WISE & Healthy Aging

Westside Guide for the 50+
Your Free Neighborhood Resource for Living Well

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

New to Caregiving? PAGE 20

WISE & Healthy Aging is a non-profit social services organization | www.wiseandhealthyaging.org
Find out how you can get a HIGHER QUALITY MEDICARE health plan.

Rated 5 out of 5 Stars—the Highest-Rated Medicare Health Plan in California for 2015. See why it could be right for you.

KAISER PERMANENTE MEDICARE HEALTH PLANS

Get great care and great value with Kaiser Permanente Senior Advantage (HMO). With your choice of a wide range of doctors, a high level of quality and service, and the simplicity of having most of your care often in one location, Kaiser Permanente makes it easy to get great care, so you can live well and thrive.

Have questions about Medicare or ready to enroll in a Kaiser Permanente Medicare health plan? Just give me a call for more information.

Cris Cortes
Kaiser Permanente Medicare Health Plan Sales Specialist
877-418-0680 (TTY 711)
kp.org/medicare

1Rated by the Centers for Medicare & Medicaid Services Health Plan Management System, Plan Ratings 2015. Kaiser Permanente contract #H0524. Medicare evaluates plans based on a 5-star rating system. Star Ratings are calculated each year and may change from one year to the next. 2When receiving care at a Kaiser Permanente facility. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan, Inc., 393 E. Walnut St., Pasadena, CA 91188-8514.
Welcome to our inaugural publication! While this is our first edition of a community resource guide, WISE & Healthy Aging is no stranger to the Westside. With almost 50 years of service to older adults and caregivers, WISE & Healthy Aging is proud to be the one-stop resource in the community. Headquartered in Santa Monica, our nonprofit social services organization has a mission to enhance the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services. We are proud to partner with key Westside organizations in bringing forth this Guide.

The Guide can also be found on-line at www.westsideguide.org. We welcome your feedback. Reach us at (310) 394-9871 or email: info@wiseandhealthyaging.org

Welcome to WISE & Healthy Aging’s 1st Edition of the “Westside Guide for the 50+”!

WISE & Healthy Aging: Major Programs & Services

- Benefits Enrollment Center
- Club 1527
- In-Home Services/Care Management
- WISE HomeCare
- City & County of Los Angeles Long-Term Care Ombudsman Program (regional offices: Santa Monica, Canoga Park, Pasadena, Montebello and Lakewood)
- Elder Abuse Prevention Program
- Mental Health Services
- Peer Counseling Program
- WISE Adult Day Service Center
- WISE Adventures Travel Program
- WISE Diner Healthy Lunches Program
- WISE Connect “Village Service”
- WISE Minds Brain Fitness
- WISE Caregiver Training Academy
- Support Groups
- Transportation & Mobility Program
- Financial, Legal and Mediation Consultation Clinics
- Volunteer Opportunities
- Information & Referral

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

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Stop Elder ABUSE.

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Westside Guide for the 50+
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About the Guide
The 2015 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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### Note

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WISE & Healthy Aging’s Community Collaborations

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

**Dispute Resolution Clinics**
- **Thursday Afternoons**
- **1 - 3 pm**

**Tax Assistance**
- **Tuesday Mornings**
- **9 am - 1 pm**

**Financial Counseling**
- **1st Wednesday of Every Month**

**Medicare Counseling**
- **Tuesday Afternoons**
- **1 - 4 pm**

**Community Acupuncture Clinic for Seniors 60 & Older**
- **Thursday Mornings**
- **9 am - Noon**

**Legal Clinics**
- **Monday Mornings**
- **9 am - Noon**

Call for an appointment:
(310) 394-9871

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

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

The OATF aims to:

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

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

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

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

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

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

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

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

To Contact the CSC:
Please Call:(310) 458-8701 or Email: csc@smgov.net
At Kaiser Permanente, you and your health are at the center of everything we do.

The West Los Angeles Medical Center offers a wide range of health services. When special medical attention is required, our facilities offer centers of specialty care. Aided by the latest technology and research, these medical teams often break new ground while providing advanced specialty care to our members.

Our members can also access a variety of distinctive services, such as a weekly farmers’ market and an On-the-Spot Health Education Center for walk-in health consultations. We look forward to opening a medical office in Santa Monica in the near future.

Want to know more? Visit kp.org/westlosangeles

**Mind and Memory**

**Tips to boost your brain power**

It is not unusual to occasionally forget where you put your keys or glasses, where you parked your car, or the name of an acquaintance. As you age, it may take you longer to remember things.

Not all older adults have memory changes, but they can be a normal part of aging. This type of memory problem is more often annoying than serious.

However, memory loss that begins suddenly or that significantly interferes with your ability to function in daily life may mean a more serious problem is present. If you think you are suffering from a serious memory condition, speak with your doctor.

**Tips to help improve your memory**

Try these steps to help improve your memory:

- **Focus your attention.** Often forgetfulness may mean that you have too much on your mind. Slow down and pay full attention to the task you are doing now.
- **Stick to a routine.** Complete common tasks in the same order each time you do them.
- **Structure your environment** to help improve your memory.
  - Use calendars and clocks.
  - Use lists, notes, and other helpful devices as reminders.
  - Write your daily activities on a calendar or daily planner, and keep it handy.

**3 Steps to Prevent Memory Loss**

1. **Eat right.**
   A balanced, low-fat diet with ample sources of vitamins B12 and folate will help protect your nervous system.

2. **Exercise.**
   Regular exercise can improve the blood flow to your brain.

3. **Exercise your brain.**
   Try to learn new things. This may help increase your attention span and ability to focus.
**HEALTHCARE**

**COMMUNITY CLINIC**

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

**DENTAL**

Stephanie Yeung, DDS  
2200 Colorado Avenue  
Suite H  
Santa Monica, CA 90404  
(310) 400-6352  
www.santamonicaprostodontist.com

**HEALTHCARE SERVICES**

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

**HEARING/SPEECH CARE**

CapTel, Outreach Experts Incorporated  
1500 Olympics Blvd.  
Santa Monica, CA 90404  
(320) 428-8371  
www.weitbrecht.com

**HOME MEDICAL EQUIPMENT**

Confidence First Medical Supplies  
316 E. Manchester Blvd.  
Inglewood, CA 90301  
(310) 330-7636  
www.confidencefms.com  
We sell, rent and service home medical equipment. Home assessments and delivery available. Accept Medicare, Medi-Cal, Blue Cross, Health Net, LA Care and most insurance.

**HOSPITALS/ MEDICAL CENTERS**

Find a Health Center on findahealthcenter.hrsa.gov

Cedars - Sinai Medical Center  
8700 Beverly Blvd.  
Los Angeles CA, 90048  
(310) 423-3277  
www.cedars-sinai.edu

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

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

Ronald Reagan UCLA Medical Center  
757 Westwood Plaza  
Los Angeles CA, 90095  
(310) 825-9111

UCLA Santa Monica Medical Center  
1250 16th Street  
Santa Monica CA, 90404  
(310) 319-4000  
www.uclahealth.org

**MENTAL HEALTH SERVICES**

Los Angeles County Department of Mental Health

Access Line  
(800) 854-7771

Full Service Partnership Program (FSP)  
(213) 738-4851

(Field Capable Clinic Services (FCCS)  
310) 966-6509

Prevention and Early Intervention (PEI)  
(213) 738-2305  
dmh.lacounty.gov

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

Los Angeles County Department of Mental Health - Genesis Program  
550 South Vermont Avenue, 6th Floor  
Los Angeles, CA 90020  
(213) 351-7284

Geriatric Evaluation Networks  
Encompassing Services Information and Support (GENESIS)
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Counseling Programs/ Specialized Issues

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

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

WISE & Healthy Aging - Women’s Circle
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871, Ext. 233
www.wiseandhealthyaging.org/support-groups

WISE & Healthy Aging- Women’s Group: Expanding Your Horizons
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871, Ext. 233
www.wiseandhealthyaging.org/support-groups

Outpatient Mental Health Services

Didi Hirsch Mental Health Services
4760 South Sepulveda Blvd.
Culver City, CA 90230
(310) 390-6612
www.didihirsch.org

Donald Schultz, PhD
1145 Gayley Ave.
Suite 305
Los Angeles, CA 90024
(310) 592-3405
Donaldschultzphd.com

WISE & Healthy Aging - Mental Health Services
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871, Ext. 211
www.wiseandhealthyaging.org/mental-health-services

NUTRITION

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

Terri Crystal - Nutrition Consultant
P.O. Box 662085
Los Angeles, CA 90066
(626) 532-3980
terri@terricrystal.com

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, women’s health and cancer, including the world-renowned John Wayne Cancer Institute, dedicated to clinical research and advancements in cancer care. Providence Saint John’s has been recognized as one of America’s 50 Best Hospitals™ by Healthgrades® and ranked among the top 5 percent in the nation for Overall Clinical Excellence eight years in a row.

