

WISE & Healthy Aging

Westside Guide for the 50+

2015

Your Free Neighborhood Resource for Living Well



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

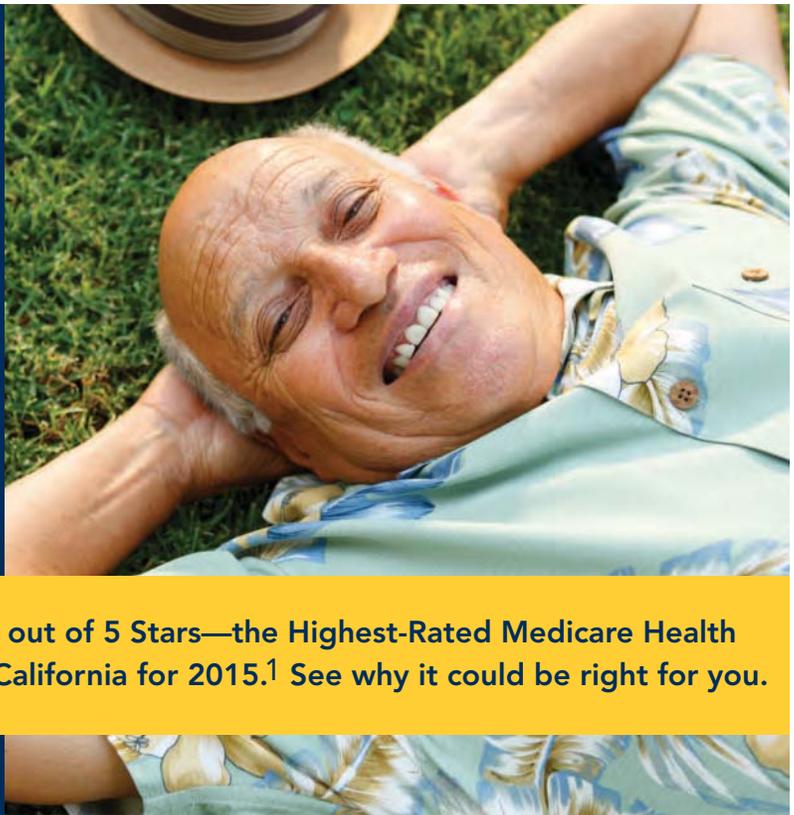
New to Caregiving? PAGE 20

WISE
& Healthy Aging


City of
Santa Monica
Commission for the
Senior Community

*Older
Adult
Task
Force*

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 2015.¹ 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,² 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

KAISER PERMANENTE® **thrive**

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.

Y0043_N013415_CA accepted

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

CONTENTS



Healthcare..... 6

Community Clinic..... 7

Dental..... 7

Healthcare Services 7

Hearing/Speech Care 7

Home Medical Equipment..... 7

Hospitals/Medical Centers..... 7

Mental Health Services 7

 Counseling Programs/
 Specialized Issues..... 8

 Out Patient Mental Health
 Services..... 8

Nutrition..... 8

Pharmacy 9

Physical Therapy..... 9

Referral/Specialized Care 9

Veterans Medical Services..... 9

Vision..... 9

Care Services..... 13

Adult Day Programs..... 13

Care Management..... 13

Caregiver Resources..... 14

 Counseling/Support Groups ... 15

Funeral Services..... 16

Hospice..... 16

In-Home Care 17

Information & Referral..... 18

Socialization Programs..... 18

Twelve Warning Signs
of Dementia..... 18

New To Caregiving?
Eight Factors To Consider 20

Special Section

**Stop Elder
ABUSE.**

Resource Guide
page 36 - 41

Housing Related 23

Emergency Housing..... 23

Home Modifications
and Repairs..... 23

Home Organization..... 23

Housing Assistance 24

Housing Authorities 24

Long Term Care Facilities..... 25

 Nursing Homes 25

 Residential Care
 (Assisted Living)..... 25

Moving & Relocation 25

Realtor 25

Referral Services 25

Senior Housing 25

Prepare Wisely: Estate Documents
To Pull Together And Keep In A
Safe Place 26

Home Modifications For
Safe Living 7

Nursing Home Checklist..... 28

From Collecting To Clutter 30

Westside Guide for the 50+
Production Team

Layout & Design: Danielle Brinney
Content Management: Erica Simunovic
Guide Logistics: Grace Cheng Braun
and Suzanne Peckels

