
<tr>
<td>(310) 458-8300</td>
</tr>
<tr>
<td><a href="http://www.smgov.net/Departments/CCS/content.aspx?id=33150">www.smgov.net/Departments/CCS/content.aspx?id=33150</a></td>
</tr>
<tr>
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<tr>
<td><strong>Cove State Park</strong></td>
</tr>
<tr>
<td>1401 Olympic Blvd.</td>
</tr>
<tr>
<td>Santa Monica, CA 90404</td>
</tr>
<tr>
<td>(310) 458-8237</td>
</tr>
<tr>
<td><a href="mailto:thecove@smgov.net">thecove@smgov.net</a></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Crescent Bay Park</strong></td>
</tr>
<tr>
<td>2000 Ocean Avenue</td>
</tr>
<tr>
<td>Santa Monica, CA 90405</td>
</tr>
<tr>
<td>(310) 458-8300</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Douglas Park</strong></td>
</tr>
<tr>
<td>2439 Wilshire Blvd.</td>
</tr>
<tr>
<td>Santa Monica, CA 90403</td>
</tr>
<tr>
<td>(310) 458-8300</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Euclid Park</strong></td>
</tr>
<tr>
<td>1525 Euclid Street</td>
</tr>
<tr>
<td>Santa Monica, CA 90404</td>
</tr>
<tr>
<td>(310) 458-8300</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Goose Egg Park</strong></td>
</tr>
<tr>
<td>Palisades Avenue (between 4th and 7th Streets)</td>
</tr>
<tr>
<td>Santa Monica, CA 90402</td>
</tr>
<tr>
<td>(310) 458-8300</td>
</tr>
</tbody>
</table>
## Community Resources