For more information or a free physician referral call
1-888-HEALING (432-5464) or visit providence.org/saintjohns.
HEALTHCARE

PHARMACY
Horton & Converse
Pharmacy and Home Medical Supplies
2001 Santa Monica Blvd. (Lobby)
Santa Monica, CA 90404
(310) 829-1834
www.HortonAndConverse.com
Solutions for Safe & Independent Living
Bathroom Safety Equipment, Lift Chairs, Bed Cushions/Wedges, BP Monitors, Hospital Beds, Incontinence Supplies
Medicare Walkers & Wheelchairs

PHYSICAL THERAPY
Carol Hahn - Wellness and Fitness Nurse
El Segundo, CA 90245
(310) 612-9064
www.CarolHahnRN.com

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

Mary S. Easton Center for Alzheimer’s Disease Research at UCLA
10911 Weyburn Avenue, #200
Los Angeles, CA 90095
(310) 794-6039

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

YO SAN UNIVERSITY COMMUNITY CLINIC

Community Acupuncture Clinic for Seniors 65 and Older

Thursday Morning Clinics
Ken Edwards Center, 1527 4th Street

For an appointment call
(310) 394-9871

Donations Accepted

In collaboration with Yo San University of Traditional Chinese Medicine
(www.yosan.edu)

Your Westside Partner for Aging Healthy & Well
Call 310.577.3006

Acupuncture visits just $25 for patients 65+
(excludes herbs)

CONVIENTLY 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.
WISE & Healthy Aging

Peer Counseling Support Groups
Ongoing Groups Meeting Weekly in Santa Monica

Pre-registration is required. No drop-ins, please.

Transitions: A Support Group for People 50 to 65  Thursdays, 1 – 2:30 pm
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.

Support Groups for People 55 and Older

Bereavement Group  Tuesdays, 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  Mondays, 10:30 am – Noon
Confidential and trusting environments in which men can or Thursdays, 11 am – 12:30 pm talk about personal issues in their lives, covering both physical and emotional concerns.

Journal Group  2nd and 4th Thursdays, Noon - 1:30 pm
Write and share your stories with a group of vibrant women gathering twice monthly in a confidential setting.

All peer counseling support groups are facilitated by peer counselors and supervised by a licensed mental health professional.

Fees are based on the ability to pay.

For more information, please call (310) 394-9871, ext. 373 or 215

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

www.wiseandhealthyaging.org
**Sign Up Today!**

A customized, **MIND FITNESS** program designed to meet your individual needs, values and goals

- Exclusive access to the WISE Minds Brain Gym (during Club 1527 hours)
- Dakim™ evidence-based, memory training technology (Monday through Friday, 20-minute individual sessions)

Self-discovery and social support in a healthy environment focused on fun!

A Program of WISE & Healthy Aging

**A Club 1527 Member Offering**

WISE & Healthy Aging 1527 4th Street Santa Monica, CA 90401 (310) 394-9871

---

**Professional Support**

**WISE & HEALTHY LIVING**

**Counseling & Therapy Center**

Professional mental health services for older adults and their families.

Our highly qualified mental health staff consists of licensed psychologists and psychiatrists from private practice, psychology graduate interns and post-doctoral fellows. Supervision is provided by licensed clinical psychologists. Clients receive a bio-psychosocial assessment to determine the best modality of treatment.

Services are provided via private pay/fee for service, Medicare, MediCal and uninsured. Services include:

- Psychotherapy: individual, couple, family
- Psychiatry: consultations and valuations, prescriptions, and medication management
- Psychosocial Assessment
- Nurse Case Management Services

Please call for an appointment (310) 394-9871, ext. 465

1527 4th Street • Santa Monica, CA 90401 • www.wiseandhealthyaging.org
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 and Senior Services, Area Agency on Aging, through the older Americans Act of 1965, as amended, and the City of Los Angeles Department of Aging.

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CARE SERVICES

ADULT DAY PROGRAMS

OPICA
11759 Missouri Avenue
Los Angeles, CA 90025
(310) 478-0226
www.opica.org
OATF

WISE Adult Day Service Center
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
www.wiseandhealthyaging.org/adult-day-services
OATF

CARE MANAGEMENT

Heal at Home
119 N. Fairfax Avenue
Suite 212
Los Angeles, CA 90036
(323) 424-7335
www.healathomecare.com
OATF

Jewish Family Service
330 N. Fairfax Avenue
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www.jfsla.org
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WISE & Healthy Aging -
Care Management/ In-Home Services
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
www.wiseandhealthyaging.org/care-management-in-home-services
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Los Angeles, CA
(310) 633-4471
lisa.a.mcandrews@gmail.com
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Services Provided Include
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  - Professional Reference Checks
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  - Physical Examination and TB Testing
  - Multiple Interviews
  - CPR Certification
  - Personality Exam

WISE & Healthy Aging is a non-profit social services organization dedicated to serving seniors and caregivers.
WISE & Healthy Aging

CARE SERVICES

CAREGIVER RESOURCES

Adult Identification Registry (Santa Monica Police Department)
Community Affairs Unit
333 Olympic Drive
Santa Monica, CA 90401
(310) 458-8474
santamonicapd.org
This voluntary registry provides peace of mind to caregivers and family members to ensure a prompt return of the lost individual.

Alzheimer’s Association Southland Chapter
4221 Wilshire Blvd., Suite 400
Los Angeles, CA 90010
(800) 272-3900
www.alz.org/socal

At TLC Attendant Care Inc. we provide professional attendants specially trained in the issues of aging. Our HHA’s, CNA’s and Caregivers are experienced and caring professionals able to speak clear English. Our attendants are thoroughly screened and very familiar with the Westside as we are located in Santa Monica. We are licensed, bonded, insured and in business since 1997. We are consistently rated AAA by the Better Business Bureau.

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or visit us at: www.tlcacr.com

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

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

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

Los Angeles Caregiver Resource Center
(At USC’s Andrus Gerontology Center)
3715 McClintock Avenue
Los Angeles, CA 90089
(800) 540-4442

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

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

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

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Santa Monica, CA 90405
Call: (310) 399-2904
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www.wiseandhealthyaging.org
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Counseling / Support Groups

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(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/support-groups
Also information and referral to community resources.

FUNERAL SERVICES

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

Sacred Crossings - Home Funerals
(310) 968-2763
www.sacredcrossings.com

HOSPICE

Care One Hospice
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Suite 103
Tarzana, CA 91356
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www.careonehospice.com

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www.vitas.com

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Suite 315
Encino, CA 91436
(800) 757-4242
www.vitas.com

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Wilshire Hospice and Home Health
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Santa Monica, CA 90405
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www.carehomecare.net

ComForcare Home Care
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www.comforcare.com

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

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(310) 590-1685
www.homeinstead.com

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www.homeinstead.com/778

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www.homewatchcaregivers.com/los-angeles

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Twelve Warning Signs of Dementia

1. Trouble with new memories
2. Relying on memory helpers
3. Trouble finding words
4. Struggling to complete familiar actions
5. Confusion about time, place or people
6. Misplacing familiar objects
7. Onset of new depression or irritability
8. Making bad decisions
9. Personality changes
10. Loss of interest in important responsibilities
11. Seeing or hearing things
12. Expressing false beliefs

A screening is a significant first step toward finding out if there’s a memory problem.

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- Resources to avoid homelessness
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- Referrals for geriatric, neuropsychiatric assessments, including physician liaison services

In-Home Services Also Provides Assistance with:

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

An Affordable Choice

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

Call (310) 394-9871 for more information.

“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.”
New to Caregiving? Eight Factors to Consider

In our rapidly aging society, more and more of us find ourselves transitioning into the role of caregiver for an older relative. Consider these common scenarios:

- A senior experiences a stroke, heart attack, hip fracture or other health crisis, and family step in to support recovery.
- A senior loved one is living with a chronic illness or Alzheimer’s disease. As time passes, family members provide a greater amount of transportation, healthcare management and hands-on medical and personal care as their loved one’s care needs grow.
- It seems unsafe for elderly parents to be living alone—but Mom and Dad don’t want to move to an assisted living community.

Or, maybe your senior parent is still independent and in good health, so you really haven’t given caregiving much thought? Whatever your situation, if you are an adult child of senior parents, thinking through your role and planning ahead will help you be ready if you become one of the 65 million Americans who are providing care for an elderly loved one—whether that means hands-on, full-time support, managing a loved one’s care from afar, or having your loved one move in with you. And as you think about your role, you might realize that even if you don’t call yourself a caregiver, you are!

If you are considering serving as primary caregiver for a parent or other elderly person, or you think you might be called upon to do so in the future, or if you already are providing care but your role is likely to expand, here are some questions to consider:

Q: Where will my loved one live?
Is a retirement community, assisted living or other senior housing option the best choice? If your loved one prefers to stay in his or her own home, is that a safe and workable option? Is the home suitable for current and future needs? If not, would having your loved one move into your home be a workable arrangement? How much assistance would you need to provide? Would your home need to be modified for safety and accessibility?

Q: How would becoming my loved one’s caregiver affect my job?
Caregiving can be a full-time job in itself. Stressed-out working caregivers often feel torn between their work and caregiving responsibilities. They may miss out on advancement opportunities or be passed over for promotions. They are likely to use all their vacation for caregiving, and then to take unpaid leave.

Q: Should I quit my job to care for my loved one? A poll in the September 2013 issue of the Caring Right at Home online newsletter found that almost two-thirds of respondents who were working caregivers had cut back on work hours, quit their job or taken a less-demanding position. But experts warn caregivers to think things through carefully before leaving their paid employment. According to the MetLife Mature Market Institute, employed caregivers lose an average of $304,000 in salary, reduced Social Security benefits and

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pensions if they leave the workforce prematurely to provide care. And caregivers trying to re-enter the workforce when their caregiving duties lessen may encounter barriers.