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

CONTENTS

FINANCIAL & LEGAL



PAGE 31

Financial..... 31

Energy/Utility Assistance..... 31

Financial Planning..... 31

Income Tax Counseling 31

Public Benefits 32

Reverse Mortgage Counseling..... 33

Legal 33

Bar Associations 34

Consumer Protection..... 34

Criminal/Civil Law..... 34

Elder Abuse..... 35

Estate Planning..... 35

Fiduciary (Guardianship/Conservatorship)..... 35

Lawyer Referral Service..... 35

Licensing And Complaints 35

Notary Public 42

Probate 42

Elder Abuse: Prevention Through Prosecution..... 36

INSURANCE



PAGE 43

Insurance..... 43

Medicare And Medi-Cal 43

Social Security & SSI 44

State Disability Insurance..... 44

Unemployment Insurance..... 44

COMMUNITY RESOURCES



PAGE 47

Community Resources... 47

Animal Care And Control..... 47

Community Services 47

Disability Services..... 47

Education 48

Emergency Services 48

Employment..... 49

Farmers Markets..... 49

COMMUNITY RESOURCES (continued)



Fitness..... 49

Food Programs 49

Hot Lines 50

Libraries 51

Music Therapy 52

Parking Enforcement 52

Parks/Recreation Centers (listed by city) 52

 Older Adults Recreation Centers 55

Social Organizations..... 56

Transportation 56

 City Based Senior Transportation (listed by city) 57

Travel/Leisure 57

Veterans' Services..... 58

Volunteer Opportunities..... 58

Non-Emergency Contacts by City 48

Westside Farmer's Markets 60

Emergency Preparedness Checklist..... 62

Notes..... 64

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 & 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



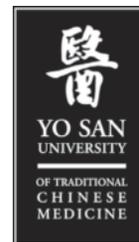
Legal Clinics

Monday Mornings
9 am - Noon



Community Acupuncture Clinic for Seniors 60 & Older

Thursday Mornings
9 am - Noon



**Call for an appointment:
(310) 394-9871**



WISE & Healthy Aging is a nonprofit social services organization.



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 Older Adult Task Force (OATF)

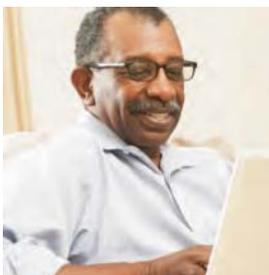
is part of the Lifelong Learning Community Project and is a network of organizations committed to enhancing the quality of services to older adults and caregivers in the Westside.

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 **OATF** throughout this guide. They are committed to providing quality services to older adults in our community.



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

WISE & Healthy Aging

SPONSORED BY KAISER PERMANENTE

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.santamonicaprosthodontist.com

OATF

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

OATF

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 findahealth-center.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 (GENSIS)

HEALTHCARE

**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

OATF

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

OATF

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



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

OATF

Reflexology by Sally Nicholson
Los Angeles/ Westside
(310) 633-4903
www.Sally4Reflexology.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

VETERANS MEDICAL SERVICES

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

VA Greater Los Angeles Healthcare System

Eligibility/Enrollment Questions
(888) 816-0803

Medical Advice for Enrolled Veterans
(877) 252-4866

Pharmacy
(800) 952-4852

VISION

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

**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)



YO SAN UNIVERSITY COMMUNITY CLINIC



Your Westside Partner
for Aging Healthy & Well

Call 310.577.3006

Acupuncture visits just \$25 for patients 65+

(excludes herbs)

CONVENIENTLY LOCATED • OPEN DAILY
13315 W. WASHINGTON BLVD., LOS ANGELES, CA 90066

www.yosan.edu/clinic

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



presents

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 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

HEALTHCARE

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 Club 1527
Member Offering

A Program of WISE & Healthy Aging

WISE Minds

CUSTOM WORKOUTS FOR YOUR BRAIN



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

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



1527 4th Street • Santa Monica, CA 90401 • www.wiselandhealthyaging.org

HEALTHCARE

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.