### Parks / Recreation Centers (Listed by City) (Continued)

<table>
<thead>
<tr>
<th>Park Name</th>
<th>Address</th>
<th>City, State</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hotchkiss Park</td>
<td>2302 4th Street</td>
<td>Santa Monica, CA 90405</td>
<td>(310) 458-8300</td>
<td></td>
</tr>
<tr>
<td>Joslyn Park</td>
<td>633 Kensington Road</td>
<td>Santa Monica, CA 90405</td>
<td>(310) 458-8300</td>
<td></td>
</tr>
<tr>
<td>Los Amigos Park</td>
<td>500 Hollister Avenue</td>
<td>Santa Monica, CA 90405</td>
<td>(310) 458-8300</td>
<td></td>
</tr>
<tr>
<td>Marine Park</td>
<td>1406 Marine Street</td>
<td>Santa Monica, CA 90405</td>
<td>(310) 458-8300</td>
<td></td>
</tr>
<tr>
<td>Memorial Park</td>
<td>1401 Olympic Blvd.</td>
<td>Santa Monica, CA 90404</td>
<td>(310) 458-8300</td>
<td></td>
</tr>
<tr>
<td>Miles Memorial Playhouse</td>
<td>1130 Lincoln Blvd.</td>
<td>Santa Monica, CA 90403</td>
<td>(310) 458-8304</td>
<td><a href="http://www.smgov.net/departments/CCS/MilesPlayhouse/">www.smgov.net/departments/CCS/MilesPlayhouse/</a></td>
</tr>
<tr>
<td>Ocean View Park</td>
<td>2701 Barnard Way</td>
<td>Santa Monica, CA 90405</td>
<td>(310) 458-8300</td>
<td></td>
</tr>
<tr>
<td>Ozone Park</td>
<td>720 Ozone Street</td>
<td>Santa Monica, CA 90405</td>
<td>(310) 458-8300</td>
<td></td>
</tr>
<tr>
<td>Palisades Park</td>
<td>Ocean Avenue (between Colorado Ave. and Adelaide Dr.)</td>
<td>Santa Monica, CA 90401</td>
<td>(310) 458-8300</td>
<td></td>
</tr>
<tr>
<td>Park Drive Park</td>
<td>2415 Broadway Blvd.</td>
<td>Santa Monica, CA 90404</td>
<td>(310) 458-8300</td>
<td></td>
</tr>
<tr>
<td>Reed Park</td>
<td>1133 7th Street</td>
<td>Santa Monica, CA 90403</td>
<td>(310) 458-8300</td>
<td></td>
</tr>
<tr>
<td>Rustic Canyon Recreation Center</td>
<td>601 Latimer Road</td>
<td>Santa Monica, CA 90402</td>
<td>(310) 454-5734</td>
<td><a href="mailto:RusticCanyon.RC@lacity.org">RusticCanyon.RC@lacity.org</a></td>
</tr>
<tr>
<td>Santa Monica Family YMCA</td>
<td>1332 6th Street</td>
<td>Santa Monica, CA 90401</td>
<td>(310) 393-2721</td>
<td><a href="http://www.ymcasm.org">www.ymcasm.org</a></td>
</tr>
<tr>
<td>Santa Monica State Beach</td>
<td></td>
<td></td>
<td>(310) 458-8300</td>
<td><a href="http://www.smgov.net/Portals/Beach/">www.smgov.net/Portals/Beach/</a></td>
</tr>
<tr>
<td>Schader Park</td>
<td>1425 Cloverfield Blvd.</td>
<td>Santa Monica, CA 90404</td>
<td>(310) 458-8300</td>
<td><a href="http://www.smgov.net/parks">www.smgov.net/parks</a></td>
</tr>
<tr>
<td>South Beach Park</td>
<td>3400 Barnard Way</td>
<td>Santa Monica, CA 90405</td>
<td>(310) 458-8300</td>
<td><a href="http://www.smgov.net/parks">www.smgov.net/parks</a></td>
</tr>
<tr>
<td>Steward Street Park</td>
<td>1819 Stewart Street</td>
<td>Santa Monica, CA 90404</td>
<td>(310) 458-8300</td>
<td><a href="http://www.smgov.net/parks">www.smgov.net/parks</a></td>
</tr>
<tr>
<td>Tongva Park and Ken Genser Square</td>
<td>1615 Ocean Avenue</td>
<td>Santa Monica, CA 90401</td>
<td>(310) 458-8300</td>
<td><a href="http://www.smgov.net/parks">www.smgov.net/parks</a></td>
</tr>
<tr>
<td>Virginia Avenue Park</td>
<td>2200 Virginia Avenue</td>
<td>Santa Monica, CA 90404</td>
<td>(310) 458-8300</td>
<td><a href="http://www.smgov.net/parks">www.smgov.net/parks</a></td>
</tr>
<tr>
<td>Venice</td>
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<tr>
<td>Canal Park</td>
<td>200 Linnie Canal</td>
<td>Venice, CA 90291</td>
<td>(310) 202-2803</td>
<td></td>
</tr>
<tr>
<td>Triangle Park</td>
<td>Oxford Avenue and Marr Street</td>
<td>Venice, CA 90291</td>
<td>(310) 202-2803</td>
<td></td>
</tr>
<tr>
<td>Venice Beach</td>
<td>1800 Ocean Front Walk</td>
<td>Venice, CA 90291</td>
<td>(310) 399-2775</td>
<td></td>
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<tr>
<td>Older Adults Recreation Centers</td>
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<td></td>
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<tr>
<td>Beverly Hills Active Adult Club</td>
<td>(BHAA)</td>
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<tr>
<td>Claude Pepper Senior Citizen</td>
<td>Center</td>
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<tr>
<td>Club WISE - WISE &amp; Healthy Aging</td>
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</tbody>
</table>

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Older Adults Recreation Centers (continued)

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

Malibu Senior Center
23825 Stuart Ranch Road
Malibu, CA 90265
(310) 456-2489, Ext. 357
www.malibucity.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

Pico - Robertson Family Resource Center
8838 West Pico Blvd.
Los Angeles, CA 90035
(310) 247-0534
www.jfsla.org