**Q: How do I get along with my loved one?** The emotional climate when an elderly loved one needs care can be a mixed bag. Some families find that caregiving nourishes an increased sense of love and connection between the generations. In other families, everyone butts heads! Living together in this way can be intense. If your relationship with your parent was already strained or difficult, caregiving can magnify the difficulties.

**Q: How will my caregiving role affect other family members?** Do children still live in the home? How much time will caregiving take away from your responsibilities to them? If your loved one moves in with you, what accommodations will other family members be expected to make? How do your spouse and others get along with the person? Is your family good at talking about problems without undue tension?

**Q: Am I qualified to provide the level of care my loved one needs?** Caregiving can be physically taxing, for example, when you help your loved one transfer from bed to wheelchair. And a recent AARP study revealed many family caregivers today provide medication management, wound care, injections and other medical and nursing tasks. Caring for a loved one with Alzheimer’s disease or a related condition presents even greater challenges. Are you confident that you can manage these types of tasks if your loved one is living with you or independently?

**Q: What help can I expect from other family members and friends?** Often it happens that one person evolves into the caregiving role, only to feel resentful that siblings and other family aren’t helping out enough. Have a family meeting before making your decision so everyone will have an understanding of how they will participate in your loved one’s care—with their time, and also financially.

**Q: What resources are available to support my caregiving?** This might be the most important question! You can’t do it alone. For your loved one’s well-being and for your own physical and emotional health, bringing in support is a must to balance your loved one’s care and all the other facets of your life. Consult with a geriatric care manager or elder law attorney to learn about some of your options and to understand the financial implications of your choice. Find out about senior centers, adult day centers, senior transportation, Meals-on-Wheels programs, respite care and support groups.

### The Role of Professional In-Home Care

A growing number of families are taking advantage of in-home care to help them balance caregiving, their jobs and other responsibilities. In-home care keeps elderly loved ones safe at home, no matter where they live. Skilled nursing care can be provided in the home. Less-costly nonmedical home care services might include:

- Personal care and hygiene, such as bathing, dressing, grooming, toileting and assistance with transferring from bed to chair.
- Housekeeping and laundry services.
- Meal planning and preparation.
- Transportation to health appointments, shopping and activities.
- Medication reminders.
- Socialization and companionship.
- Memory care and supervision for clients with Alzheimer’s disease or other cognitive impairment.
- Serving as a liaison for out-of-town family caregivers to provide reassurance and peace of mind.

Professional home care can provide high-quality care for your loved one while supporting family members. This is a topic to discuss early rather than later and should be part of financial planning. Most families hire and pay for home care privately, which is well worth it to help family maintain their careers and to provide maximum independence for their loved one.

WISE & Healthy Aging's WISE Connect is a membership-based virtual community that supports aging in place for adults age 50-plus in the greater Los Angeles area. The model is broadly based off of the “village” concept, which originated as a grassroots community effort in Boston’s Beacon Hill neighborhood.

Services include:

- Transportation
- Grocery assistance
- Household services
- Health and wellness opportunities
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- Concierge services
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**EMERGENCY HOUSING**

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Los Angeles County Information Services  
211  
www.infoline-la.org  
The Homeless Families Solutions System (HFSS) provides temporary and permanent housing placement to homeless and at-risk families throughout Los Angeles County.

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

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HOUSING ASSISTANCE

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www.culvercityrentcontrol.com

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Housing Rights Center
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www.hrc-la.org
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www.housing.lacounty.gov

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Los Angeles, CA 90025
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(213) 473-5990 (TDD)
Lahd.lacity.org

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

San Vicente Housing Authority
www.santaclarita.gov/housing

US Department of Housing and Urban Development (HUD)
611 West Sixth Street, Suite 801
Los Angeles, CA 90017
(213) 894-8000
(213) 894-1833 (TTY)
(Toll-Free, Public Housing)
(800) 955-2232
www.hud.gov

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

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.gov/Government/CommunityDevelopment/Housing.aspx

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

Holiday Villa East
1447 Seventeenth Street
Santa Monica, CA 90404
310.829.5904
Affordable Senior Living in Santa Monica
holidayvillas@aol.com www.holidayvillaeast.com

Providing Compassionate, Quality Care For Over 47 Years
Santa Monica’s Premier Skilled Nursing Facilities Specializing in Orthopaedic Rehabilitation

Berkeley East Convalescent Hospital
2021 Arizona Avenue, Santa Monica, CA 90404
310 829-5377

Berkeley West Convalescent Hospital
1623 Arizona Avenue, Santa Monica, CA 90404
310 829-4565
Family Owned and Operated Since 1966

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HOUSING RELATED

HOUSING AUTHORITIES

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

LONG TERM CARE FACILITIES

Nursing Homes

Berkley East Convalescent Hospital
2021 Arizona Avenue
Santa Monica, CA 90404
(310) 829-5377
info@berkleyeast.com

Berkley West Convalescent Hospital
1623 Arizona Avenue
Santa Monica, CA 90404
(310) 829-4565
Berkleywest.com

Residential Care (Assisted Living)

Ayres Residential Care Homes, Inc.
10940 Ayres Avenue
Los Angeles, CA 90010
(310) 475-6484
www.ayresresidentialcarehomes.com

Grandview Palms
4061 Grandview Blvd.
Los Angeles, CA 90066
(310) 390-0565
www.grandviewpalms.com

Raya’s Paradise - Residential Care Communities
1156 N. Gardner Street
West Hollywood, CA 90046
(310) 289-8834
www.rayasparadise.com

MOVING & RELOCATION

It’s As Easy As 1 2 3

123 Moving and Storage
2411 Lincoln Blvd.
Santa Monica, CA 90405
(310) 618-8120
www.123MovingAndStorage.com

REALTORS

Sotheby’s

Alison Whitaker, SRES
11911 San Vincente Blvd.
Suite 200
Los Angeles, CA 90049
(310) 600-8590
www.alisonwhitaker.com
Certified Seniors Real Estate Specialist serving all of LA County. Expert in residential real estate: Downsizing, Probate, Out-of-state Sellers, Executors, Professional Fiduciaries and Delicate Situations.

Gary Limjap, Realtor
2444 Wilshire Blvd. #102
Santa Monica, CA 90403
(310) 430-0818
www.garylimjap.com

REFERRAL SERVICES

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

A Place For Mom
(310) 597-4061
bonnied@aplaceformom.com

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

Concepts for Living
(800) 414-4242
www.conceptsforliving.com

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

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

Heart Light
9854 National Blvd.
Suite 269
Los Angeles, CA 90034
(877) 838-4815
www.heartlightonline.com

Senior Residential Choices
(818) 876-9999
www.sr-choices.com

Holiday Villa East
1447 17th Street
Santa Monica, CA 90404
(310) 829-5904

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

OATF

OATF

OATF

OATF

OATF

OATF
HOUSING RELATED

SENIOR HOUSING

Silvercrest Senior Residence -
The Salvation Army
1530 5th Street
Santa Monica, CA 90401
(310) 393-5336
eva.barrow@usw.salvationarmy.org

Preventing Wisely
Estate Documents to Pull Together and Keep in A Safe Place

I. The Essentials
- Will
- Letter of Instruction
- Trust Documents
- Financial Power of Attorney (POA)

II. Health-Care Confidential
- Personal and Family Medical History
- Durable Health-Care Power of Attorney
- Authorization to Release Health-Care Information
- Living Will
- Do-Not-Resuscitate Order

III. Life Insurance & Retirement
- Life-Insurance Policies
- Individual Retirement Accounts
- 401(k) Accounts
- Pension Documents
- Annuity Contracts

IV. Marriage and Divorce
- Marriage License
- Divorce Papers
- Military Documents (DD214)

V. Proof of Ownership
- Housing, Land and Cemetery Deeds
- Escrow Mortgage Accounts
- Proof of Loans Made and Debts Owed
- Vehicle Titles
- Stock Certificates, Savings Bonds and Brokerage Accounts
- Partnership and Corporate Operating Agreements
- Tax Returns

VI. Bank Accounts/Social Media
- List of Bank Accounts
- List of all User Names and Passwords
- List of Safe-Deposit Boxes

www.wiseandhealthyaging.org
1527 4th Street, 2nd Floor • Santa Monica, CA 90401 • (310) 394-9871
Home Modifications for Safe Living

There are many changes you can make to your home that will prevent accidents and promote independence.

**BASIC SAFETY PRECAUTIONS:**
- Keep emergency numbers near each telephone
- Install light switches at the top and bottom of stairs
- Install phone jacks near bed, sofa, and chair
- Install a smoke and carbon monoxide detector and replace the battery two times a year
- Keep a working fire extinguisher in the kitchen and in rooms with fireplaces.
- Replace appliances with fraying or damaged electrical cords (these can cause fires)
- Secure all rugs with no-slip strips to the floor and double sided rug tape at each corner.
- Make sure heaters are at least 3 feet away from anything that can burn, such as curtains, bedding or furniture.
- Keep your windows and doors locked at all times.
- Have a younger person record the message on your answering machine. A male voice is best.

Below are common problems in the home that can cause falls or limit access along with safety solutions.