CARE SERVICES



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

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
Los Angeles, CA 90036
(877) 275-4537
www.jfsla.org

OATF

Lisa McAndrews, RN
Los Angeles, CA
(310) 633-4471
lisa.a.mcandrews@gmail.com

OATF

**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
Support services for disabled adults and
seniors

WISE HomeCare

A WISE & Healthy Aging Service

Toll-Free: (866) 757-9473

Serving the Los Angeles Westside

Services offered in
conjunction with
24Hr HomeCare



WISE & Healthy Aging

Your Trusted Source

Services Provided Include

- WISE HomeCare offers a wide range of services that are tailored to fit individual needs.
- Personal Care Assistance with Bathing, Grooming, Toileting, Incontinence Care
- Meal Preparation
- Homemaking Assistance with Light Housekeeping, Laundry, Household Maintenance
- Transportation/Errands to Doctor's Appointments, Shopping, Pharmacy and Pick-up
- Emergency Response System

Experienced and Bonded Caregivers

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

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

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

OATF

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/

CARE SERVICES

CARE HOMECARE

(310) 289-8834

WWW.CAREHOMECARE.NET



PROFESSIONAL CAREGIVERS & COMPANIONS IN YOUR OWN HOME

~ ALZHEIMER & DEMENTIA CARE ~ ACTIVITY ASSISTANCE
~ DIETARY MANAGEMENT ~ CARE MANAGEMENT

ALL EMPLOYEES LICENSED, BONDED & INSURED

A TRADITION OF QUALITY CARE



Attendant Care Inc.

2801 Ocean Park Blvd., Suite 192,
Santa Monica, CA 90405
Call: (310) 399-2904



Gail Shaffer, L.C.S.W

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.

Call today: (310) 399-2904
or visit us at: **www.tlcacr.com**

WISE CAREGIVER TRAINING ACADEMY

YOUR TRUSTED SOURCE

Alzheimer's Disease and Dementia Specialty Course

For more information and to sign up, please call: (310) 394-9871



**1527 4th Street, 2nd Floor
Santa Monica, CA 90401**

www.wiseandhealthyaging.org

CARE SERVICES

CAREGIVER RESOURCES

Resources & Education for Stroke Caregivers' Understanding & Empowerment (RESCUE)

www.rorc.research.va.gov/rescue/index.cfm

Web-Based Informational Materials for Caregivers of Veterans Post-Stroke

Story Bank Productions

1233 Princeton Street
Santa Monica, CA 90404
(310) 614-6786

www.storybankproductions.com

OATF

WISE Caregiver Training Academy

1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871, Ext. 264

www.wiselandhealthyaging.org/
caregiver-training-academy



WISE & Healthy Aging -
WISE Connect

1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871

www.wiselandhealthyaging.org

Counseling / Support Groups

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

Los Angeles Department on Aging -
Caregiver Support Groups

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

Your Trusted Source for Adult Day Service Center



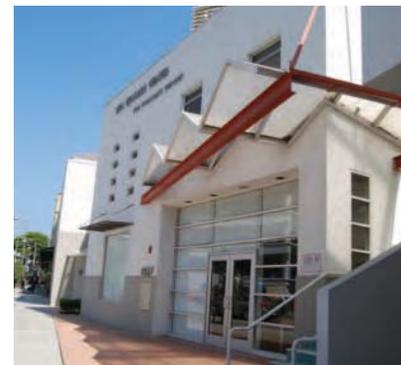
The Right Choice for Your Loved One...

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



The Right Choice for You...