Westchester Senior Center
8740 Lincoln Blvd.
Los Angeles, CA 90045
(310) 649-3317
Westchester.SCC@lacity.org

Westminster Senior Citizen Center
1234 Pacific Avenue
Venice, CA 90291
(310) 392-5566
Westminster.SeniorCenter@lacity.org

SOCIAL ORGANIZATIONS

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

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
TRANSPORTATION
(continued)

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

City of Los Angeles - Department of Transportation
100 South Main Street
10th Floor
Los Angeles, CA 90012
(213) 972-8470
Ladot.lacity.org

LADOT Transit Services - Cityride Program
201 North Los Angeles Street, #18B
Los Angeles, CA, 90012
(310) 808-2273
www.ladottransit.com/other/cityride

The program offers participants reduced costs for individuals age 65 or older and qualified disabled persons in the City of Los Angeles and select areas of Los Angeles County.

City of Santa Monica - Department of Transportation
1685 Main Street
Room 115
Santa Monica, CA 90401
(310) 458-8291
transportation.management@smgov.net

TRAVEL/LEISURE

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

City of Santa Monica - Department of Transportation
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 MODE 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 - WISE Adventures
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
www.wiseandhealthyaging.org
trips@wiseandhealthyaging.org
VETERANS' SERVICES

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
Vafvorvs. va.gov

West Los Angeles Vet Center
5730 Uplander Way
Suite 100
Culver City, CA 90230
(310) 641-0326

VOLUNTEER OPPORTUNITIES

City of Beverly Hills Volunteer Program
(310) 285-6843

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

Retired and Senior Volunteer Program
(RSVP) - Culver City
(310) 253-6722
www.culvercity.org/government/prcs/
   seniorservices/volunteerprogram

WISE & Healthy Aging -
Volunteer Services
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871, Ext. 552
www.wiseandhealthyaging.org/
voluteer
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.
**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.
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 1 pm
(310) 285-6830

Brentwood Farmers Market
655 1st St.
Brentwood, CA 904513
Saturdays, 8 am to Noon

Century City Farmers Market
1800 Avenue of the Stars
Century City, CA 90067
Thursdays, 10 am to 2 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
Holt & 18th Street
Los Angeles, CA 90035
Thursdays, 2 pm to 7 pm
(424) 287-2280
www.lafricanagersmarket.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
11770 Via Marine
Marina Del Rey, CA 90292
Saturdays, 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.
Angeles, CA 90036
Sunday - Thursday, 10 am to 7 pm
Friday & Saturday, 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 Seabuffl Drive
Los Angeles, CA 90094
Saturdays, 9 am to 2 pm
www.playavistafm.com

Santa Monica Downtown Farmers Market
Arizona Avenue
(between 4th & 2nd)
Santa Monica, CA 90401
Wednesdays & Saturdays, 8 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
Saturdays, 8 am to 1 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
11338 Santa Monica Blvd.
Los Angeles, CA 90025
Sundays, 9 am to 2 pm
(310) 739-5028
www.westlafarmersmarket.info

Westchester Farmers Market
6200 W. 87th St.
Los Angeles, CA 90045
Sundays, 9 am to 2 pm
www.westchesterfarmersmarket.com

Westwood Village Farmers Market
1083 Broxton Avenue
Los Angeles, CA 90024
Thursdays, 12 noon to 6 pm
(310) 739-5028

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The Future of Healthcare Redefined

Our Santa Monica Medical Office Building is changing the way you receive care. With services that include primary care, pharmacy, laboratory, and a nurse clinic, get the care you need within our interactive patient rooms.

Find this facility at:

Santa Monica Medical Offices
1450 10th Street
2nd Floor
Santa Monica, CA 90401

kp.org/santamonica
No matter who you are or what you’re going through, whether you’re routinely checking up or unexpectedly coming in, at Cedars-Sinai, we’re right here for our community. And with over 250 locations in Southern California, you can rest assured that when you have healthcare needs, a helping hand is well within reach.

Learn more at cedars-sinai.org/righthere.