<table>
<thead>
<tr>
<th>FALL HAZARDS &amp; ACCESSIBILITY ISSUES</th>
<th>HOME SAFETY SOLUTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to home: entrances and exits</td>
<td>■ Install ramps, stair rails, door lever handles</td>
</tr>
<tr>
<td></td>
<td>■ Increase lighting in entry area ■ Remove screen or storm door if needed</td>
</tr>
<tr>
<td>Difficulty climbing stairs</td>
<td>■ Install handrails for support ■ Replace or add non-slip surface on steps</td>
</tr>
<tr>
<td>Difficulty getting in and out of the shower</td>
<td>■ Install grab bars, shower seats or transfer benches</td>
</tr>
<tr>
<td>Slipping in bath or shower</td>
<td>■ Install non-slip strips in bath/shower ■ Secure floor bathmat with non-slip, double sided rug tape</td>
</tr>
<tr>
<td>Difficulty turning faucet handles or doorknobs</td>
<td>■ Replace with lever handles</td>
</tr>
<tr>
<td>Difficulty reaching storage space</td>
<td>■ Install lights inside closets ■ Install adjustable closet rods and shelves ■ Install pull-out units for under counter storage</td>
</tr>
<tr>
<td>Inadequate heating or ventilation</td>
<td>■ Install insulation or storm windows</td>
</tr>
</tbody>
</table>

For more information on Home Modifications and Repairs please go to page 23.
NURSING HOME CHECKLIST

The following are markers of good care.

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

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

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

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

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there licensed doctors on staff?</td>
<td>Is he or she there daily?</td>
</tr>
<tr>
<td>Is he or she available all the time?</td>
<td>Can he or she be reached at all times?</td>
</tr>
<tr>
<td>Has the management team worked together for at least one year?</td>
<td>The nursing home’s management team has worked together for at least one year.</td>
</tr>
<tr>
<td>Do residents have belongings in their rooms?</td>
<td>Residents may have personal belongings and/or furniture in their rooms.</td>
</tr>
<tr>
<td>Do residents have storage space?</td>
<td>Each resident has storage space (closet and drawers) in his or her room.</td>
</tr>
<tr>
<td>Do residents have access to a telephone?</td>
<td>Residents have access to a personal telephone and television.</td>
</tr>
<tr>
<td>Do residents have a choice of roommates?</td>
<td>Residents have a choice of roommates.</td>
</tr>
<tr>
<td>Are water pitchers reachable?</td>
<td>Water pitchers can be reached by residents.</td>
</tr>
<tr>
<td>Are there policies and procedures to protect possessions?</td>
<td>There are policies and procedures to protect resident’s possessions.</td>
</tr>
<tr>
<td>Are common areas, residents’ rooms, and doorways designed accessible?</td>
<td>All common areas, residents’ rooms, and doorways are designed for wheelchair use.</td>
</tr>
<tr>
<td>Are there grab bars and rails?</td>
<td>There are handrails in the hallways and grab bars in the bathrooms.</td>
</tr>
<tr>
<td>Are residents allowed to see personal doctors?</td>
<td>Residents may still see their personal doctors.</td>
</tr>
<tr>
<td>Is there a hospital nearby?</td>
<td>The nursing home has an arrangement with a nearby hospital for emergencies.</td>
</tr>
<tr>
<td>Are care plan meetings held at times convenient for residents?</td>
<td>Care plan meetings are held at times that are convenient for residents and family members to attend whenever possible.</td>
</tr>
<tr>
<td>Has the facility corrected deficiencies?</td>
<td>The nursing home has corrected all deficiencies (failure to meet one or more federal or state requirements) on its last state inspection report.</td>
</tr>
<tr>
<td>Are menus varied?</td>
<td>Residents have a choice of food items at each meal. (Ask about whether favorite foods are served.)</td>
</tr>
<tr>
<td>Are nutritious snacks available?</td>
<td>Nutritious snacks are available upon request.</td>
</tr>
<tr>
<td>Does staff help eat?</td>
<td>Staff helps residents eat and drink at meal times, if help is needed.</td>
</tr>
<tr>
<td>Are residents' rooms designed for wheelchair use?</td>
<td>The nursing home has outdoor areas for resident use and staff helps residents go outside.</td>
</tr>
<tr>
<td>Has the nursing home an active volunteer program?</td>
<td>The nursing home has an active volunteer program.</td>
</tr>
<tr>
<td>Do residents get preventive care?</td>
<td>Residents get preventive care, like a yearly flu shot, to keep them healthy.</td>
</tr>
<tr>
<td>Make note of other things you observe on your visit!</td>
<td></td>
</tr>
</tbody>
</table>

**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.

**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 meal times, 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.

**FINANCIAL CONSIDERATIONS**

- Cost per month
- Insurance contribution
- Medicare contribution
From Collecting to Clutter...

Are you struggling to gain control over too much stuff?

Assess your need to gain control of your stuff:

1. Do you feel overwhelmed when thinking about your clutter?
2. Have you tried to “clean up” or “organize” yourself repeatedly, with no lasting results?
3. Are you ashamed to have anyone come to your home?
4. Do you feel more confused in your home than in the outside world?
5. Do you find yourself buying more of everything because “you never know when you will run out?”
6. Do you 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. Do you find yourself getting distracted easily?
10. Do you 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. Do you feel like there will never be enough for you?
13. Do you find it hard to decide what is worth keeping and what is not worth keeping?
14. Do you 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.

Find services to help you get organized on page 24 (Home Organization section). Get help to manage your problem of acquiring too much on page 8 (Counseling Programs/Specialized Issues section).

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

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FINANCIAL & LEGAL

FINANCIAL

Jewish Free Loan Association
6505 Wilshire Blvd. #715
Los Angeles, CA 90048
(323) 761-8830
www.jfla.org

OATF
The JFLA provides a helping hand to thousands of people through interest-free loans for emergencies, education, developing small businesses, healthcare, life cycle events and more.

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

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

Southern California Edison
CARE Program (discount electric rates)
(800) 447-6620
www.sce.com/care
Energy Assistance (free appliances and installation of energy-efficient appliances)
(800) 205-8596
www.sce.com
Medical Baseline Allocation (discounts on regular use of electronic life support equipment)
(800) 684-8123
www.sce.com/medicalbaseline

Southern California Gas Company
CARE Program (20% discount on monthly gas bill)
(800) 427-2200
www.socalgas.com/assistance/care
Energy Savings Assistance Program (no-cost energy-saving home improvements and repairs)
(800) 331-7593
www.socalgas/assistance/esap

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

FINANCIAL PLANNING

Natalie Stanger, Daily Money Manager
Westside/Los Angeles
(310) 572-1299
NStanger2@gmail.com

Yechiel Shalom Goldberg, PhD
8383 Wilshire Blvd., Suite 600
Beverly Hills, CA 90211
(323) 965-6335
www.financialguide.com/Yechiel-Goldberg

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
Open year round, also available during tax season at the sites on next page:
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**FINANCIAL & LEGAL**

**INCOME TAX COUNSELING**

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

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

**PUBLIC BENEFITS**

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

**Westchester Senior Center**

Los Angeles, CA 90045  
(310) 649-3317

**BenefitsCheckUp**

www.benefitscheckup.org

**Benefits Enrollment Center - WISE & Healthy Aging**

1527 4th Street, 2nd Floor  
Santa Monica, CA 90401  
(855) 636-7655

www.wiseandhealthyaging.org/benefits-enrollment-center

The center provides eligibility screening and assistance to complete, submit and follow up on applications for 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.

**WE ARE A PART OF YOUR COMMUNITY!**

You could save up to 20 percent on your monthly gas bill through our CARE program, also see if you qualify to upgrade your home to be more comfortable and energy efficient at no cost to you.

Learn more at socalgas.com (Search “Assistance”)

To save on your monthly gas bill call 1-800-342-4545

To upgrade your home call 1-800-331-7593

© 2014 Southern California Gas Company. Trademarks are property of their respective owners. All rights reserved.
House Rich and Cash Poor?

The Reverse Mortgage was created to allow you to access the equity in your home to stay in your home.

- Use for almost any purpose:
  - Pay off existing mortgage and other bills such as credit cards
  - Pay for In-Home Care
  - Extra funds for living expenses
- No monthly mortgage payments
- Retain full title and ownership of your home
- No effect on Medicare or Social Security retirement benefits

To learn if you qualify and for how much, call or email Lester Wood at (310) 454-2255 or lt.wood@verizon.net
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FINANCIAL & LEGAL

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

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 - Financial Abuse Specialist Team
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
www.wiseandhealthyaging.org/fast-financial-abuse-specialist-team

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

WISE & Healthy Aging

ESTATE PLANNING

Condon & Condon
3435 Ocean Park Blvd.
Suite 108
Santa Monica, CA 90405
(310) 393-0701
www.condonandcondon.net

Gauthier Estate Planning, APLC
400 Corporate Pointe
Suite 300
Culver City, CA 90230
(310) 590-4582
www.gauthierestateplanning.com

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

RKO Fiduciary Services
149 South Barrington Avenue, #840
Los Angeles, CA 90049
(310) 453-4203
www.rkofiduciaryservices.com

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 Public Guardian provides the legal process of conservatorship to persons unable to properly care for themselves or who are unable to manage their finances.

Join the OATF Lawyer Referral and Legal Information Service

Consumer Reporting Industry - Opt-In or Opt-Out request
(888) 567-8688
OptOutPrescreen.com

File a complaint regarding code violations.