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



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

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

www.wiselandhealthyaging.org

CARE SERVICES

CARE SERVICES

Counseling / Support Groups

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

**WISE & Healthy Aging -
Caregiver Support Groups**
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
[www.wiseandhealthyaging.org/
support-groups](http://www.wiseandhealthyaging.org/support-groups)
Also information and referral to
community resources.

**WISE & Healthy Aging -
Loss (Bereavement) Support Group**
1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
[www.wiseandhealthyaging.org/
support-groups](http://www.wiseandhealthyaging.org/support-groups)

FUNERAL SERVICES

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

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

OATF

HOSPICE

Care One Hospice
18520 Burbank Blvd.
Suite 103
Tarzana, CA 91356
(866) 952-2734
www.careonehospice.com

OATF

VITAS Innovative Hospice Care
16830 Ventura Blvd.
Suite 315
Encino, CA 91436
(800) 757-4242
www.vitas.com

OATF



Wilshire Hospice and Home Health
3250 Ocean Park Blvd.
Suite 100-C
Santa Monica, CA 90405
(310) 264-8413
www.wilshirehospicesc.org
Santa Monica based non-profit Wilshire
Hospice brings compassionate care to
those encountering a life-limiting illness.
Wilshire offers nursing care, music
therapy and bereavement support.

CARE SERVICES



24Hr HomeCare is an award-winning
professional Caregiving service.

- Fastest Response Time- Guaranteed
- Bonded and Insured Caregivers
- No Hourly Minimum
- Available 24/7
- Fall Prevention Certified Caregivers

CALL TODAY
For a free in-home consultation



(310) 258-9525 www.24hrcare.com



CARE SERVICES

IN-HOME CARE



24Hr HomeCare

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

24Hr HomeCare provides seniors with professional caregiving services, 2-hour response time guaranteed. We have no hourly minimum requirement, and our caregivers are Fall Prevention Certified.

ALLPOINT Home Health

11340 Olympic Blvd.
Suite 220
Los Angeles, CA 90064
(310) 441-2009
www.allpointhomehealth.com

OATF

At TLC Attendant Care, Inc.

2801 Ocean Park Blvd. #192
Santa Monica, CA 90405
(310) 399-2904
www.TLCACR.com

BrightStar Care®

516 Pennsfield Place
Suite 112
Thousand Oaks, CA 91360
(805) 233-3800
www.brightstarcare.com/conejo-valley

OATF

CARE Homecare

1156 North Gardner Street
West Hollywood, CA 90046
(310) 289-8834
www.carehomecare.net

OATF

ComForcare Home Care

734 Montana Avenue
Santa Monica, CA 90403
(310) 576-2453
www.comforcare.com

OATF

Dynamic Nursing Services

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

OATF

Home Instead Senior Care

1516 South Bundy Drive
Suite 206
Los Angeles, CA 90025
(310) 590-1685
www.homeinstead.com

OATF

Home Instead Senior Care

9028 Venice Blvd.
Culver City, CA 90232
(310) 836-8475
www.homeinstead.com/778

OATF



Homewatch CareGivers

8939 S. Sepulveda Blvd.
Suite 330
Los Angeles, CA 90045
(888) 494-6466
www.homewatchcaregivers.com/los-angeles

OATF

Homewatch CareGivers is ranked "Best of Home Care" for 2013-2014 by Home Care Pulse. Certified by CAHSAH & ABHC. Bonded & insured. Memory care trained.



iCare Caregivers

2355 Westwood Blvd. #714
Los Angeles, CA 90064
(310) 435-1128
www.iCareCaregivers.com

OATF

LivHome

5670 Wilshire Blvd. #500
Los Angeles, CA 90036
(323) 932-1308
www.livhome.com/losangeles

OATF



My CARE Professionals

5670 Wilshire Blvd.
Suite 1800
Los Angeles, CA 90036
(877) 877- 5558
www.mycareprofessionals.com

OATF

High Quality In-Home Care, Private Duty Nursing, Care Management, Cleaning Service and CPR Certification. Licensed, Bonded, and Insured.