Los Angeles Department of Building and Safety
1828 Sawtelle Blvd., 2nd Floor
Los Angeles, CA 90025
311
www.ladbs.org

File a complaint if you are experiencing fraudulent, deceptive and unfair business practices in the marketplace.

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 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/

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

LAWYER REFERAL SERVICE

OATF

OATF

OATF
**WISE & Healthy Aging**

### FINANCIAL & LEGAL

#### A Resource Guide for Protecting, Preventing and Stopping Abuse of Older Adults

**Elder Abuse: Prevention through Prosecution**

<table>
<thead>
<tr>
<th>Physical Abuse</th>
<th>Neglect</th>
<th>Psychological Abuse</th>
<th>Financial Abuse</th>
<th>Sexual Abuse</th>
</tr>
</thead>
</table>

**Stop Elder ABUSE.**

This Resource Guide was created in collaboration with WISE & Healthy Aging, and was funded by The County of Los Angeles Area Agency on Aging and The City of Los Angeles Department of Aging.
RECOGNIZE the SIGNS of ELDER ABUSE

Help stop the abuse of elder and dependent adults by being aware of these signs.

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

Emotional Abuse
- Threatening, belittling, or controlling caregiver behavior that you witness
- Behavior from the elder that mimics dementia, such as rocking, sucking, or mumbling

Sexual Abuse
- Bruises around breasts or genitals
- Unexplained venereal disease or genital infections
- 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
- Dirty or unbathed
- Unsuitable clothing or covering for the weather
- Unsafe living conditions (no heat or running water; faulty electrical wiring, fire hazards)
- Desertion of the elder at a public place

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

Healthcare Fraud and Abuse
- Duplicate billings for the same medical service or device
- Evidence of overmedication or undermedication
- Evidence of inadequate care when bills are paid in full
REPORTING SUSPECTED ABUSE

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

Elder Abuse Hotline at 1-877-477-3646 or 1-800-992-1660 to report allegations of abuse when you are unsure on where to call.

Adult Protective Services, County of Los Angeles, 1-888-202-4248 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 1-800-334-9473 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: 1-800-231-4024.

RESOURCES for SURVIVORS

- Los Angeles County District Attorney Victim-Witness Assistance: http://da.co.la.ca.us 1-800-380-3811 or 1-626-927-2500
- Ageless Alliance http://agelessalliance.org (uniting against elder abuse through awareness, support and community engagement)

Domestic Violence
- National Domestic Violence Hotline 1-800-799-7233
- Domestic Violence Hotline Southern California 1-800-978-3600 (callers may receive help in 13 languages)
- Jewish Family Service Family Violence Project 1-818-505-0900
- 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) 1-877-846-3452

Mental Health
- County of Los Angeles Department of Mental Health, Older Adult Services ACCESS Center Help regarding hoarding and other mental health issues: 1-800-854-7771
- National Suicide Prevention Lifeline 1-800-273-8255
**RESOURCES to FIGHT ABUSE**

**Mobile Apps: Available for Download on the Android and iPhone App Store**

- 368+: Elder and Dependent Adult Abuse Guide for CA Law Enforcement
- GEAR: A Guide for Elder Abuse (includes practical information on abuse, tools, resources, and ways to report abuse)

**General Information**

- City of Los Angeles Department of Aging and Information and Assistance: 1-213-252-4030
- County of Los Angeles Area Agency on Aging: 1-800-510-2020
  Department of Community and Senior Services: www.css.lacounty.gov  1-213-738-4004
- Los Angeles County Information and Referral, for senior services dial: 211
  www.infoline-la.org
- WISE & Healthy Aging Information & Referral for senior services: 1-310-394-9871 ext. 464

**Social Security Administration**

- www.socialsecurity.gov  Fraud Hotline: 1-800-269-0271

**Legal Assistance**

- Bet Tzedek Legal Services: www.bettzedek.org  1-323-939-0506
- California State Attorney General: www.ag.ca.gov  1-800-952-5225
- Legal Aid Foundation of Los Angeles: www.lafla.org  1-800-399-4529
- Los Angeles City Attorney’s Office Elder Abuse Hotline: 1-877-477-3646
- Los Angeles County Bar Association Lawyer Referral & Information: www.lacba.org  1-213-243-1525
- Los Angeles County District Attorney Elder Abuse Section: 1-213-580-3383
- Los Angeles County Public Administrator – Public Guardian: 1-213-974-0515
- CANHR State Bar Certified Lawyer Referral Service: 1-800 474-1116

**Medicare or Medi-Cal Fraud**

- California Attorney General Bureau of Medi-Cal Fraud & Elder Abuse: 1-800-722-0432
  On-line complaint form:  www.ag.ca.gov/bmfea
- Center for Health Care Rights/California Health Advocates:  www.cahealthadvocates.org
  Health Insurance Counseling and Advocacy Program (HICAP)
  Medicare and healthcare counseling: 1-800-434-0222
- Department of Health Services for Medi-Cal fraud  1-800-822-6222
- U.S. Health & Human Services TIPS Hotline to report Medicare fraud: 1-800-447-8477
**Financial Fraud and Exploitation**

**Credit Card Fraud**
If you are a victim of identity theft, or you want to avoid becoming a victim of identity theft, call these agencies to freeze new accounts being opened in your name. Also for disputes regarding your credit record.
Experian: www.experian.com 1-888-397-3742
Equifax: www.equifax.com 1-800-525-6285
TransUnion: www.transunion.com 1-800-680-7289
Free Annual Credit Report – request a free credit report: www.annualcreditreport.com 1-877-322-8228

**Mail Fraud**
Opt-out from unsolicited mail, pre-approved credit card and insurance offers: 1-888-567-8688
Direct Marketing Association Inc. – remove name from mailing & emailing list: www.dmachoice.org

**Telephone Fraud**
Do Not Call Registry – stop telemarketers from calling you: www.donotcall.gov 1-888-382-1222

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

**Brokers/Investments Fraud**
California Department of Corporations
Seniors Against Investment Fraud (SAIF): 1-866-275-2677
Concerns about brokers, investment advisers, financial planners, mortgage lenders and bill payers: www.corp.ca.gov
Financial Industry Regulatory Authority (FINRA) BrokerCheck – check the background of a broker or brokerage: 1-800-289-9999

**Consumer Issues**
California Department of Consumer Affairs – check licenses for doctors, nurses and other healthcare professionals: www.dca.ca.gov 1-800-952-5210
California Department of Insurance – insurance concerns: www.insurance.ca.gov 1-800-927-4357
California Department of Real Estate – real estate concerns: www.dre.ca.gov 1-213-620-2072
California Public Utilities Commission – utility complaints: www.cpuc.ca.gov/puc 1-800-649-7570
Contractors State License Board – concerns regarding licensed and unlicensed contractors: www.cslb.ca.gov 1-800-321-2752
Los Angeles County Department of Consumer Affairs – landlord/tenant issues, housing discrimination, homebuyer issues, consumer complaints: www.dca.lacounty.gov 1-800-593-8222 or 1-213-974-9778
**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 1-310-394-9871 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 enhance the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services.
Financial Counseling

Do You:
- Need financial advice?
- Have questions about financial planning?
- Have questions on estate planning?
- Are you going through a life transition?

Meet with a volunteer Financial Planner from the nonprofit Financial Planning Association of Los Angeles.

First Wednesday of Every Month

Reserve early!
Limited appointment slots available.

WISE & Healthy Aging
(Ken Edwards Center)
1527 4th Street, 2nd Floor,
Santa Monica, CA 90401

To make an appointment or for more information:
(310) 394-9871

This WISE & Healthy Aging program is conducted in partnership with the nonprofit FPALA.

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.
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

West LA Baby Boomer Insurance Services
1821 Wilshire Blvd.
Suite 525
Santa Monica, CA 90403
(310) 351-7772
westlamedicare@gmail.com

MEDICARE AND MEDI-CAL

Center for Healthcare Rights
520 S. Lafayette Park Place
Suite 214
Los Angeles, CA 90057
(213) 383-4519
(800) 824-0780

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

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

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

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

Medicare Counseling
Tuesday Afternoons
1 - 4 pm

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

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 525
Santa Monica California 90403
310.351.7772
westlamedicare@gmail.com 101medicare.com
Ca Lic#OH45182
**INSURANCE**

**MEDICARE AND MEDI-CAL**

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/medicare-insurance-counseling

The Health Insurance Counseling and Advocacy Program (HICAP) provides free information, counseling and advocacy to Los Angeles County Medicare beneficiaries who need help getting through the Medicare maze.

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

**SOCIAL SECURITY & SSI**

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**

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**

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

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**Your Trusted Source for Adult Day Service Center**

The Right Choice for Your Loved One...

- Daily socializing with peers
- A safe, enjoyable environment
- Tailored activities for each participant
- Open 11 hours daily, Monday–Friday
- Trained and caring staff

Call for a complimentary “sample” day:  
(310) 394-9871

1527 4th Street, 2nd Floor  
Santa Monica, CA 90401  
www.wiseandhealthyaging.org

**WISE & Healthy Aging**

WISE & Healthy Aging is a non profit social services organization.

**Veterans Benefit!**
Do you have questions about Medicare?

Call the Center for Health Care Rights!

Call 1-800-824-0780
For English, please dial 1.

We are here to help you!
All services are FREE.

The Center for Health Care Rights (CHCR) is a non-profit organization that provides free information and help with Medicare.

CHCR is funded by government and private foundation grants. This flyer is funded by the Health Insurance Counseling and Advocacy Program grant provided by the Legal Services Trust Fund Program Equal Access Fund grant.

CHCR is not part of the Medicare program and does not sell insurance.
Benefits Enrollment Center
Helping Seniors Save Money on Medical, Food and Utility Bills

What is the Benefits Enrollment Center?
A FREE confidential service that helps clients find and apply for assistance to help pay for prescription drugs, medical care, food and utilities. This is the only Benefits Enrollment Center in California.

What Does the Center Do?
Educates seniors about available benefits.
Screens for eligibility (takes about 20 minutes).
Helps complete benefit applications for those who qualify.
Serves as a liaison in following up with government agencies, including denial of benefits.
Gives renewal reminders and helps seniors with the re-certification process.

Where Do We Serve?
Appointments can be done on the phone or at locations throughout Los Angeles County.

Which Programs Do We Work With?
Medicare Part D Extra Help to help pay for premiums, co-payments and deductibles for prescription drug coverage.
Medicare Savings Programs to help eligible seniors pay the cost of Medicare Part B (doctor care) premiums, deductibles and co-payments.
Medi-Cal to help pay for health care.
CalFresh – formerly known as the food stamp program.
Low-Income Home Energy Assistance Program to help pay the costs of home heating and cooling.
Utility discount programs to help lower the costs of electricity, gas and telephone.

Who Do We Serve?
Anyone 50 years and older who lives in Los Angeles County.

Call to schedule a private appointment or to find out locations for counseling sessions (available in English and Spanish).
Call Toll-Free:
1 (855) 636-7655
or go to: www.wiseandhealthyaging.org

The Benefits Enrollment Center is made possible in part by a grant from the National Council on Aging.
WISE & Healthy Aging, 1527 4th Street, Santa Monica, CA 90401

WISE & Healthy Aging, a nonprofit social services organization, enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services.
**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

**COMMUNITY SERVICES**

Cancer Support Community Benjamin Center
1990 South Bundy Drive
Suite 100
Los Angeles, CA 90025
(310) 314-2555
www.cancersupportcommunitybenjamincenter.org

OASIS (Pacific Region)
10730 W. Pico Blvd.
Macy’s 3rd Floor
Los Angeles, CA 90064
(310) 446-8053
www.oasisnet.org/losangeles

Santa Monica’s Commission for the Senior Community
(310) 458-8701
www.smgov.net/seniors

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

**DISABILITY SERVICES**

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

California Department of Rehabilitation (DOR)
Culver City Branch:
6125 Washington Blvd., Suite 200
Culver City, CA 90232
(310) 559-6140
www.rehab.cahwnet.gov

Westchester Branch:
5120 Goldleaf Circle, Suite 360
Los Angeles, CA 90056
(323) 298-2500
(323) 298-2521 (TTY)

City of Culver City - Disability Services
(310) 253-6729

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 Center for Independent Living
12901 Venice Blvd.
Los Angeles, CA 90066
(888) 851-9245
www.wcil.org
COMMUNITY RESOURCES

WISE & Healthy Aging

COMMUNITY RESOURCES

DISABILITY SERVICES

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/transportation
Helping older drivers improve skills,
avoid accidents and traffic violations
(certification allows for discount on auto
insurance).

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

LAUSD - Program for Older Adults
333 South Beaudry Avenue, 18th Floor
Los Angeles, CA 90017
(213) 214-3167
www.adulted-lausd-ca.schoolloop.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

Senior Arts Foundation
725 Arizona Avenue, Suite 200
Santa Monica, CA 90401
(310) 804-7667
www.seniorartsfoundation.org

UCLA Health 50+ Program
1250 16th Street
Santa Monica, CA 90404
(800) 516-5323
www.uclahealth.org

Los Angeles County Specific Needs
Disaster Registry
snap.lacounty.gov
Register online to enhance the efficiency of first-responder agencies to assist you or a loved one with disabilities in an emergency.

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

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

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

EMERGENCY SERVICES

OATF

OATF

OATF
COMMUNITY RESOURCES

EMPLOYMENT

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

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

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

FARMERS’ MARKETS

A Complete List of Farmers’ Markets starts on page 59.

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

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

Top Floor Fitness
1328 16th Street
Santa Monica, CA 90404
(310) 394-1113
www.top-floorfitness.com
Top-Floor Fitness, Santa Monica’s new exercise boutique center offering customized small fitness classes. Tai Chi - Strengthening - Balance - Circuits -- taught by expert instructors.

COMMUNITY RESOURCES

WISE & Healthy Aging

Join Today!
Membership Benefits
- Exercise Classes
- Games
- Creative Arts
- Educational and Fun Excursions
- Personal Growth and Development
For more information, call
(310) 857-1527

1527 4th Street, 2nd Floor • Santa Monica
www.wiseandhealthyaging.org

Engage Learn Transform

A Program of WISE & Healthy Aging

Discover a variety of intellectual, social and physical programs to stay active and healthy!

Wisdom, Minds, and Bodies

Successful aging among mature adults starts here. Everyone, 50 and over, can take advantage of life-long learning, health and fitness, and volunteer opportunities that help improve our local communities.

- Exercise, Dance and Healthy Lifestyle Seminars
- Arts, Humanities and Music Classes
- Computer Learning Courses geared for older adults
- Film Screenings
- Exciting Trips and other Fun Activities
- Volunteer Opportunities in Tutoring and Mentoring

Westside OASIS
10730 W. Pico Blvd., Macy’s Third Floor
Los Angeles, CA 90064
310-446-8053

Baldwin Hills OASIS
4005 Crenshaw Blvd., Macy’s Third Floor
Los Angeles, CA 90008
323-291-3414

www.oasisnet.org/losangeles

Follow us on Facebook
COMMUNITY RESOURCES

FOOD PROGRAMS

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

Westside Guide for the 50+
WISE & Healthy Aging

COMMUNITY RESOURCES

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

WISE Diner/ Senior Lunch Program
(WA program of WISE & Healthy Aging)
Ken Edwards Center
1527 4th Street, First Floor
Santa Monica, CA 90401
(310) 394-9871, Ext.436
www.wiseandhealthyaging.org/healthy-lunches-program

The WISE & Healthy Aging WISE Diner Program offers healthy lunches served in welcoming group settings throughout the City of Santa Monica to older adults 60 and older.

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

WISE Diner/ Senior Lunch Program
(WA program of WISE & Healthy Aging)
Virginia Park
2200 Virginia Avenue
Santa Monica, CA 90404

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

HOT LINES

Alzheimer’s Association Helpline
(800) 272-3900

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

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

Domestic Violence Safety Plan Hotline
(800) 978-3600

Elder Abuse Hotline
(877) 477-3646

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

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

Driver Safety Course

Sharpen your driving skills with our AARP approved 8-hour course (two half-day sessions).
Receive a 3-year DMV certificate that can help reduce your auto insurance rates.

For more information, call (310) 394-9871

1527 4th Street, 2nd Floor • Santa Monica

www.wiseandhealthyaging.org

The Smartest Card.
Get it. Use it.

Your SMPL card does more than just check out books. Come in or visit online to find out more.

Santa Monica Public Library
601 Santa Monica Blvd.
Santa Monica, CA 90401
310-458-8600  smpl.org

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.
WISE Diner is a lunch program of WISE & Healthy Aging for adults age 60 and older who are residents of Santa Monica. The lunch program is funded primarily from the City of Santa Monica’s Community Grants Program. Residents of Santa Monica are encouraged to make a $3 donation for their lunch. Individuals who are not residents of Santa Monica may enjoy a WISE Diner lunch for $4.50.

Lunch Service Locations

Ken Edwards Center
1527 4th Street
Santa Monica, CA 90401
Monday through Friday
(Saturday Boxed Lunch)

Reed Park
1133 7th Street
Santa Monica, CA 90403
Monday through Friday

Virginia Avenue Park
2200 Virginia Avenue
Santa Monica, CA 90404
Latino Club
(Thursday Only)

Call: (310) 394-9871

www.wiseandhealthyaging.org

WISE & Healthy Aging is a nonprofit social services organization dedicated to serving older adults and caregivers.