Right at Home

3435 Ocean Park Blvd.
Suite 110
Santa Monica, CA 90405
(310) 313-0600
www.rahwestla.com

OATF

CARE SERVICES

IN-HOME CARE

SheridanCare
 3710 South Robertson Ave. #216A
 Culver City, CA 90232
 (310) 204-1187
 www.sheridancare.com

OATF

Independent Living Concierge
 West Hollywood, CA 90069
 (323) 333-8774
 www.IndependentLivingConcierge.com

OATF

**WISE & Healthy Aging -
 Friendly Visitors Program**
 1527 4th Street, 2nd Floor
 Santa Monica, CA 90401
 (310) 394-9871, Ext. 552
 www.wiseandhealthyaging.org

CARE SERVICES



**WISE & Healthy Aging -
 WISE HomeCare**
 1527 4th Street, 2nd Floor
 Santa Monica, CA 90401
 (866) 757-9473 (Toll Free)
 www.wiseandhealthyaging.org/homecare

INFORMATION & REFERRAL

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



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

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

SOCIALIZATION PROGRAMS

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

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.

Call about our next free
Community Memory Screening Day

Call (310) 394-9871



www.wiseandhealthyaging.org

In-Home Services



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

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

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

In-Home Services Also Provides Assistance with:

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



An Affordable Choice

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



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

Call (310) 394-9871 for more information.

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

CARE SERVICES

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.

Reprinted with permission from Caring Right at Home eNewsletter, www.caringnews.com. Copyright, 2014, IlluminAge Communication Partners, www.illuminage.com.



WISE & HEALTHY AGING
WISEconnect

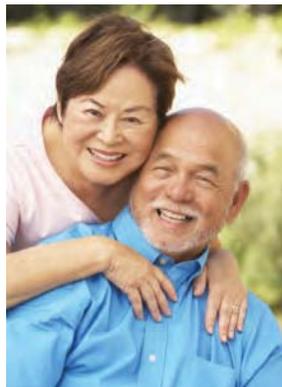
A CONCIERGE SERVICE OF CLUB 1527



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
- Social and cultural outings
- Vetted and discounted vendors
- Concierge services
- Volunteer opportunities



(310) 829-5699

www.wiseandhealthyaging.org

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

West Los Angeles • Brentwood • Culver City • Malibu-Topanga
Pacific Palisades • Santa Monica • Marina-Venice • Mar Vista • Westchester

HOUSING RELATED



EMERGENCY HOUSING

Culver City Homeless Info Line
(310) 253-6767



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

HOME MODIFICATIONS AND REPAIRS

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

General Plumbing - Sergio Juárez
Santa Monica, CA
(310) 874-8733
sergio.juez@yahoo.com



Liv-Ability Independent Living Consultants
762 Twin Peaks Street
Simi Valley, CA 93065
(800) 936-6251
www.liv-ability.com
Home Safety Assessment, Durable Medical Equipment and Home Modifications

HOME ORGANIZATION

Clear Home Solutions
13351 D. Riverside Drive
Suite 317
Sherman Oaks, CA 91423
(818) 376-0125
www.clearhomesolutions.com

OATF



dClutterfly
Westside/Los Angeles
(213) 448-4778
www.dclutterfly.com
Our services include; dCluttering, Home & Garage Organization, Senior Downsizing, and Estate Organization. Please call us to set up a free consultation.