HOT LINES

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

Fairview Branch Library
2101 Ocean Park Blvd.
Santa Monica, CA 90405
(310) 458-8681
www.smpl.org/FairviewBranch

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

LIBRARIES

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

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

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

Montana Branch Library
1704 Montana Avenue
Santa Monica, CA 90403
(310) 458-8682
www.smpl.org/MontanaBranch

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

Ocean Park Branch Library
2601 Main Street
Santa Monica, CA 90405
(310) 458-8683
www.smpl.org/OceanParkBranch

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

Pico Branch Library
2201 Pico Blvd.
Santa Monica, CA 90405
(310) 458-8684
www.smpl.org/PicoBranch

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

Santa Monica Public Library
601 Santa Monica Blvd.
Santa Monica, CA 90405
(310) 458-8600
smpl.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

MUSIC THERAPY

Music Therapy by Cathleen Crone
P.O. Box 3212
Santa Monica, CA 90408.3212
(310) 390-1969
cathleencrone@earthlink.net

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 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

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

<table>
<thead>
<tr>
<th>Community Center</th>
<th>Address</th>
<th>City</th>
<th>Zip Code</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>La Cienega Tennis Center</td>
<td>325 S. La Cienega Blvd.</td>
<td>Beverly Hills</td>
<td>90211</td>
<td>(310) 285-6820</td>
</tr>
<tr>
<td>Roxbury Park Community Center</td>
<td>471 S. Roxbury Dr.</td>
<td>Beverly Hills</td>
<td>90212</td>
<td>(310) 285-6840</td>
</tr>
<tr>
<td>Will Rogers Memorial Park</td>
<td>9650 Sunset Blvd.</td>
<td>Beverly Hills</td>
<td>90210</td>
<td>(310) 285-6840</td>
</tr>
<tr>
<td>Blair Hills Park</td>
<td>5950 Wrightcrest Drive</td>
<td>Culver City</td>
<td>90232</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Blanco Park</td>
<td>5801 Sawtelle Blvd.</td>
<td>Culver City</td>
<td>90232</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Carlson Park</td>
<td>10400 Braddock Drive</td>
<td>Culver City</td>
<td>90232</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Culver City Park</td>
<td>9700 Jefferson Blvd.</td>
<td>Culver City</td>
<td>90232</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Culver/Slauson Park</td>
<td>5072 South Slauson Avenue</td>
<td>Culver City</td>
<td>90230</td>
<td>(310) 391-5451</td>
</tr>
<tr>
<td>Culver West Alexander Park</td>
<td>4162 Wade Street</td>
<td>Culver City</td>
<td>90066</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>El Marino Park</td>
<td>5301 Berryman Avenue</td>
<td>Culver City</td>
<td>90230</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Fox Hills Park</td>
<td>5809 Green Valley Circle</td>
<td>Culver City</td>
<td>90230</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Lindberg Park</td>
<td>5041 Rhoda Way</td>
<td>Culver City</td>
<td>90230</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Syd Kronenthal Park</td>
<td>3459 McManus Avenue</td>
<td>Culver City</td>
<td>90232</td>
<td>(310) 253-6650</td>
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<tr>
<td>Tellefson Park</td>
<td>3998 Bentley Avenue</td>
<td>Culver City</td>
<td>90232</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Veteran’s Park</td>
<td>4117 Overland Avenue</td>
<td>Culver City</td>
<td>90230</td>
<td>(310) 253-6650</td>
</tr>
<tr>
<td>Cheviot Hills Recreation Center</td>
<td>2551 Motor Avenue</td>
<td>Los Angeles</td>
<td>90064</td>
<td>(310) 837-5186</td>
</tr>
<tr>
<td>Crestwood Hills Recreation Center</td>
<td>1000 Hanley Ave.</td>
<td>Los Angeles</td>
<td>90049</td>
<td>(310) 472-5233</td>
</tr>
<tr>
<td>Glen Alla Park</td>
<td>4601 Alla Road</td>
<td>Los Angeles</td>
<td>90292</td>
<td>(310) 202-2803</td>
</tr>
<tr>
<td>Holmby Park</td>
<td>601 Club View Drive</td>
<td>Los Angeles</td>
<td>90024</td>
<td>(310) 202-2803</td>
</tr>
<tr>
<td>Palms Recreation Center</td>
<td>2950 Overland Ave.</td>
<td>Los Angeles</td>
<td>90064</td>
<td>(310) 383-3838</td>
</tr>
<tr>
<td>Charmlee Wilderness Park</td>
<td>2577 Encinal Canyon Road</td>
<td>Malibu</td>
<td>90265</td>
<td>(310) 457-7247</td>
</tr>
<tr>
<td>Los Flores Creek Park</td>
<td>3805 Las Flores Canyon Road</td>
<td>Malibu</td>
<td>90265</td>
<td>(310) 456-2489</td>
</tr>
<tr>
<td>Legacy Park</td>
<td>23500 Civic Center Way</td>
<td>Malibu</td>
<td>90265</td>
<td>(310) 317-1364</td>
</tr>
<tr>
<td>Malibu Bluffs Park</td>
<td>24250 Pacific Coast Hwy.</td>
<td>Malibu</td>
<td>90265</td>
<td>(310) 317-1364</td>
</tr>
<tr>
<td>Malibu Community Pool</td>
<td>30215 Morning View Drive</td>
<td>Malibu</td>
<td>90265</td>
<td>(310) 589-1933</td>
</tr>
<tr>
<td>Malibu Equestrian Park</td>
<td>6225 Merritt Drive</td>
<td>Malibu</td>
<td>90265</td>
<td>(310) 317-1364</td>
</tr>
<tr>
<td>Michael Landon Community Center</td>
<td>24250 Pacific Coast Highway</td>
<td>Malibu</td>
<td>90265</td>
<td>(310) 317-1364</td>
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<tr>
<td>Trancas Canyon Park</td>
<td>6050 Trancas Canyon Road</td>
<td>Malibu</td>
<td>90265</td>
<td>(310) 317-1364</td>
</tr>
<tr>
<td>Burton W. Chace Park</td>
<td>13650 Mindanao Way</td>
<td>Marina del Rey</td>
<td>90292</td>
<td>(310) 305-9595</td>
</tr>
</tbody>
</table>
COMMUNITY RESOURCES

PARKS / RECREATION CENTERS (listed by city)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Colorado Center Park
26th Street and Broadway
Santa Monica, CA 90404
(310) 458-8300

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

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

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

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

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

Goose Egg Park
Palisades Avenue
(between 4th and 7th Streets)
Santa Monica, CA 90402
(310) 458-8300
PARKS / RECREATION CENTERS (listed by city)

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

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

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

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

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

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

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

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

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

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

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

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

Santa Monica Civic Auditorium
1855 Main Street
Santa Monica, CA 90401
(310) 458-8350

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

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

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

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

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

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

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

YWCA Santa Monica/Westside
2019 14th Street
Santa Monica, CA 90405
(310) 452-3881
www.smywca.org

Canal Park
200 Linnie Canal
Venice, CA 90291
(310) 202-2803

Triangle Park
Oxford Avenue and Marr Street
Venice, CA 90291
(310) 202-2803

Venice Beach
1800 Ocean Front Walk
Venice, CA 90291
(310) 399-2775

Older Adults Recreation Centers

Beverly Hills Active Adult Club (BHAAC)
471 S. Roxbury Drive
Beverly Hills, CA 90212
(310) 285-6840
www.beverlyhills.org/living/seniorprograms/seniorservices/

Claude Pepper Senior Citizen Center
1762 South La Cienga Blvd.
Los Angeles, CA 90035
(310) 559-9677
ClaudePepper.SeniorCenter@lacity.org
## COMMUNITY RESOURCES

### Older Adults Recreation Centers

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td>Israel Levin Senior - Adult Center</td>
<td>201 Ocean Front Walk, Venice, CA 90291</td>
<td>(310) 396-0205</td>
<td><a href="http://www.fjsla.org">www.fjsla.org</a></td>
</tr>
<tr>
<td>Malibu Senior Center</td>
<td>23825 Stuart Ranch Road, Malibu, CA 90265</td>
<td>(310) 456-2489, Ext. 357</td>
<td><a href="http://www.malibucity.org">www.malibucity.org</a></td>
</tr>
<tr>
<td>Pico - Robertson Family Resource Center</td>
<td>8838 West Pico Blvd., Los Angeles, CA 90035</td>
<td>(310) 247-0534</td>
<td><a href="http://www.fjsla.org">www.fjsla.org</a></td>
</tr>
<tr>
<td>Westchester Senior Center</td>
<td>8740 Lincoln Blvd., Los Angeles, CA 90045</td>
<td>(310) 649-3317</td>
<td><a href="mailto:Westchester.SCC@lacity.org">Westchester.SCC@lacity.org</a></td>
</tr>
<tr>
<td>Westminster Senior Citizen Center</td>
<td>1234 Pacific Avenue, Venice, CA 90291</td>
<td>(310) 392-5566</td>
<td><a href="mailto:Westminster.SeniorCenter@lacity.org">Westminster.SeniorCenter@lacity.org</a></td>
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### SOCIAL ORGANIZATIONS

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<th>Social Organization</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td>Santa Monica Bay Woman’s Club</td>
<td>1210 4th Street, Santa Monica, CA 90401</td>
<td>(310) 395-1308</td>
<td><a href="http://www.smbwc.org">www.smbwc.org</a></td>
</tr>
<tr>
<td>Dedicated to fellowship and service since 1905. Our 100 year old historical landmark building is available for your business or personal event rentals.</td>
<td></td>
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### TRANSPORTATION

<table>
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<th>Transportation Service</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Access Services Incorporated</td>
<td>1527 4th Street, Santa Monica, CA 90401</td>
<td>(310) 394-9871, ext. 455</td>
<td><a href="http://www.wiseandhealthyaging.org">www.wiseandhealthyaging.org</a></td>
</tr>
</tbody>
</table>

## WISE & Healthy Aging/Santa Monica Dial-A-Ride

### Including Door-Through-Door Service

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

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

TRANSPORTATION

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

TLC Senior Ride
10736 Jefferson Blvd., #906
Culver City, CA 90230
(310) 338-7247
www.tlcseiorigride.com

City Based Senior Transportation (listed by city)

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

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

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

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

In collaboration with the City of Santa Monica’s Big Blue Bus, the WISE & Healthy Aging/ Santa Monica Dial-A-Ride program offers low cost, shared-ride curb-to-curb van transportation to Santa Monica residents who are at least 60 years of age and persons with disabilities who are 18 years of age or older. Also, for seniors needing more assistance, a door-through-door service is available.