HOUSING RELATED

RAYA'S PARADISE
RESIDENTIAL CARE COMMUNITIES

(310) 289-8834

WWW.RAYASPARADISE.COM



SIX LUXURY BOARD & CARE HOMES
LOCATED IN THE HEART OF WEST HOLLYWOOD

- ~ ALZHEIMER & DEMENTIA CARE
- ~ 24 HOUR AWAKE CARE STAFF
- ~ CARE MANAGEMENT & SUPPORT
- ~ ACTIVITY ASSISTANCE
- ~ DIETARY MANAGEMENT
- ~ SOCIALIZATION

A TRADITION OF QUALITY CARE

28 YEARS SELLING THE WESTSIDE



GARY LIMJAP
(310) 586-0339

COLDWELL BANKER

GARYLIMJAP.COM | GARYLIMJAP@GMAIL.COM

HOUSING RELATED

HOME ORGANIZATION



ORGANIZED AGING by
Rebekah Gould
 Southern California
 (310) 720-1162
 info@OrganizedAging.com

OATF

Home organization for adults 50+.
 Services include: free consultation,
 decluttering, slip and fall prevention,
 downsizing and relocation. 'For Peace
 of Mind and Overall Well-Being'

HOUSING ASSISTANCE

**Beverly Hills - Community
 Preservation Division (Rent
 Stabilization)**
 (310) 285-1119

Culver City Rent Control
 www.culvercityrentcontrol.com

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

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

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

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

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

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

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

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

HOUSING AUTHORITIES

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

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

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

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

**Housing 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

HOUSING RELATED

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
Berkley East Convalescent Hospital
 2021 Arizona Avenue, Santa Monica, CA 90404
 310 829-5377
Berkley West Convalescent Hospital
 1623 Arizona Avenue, Santa Monica, CA 90404
 310 829-4565
 Family Owned and Operated Since 1966

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@berkeleyeast.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

OATF

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

OATF

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

OATF

MOVING & RELOCATION



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

REALTORS



Alison Whitaker, SRES
 11911 San Vicente 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.

OATF

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

OATF

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

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

OATF

Culver City Housing Division - Affordable Housing Database
 (310) 253-5780
 www.culvercity.org/en/Government/CommunityDevelopment/Housing.aspx

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

OATF

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

OATF

SENIOR HOUSING

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

OATF

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

HOUSING RELATED

HOUSING RELATED

SENIOR HOUSING

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

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

OATF

HOUSING RELATED

Preparing 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.

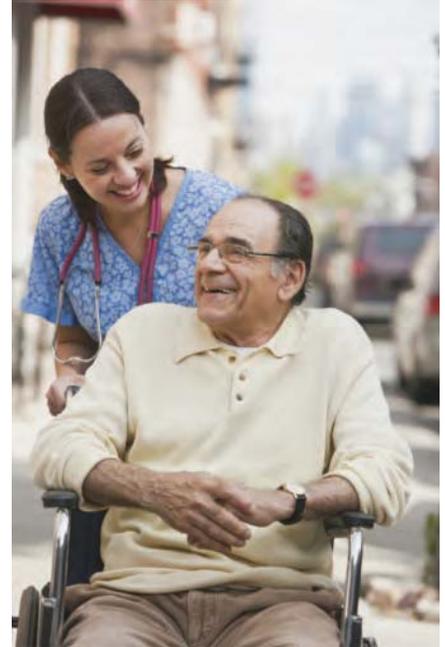
Below are common problems in the home that can cause falls or limit access along with safety solutions.

FALL HAZARDS & ACCESSIBILITY ISSUES	HOME SAFETY SOLUTIONS
Access to home: entrances and exits	<ul style="list-style-type: none"> ■ Install ramps, stair rails, door lever handles ■ Increase lighting in entry area ■ Remove screen or storm door if needed
Difficulty climbing stairs	<ul style="list-style-type: none"> ■ Install handrails for support ■ Replace or add non-slip surface on steps
Difficulty getting in and out of the shower	<ul style="list-style-type: none"> ■ Install grab bars, shower seats or transfer benches
Slipping in bath or shower	<ul style="list-style-type: none"> ■ Install non-slip strips in bath/shower ■ Secure floor bathmat with non-slip, double sided rug tape
Difficulty turning faucet handles or doorknobs	<ul style="list-style-type: none"> ■ Replace with lever handles
Difficulty reaching storage space	<ul style="list-style-type: none"> ■ Install lights inside closets ■ Install adjustable closet rods and shelves ■ Install pull-out units for under counter storage
Inadequate heating or ventilation	<ul style="list-style-type: none"> ■ Install insulation or storm windows

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_ho me.lasso) created by the California Advocates for Nursing Home Reform™.