TRAVEL/LEISURE

WISE & Healthy Aging - WISE Adventures

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

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

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

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

In collaboration with the City of Santa Monica’s Big Blue Bus, the WISE & Healthy Aging/ Santa Monica Dial-A-Ride program offers low cost, shared-ride curb-to-curb van transportation to Santa Monica residents who are at least 60 years of age and persons with disabilities who are 18 years of age or older. Also, for seniors needing more assistance, a door-through-door service is available.

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

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

**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

VA Caregiver Support Line  
(855) 260-3274

VA Insurance Center  
(800) 669-8477

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

Veterans Crisis Line  
(800) 273-8255

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

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

**VOLUNTEER OPPORTUNITIES**

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

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/to-volunteer

**Why Volunteer?**

Giving back enriches the lives of both the person who volunteers and the recipient(s) of that volunteer’s time and efforts. Here are opportunities to:

- Have fun  
- Give back to the community  
- Stay Active  
- Make new friends  
- Learn new skills  
- Be an agent of change

Volunteers make a significant difference in the quality of life of those they serve and enrich their own lives through service to others.

Volunteer opportunities are as diverse as those we serve. Each opportunity is unique, and each has its own requirements in terms of time commitment and skills. We provide excellent training to help ensure the volunteering experience is fulfilling.

Regardless of how you choose to be involved, your efforts will make a difference.

Contact the Volunteer Services Coordinator at (310) 394-9871, ext. 552 or email us at volunteer@wiseandhealthyaging.org.

1527 4th Street, 2nd Floor ● Santa Monica, CA 90401 ● www.wiseandhealthyaging.org
**Westside Farmers Markets**

<table>
<thead>
<tr>
<th>Market Name</th>
<th>Address</th>
<th>Hours</th>
<th>Phone Number</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Beverly Hills Farmers Market</td>
<td>9300 block of Civic Center Drive (between Third St. and Santa Monica)</td>
<td>Sundays, 9 am to 1 pm</td>
<td>(310) 285-6830</td>
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<tr>
<td>Motor Avenue Farmers Market</td>
<td>Corner of Motor Ave and National Blvd.</td>
<td>Sundays, 9 am to 2 pm</td>
<td>(310) 202-9002</td>
<td><a href="http://www.motoravenuemarket.com">www.motoravenuemarket.com</a></td>
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<tr>
<td>Brentwood Farmers Market</td>
<td>741 Gretna Green Way</td>
<td>Sundays, 9 am to 2:30 pm</td>
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<tr>
<td>Century City Farmers Market</td>
<td>1800 Avenue of the Stars</td>
<td>Thursdays, 11 am to 3 pm</td>
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<tr>
<td>Culver City Farmers Market</td>
<td>3800 Main Street (between Culver Blvd and Venice Blvd)</td>
<td>Tuesdays, 2 pm to 7 pm</td>
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<tr>
<td>La Cienega Farmers Market</td>
<td>1801 S. La Cienega Blvd.</td>
<td>Thursday - 2 pm - 7 pm</td>
<td>(424) 287-2280</td>
<td><a href="http://www.laicienegafarmersmarket.com">www.laicienegafarmersmarket.com</a></td>
</tr>
<tr>
<td>Malibu Farmers Market</td>
<td>23525 Civic Center Way</td>
<td>Sundays, 10 am to 3 pm</td>
<td>(310) 428-4262</td>
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<tr>
<td>Mar Vista Farmers Market</td>
<td>Grand View at Venice Blvd.</td>
<td>Sundays, 9 am to 2 pm</td>
<td>(310) 861-4444</td>
<td><a href="http://www.marvistafarmersmarket.org">www.marvistafarmersmarket.org</a></td>
</tr>
<tr>
<td>Marina Del Rey Farmers Market</td>
<td>Admiralty Way &amp; Via Marina in Lot#10</td>
<td>Thursdays, 9 am to 2 pm</td>
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<tr>
<td>Santa Monica/ Pico Farmers Market</td>
<td>2200 Virginia Avenue (Pico Blvd. at Cloverfield Blvd.)</td>
<td>Saturdays, 8 am - 1 pm</td>
<td>(310) 458-8712</td>
<td><a href="http://www.farmersmarket.smgov.net">www.farmersmarket.smgov.net</a></td>
</tr>
<tr>
<td>Venice Farmers Market</td>
<td>Venice Blvd. &amp; Venice Way</td>
<td>Fridays, 7 am to 11 am</td>
<td>(310) 399-6690</td>
<td><a href="http://www.venicefarmersmarket.com">www.venicefarmersmarket.com</a></td>
</tr>
<tr>
<td>West Los Angeles Farmers Market</td>
<td>1600 Purdue Avenue</td>
<td>Sundays, 9 am to 2 pm</td>
<td>(310) 739-5028</td>
<td><a href="http://www.westlafarmersmarket.info">www.westlafarmersmarket.info</a></td>
</tr>
<tr>
<td>Westchester Farmers Market</td>
<td>7000 W. Manchester Avenue</td>
<td>Wednesdays, 8:30 am to 1:30 pm</td>
<td></td>
<td><a href="http://www.westchesterfarmersmarket.com">www.westchesterfarmersmarket.com</a></td>
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<tr>
<td>Westwood Village Farmers’ Market</td>
<td>1080 Broxton Avenue</td>
<td>Thursdays, 12 pm to 6 pm</td>
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**Westside Guide for the 50+**
WISE & Healthy Aging at a GLANCE...

For more than four decades, WISE & Healthy Aging (formerly WISE Senior Services and Center for Healthy Aging) has been recognized for our innovative support programs and services designed to meet the needs of seniors and caregivers.

Benefits Enrollment Center  One in three Americans, age 65 or older, lacks the resources to meet basic food, housing and medical needs. While they would qualify for programs that could help them pay for their needs, the enrollment process is too confusing or requires on-line registration. Last year, our BEC helped 1,018 seniors access these public benefits.

Care Management and Home Care  More and more seniors are aging in place. In fact, 90% of baby boomers have indicated that they want to remain in their homes rather than have to move to an assisted living facility. Our In-Home Services team helps to manage the care of 328 home-bound seniors.

Elder Abuse & Neglect  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 over 1,800 long-term care facilities throughout the County. Last year, 67 state-certified volunteers logged more than 14,000 hours assisting staff. Together with staff, they conducted 8,894 unannounced facility visits. 8,847 cases were investigated by ombudsmen of which 20% involved elder abuse and neglect.

Adult Day Care  Our Adult Day Service Center provides day care to 276 frail seniors and family member caregivers. Most day care program clients suffer from early memory loss, dementia or Alzheimer’s disease.

Information & Referral  Where do seniors turn to, be it housing, food, medical, legal, or family-related issues? Our Information & Referral Desk helps 2,200 seniors each year deal with unexpected crises.
Alleviating Hunger  
Nutrition is one of the most critical aspects of staying healthy.  
32,266 hot meals were served to low-income seniors at four different locations throughout the community.

Building Personal Connections  
With over 150 members in Westside neighborhoods, the WISE Connections “community” provides services, assistance and programs that encourage members to get out of their homes, meet other people, participate in community activities and in general have a more social and active lifestyle.

Transportation & Mobility Program  
When one no longer drives and cannot walk long distances, getting to and from doctor appointments, the grocery or pharmacy can be a real challenge. 4,795 seniors have access to transportation resource information, AARP Driver Safety classes, and a personalized van transportation service through our Dial-A-Ride, including door-through-door service.

For Active Older Adults  
Club 1527 is an exciting gathering place for adults age 50 or older who want to exercise, learn, travel and engage in new activities with their peers. With 827 members, there are classes in all types of exercise, creative arts and personal growth as well as discussion groups, a book club and excursions.

Supporting Caregivers  
Caring for an elderly loved one is never easy. Over 48 family members attend support groups to learn from other family member caregivers facing similar challenges.

WISE Caregiver Training Academy  
As the number of dependent elders continues to grow, especially those over 80 years of age, the demand for quality caregivers will be dramatic. In addition to facilitating caregiver support groups, our WISE Caregiver Training Academy provides formal training for lay family and career caregivers, elevating the quality of caregiving for the elderly.

Mental Health Counseling  
Trained mental health professionals and peer counselors provide individual and group therapy to more than 100 seniors, including information about available health care services.
1. Get a Kit of emergency supplies.
Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Developed in partnership with:

For more information, visit ready.gov or call 1-800-BE-READY
Important Contacts & Numbers:

For those interested in participating in future editions of the “Westside Guide for the 50+,” please contact WISE & Healthy Aging at (310) 394-9871 or email info@wiseandhealthyaging.org.

This Guide is also available online at www.westsideguide.org.
UCLA Urgent Care

You don’t become one of the most trusted names in medicine without working extra hours and weekends. And with our urgent 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

Brentwood Urgent Care
11980 San Vicente Blvd., Suite 102
Los Angeles, CA 90049
(310) 208-7777
Sat - Sun, 1 pm - 5 pm

Playa Marina Walk-in Urgent 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

Santa Monica Urgent Care
2424 Wilshire Blvd.
Santa Monica, CA 90403
(310) 828-4530
Mon - Fri, 5:30 pm - 9:30 pm
Sat - Sun, 10 am - 3 pm

Same-day appointments available at UCLA Health primary care offices
Mon - Fri, 8:30 am - 5 pm