APPEARANCE OF RESIDENTS

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

NURSING HOME LIVING SPACES

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

STAFF

- The relationship between the staff and the residents appears to be warm, polite and respectful.
- All staff wears nametags.
- Staff knocks on the door before entering a resident's room and refers to residents by name.
- The nursing home offers a training and continuing education program for all staff.

- The nursing home does background checks on all staff.
- The guide on your tour knows the residents by names and is recognized by them.
- There is a full-time registered nurse (RN) in the nursing home at all times other than the administrator or director of nursing.
- The same team of nurses and certified nursing assistants (CNAs) work with the same resident 4 to 5 days per week.
- CNAs work with a reasonable number of residents.
- CNAs are involved in care planning meetings.
- There is a full-time social worker on staff.

NURSING HOME CHECKLIST (continued)

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

RESIDENTS' ROOMS

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

HALLWAYS, STAIRS, LOUNGES & BATHROOMS

- Exits are clearly marked.
- There are quiet areas where residents can visit with friends and family.
- The nursing home has smoke detectors and sprinklers.

- All common areas, residents' rooms, and doorways are designed for wheelchair use.
- There are handrails in the hallways and grab bars in the bathrooms.

MENUS AND FOOD

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

ACTIVITIES

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

SAFETY AND CARE

- The nursing home has an emergency evacuation plan and holds regular fire drills.
- Residents get preventive care, like a yearly flu shot, to keep them healthy.



- Residents may still see their personal doctors.
- The nursing home has an arrangement with a nearby hospital for emergencies.
- Care plan meetings are held at times that are convenient for residents and family members to attend whenever possible.
- The nursing home has corrected all deficiencies (failure to meet one or more federal or state requirements) on its last state inspection report.

FINANCIAL CONSIDERATIONS

- Cost per month
- Insurance contribution
- Medicare contribution

Make note of other things you observe on your visit!

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.



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.com/assistance/esap

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

FINANCIAL PLANNING

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

OATF

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

OATF

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:

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

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

PUBLIC BENEFITS

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**



Energy Savings Assistance Program



© 2014 Southern California Gas Company. Trademarks are property of their respective owners. All rights reserved.

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.

FINANCIAL & LEGAL

PUBLIC BENEFITS

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

REVERSE MORTGAGE COUNSELING

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

Senior Funding Advisors
 855 Via Del La Paz, #6
 Pacific Palisades, CA 90272
 (310) 454-2255
LT.Wood@verizon.net

OATF

WISE & Healthy Aging - Reverse Mortgage Counseling
 1527 4th Street, 2nd Floor
 Santa Monica, CA 90401
 (310) 394-9871, Ext. 445
www.wiseandhealthyaging.org/reverse-mortgage-counseling
 Receive a thorough explanation of what a reverse mortgage home loan is, as well as its advantages and disadvantages. Also, find out how to qualify.

LEGAL

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

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

Law Offices of Mitchell Karasov
 5352 Laurel Canyon Blvd.
 Suite 100
 Valley Village, CA 91607
 (818) 508-7192
www.karasovelderlaw.com

OATF

Legal Aid Foundation of Los Angeles
 Central Office:

1550 West 8th Street
 Los Angeles, CA 90017
 (213) 640-3881

Santa Monica Office:
 1640 5th Street, #124
 Santa Monica, CA 90401
 (310) 899-6200
www.lafla.org

OATF

West Office:
 1102 Crenshaw Blvd.
 Los Angeles, CA 90019
 (323) 801-7989

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



SENIOR FUNDING ADVISORS
 CA. MORTGAGE LOAN BROKER
 Serving Los Angeles County
 855 Via de la Paz, Suite 6
 Pacific Palisades, CA 90272



Senior Funding Advisors – CA Real Estate Lic #01771695 • NMLS Lic #1094586 • Lester Wood – CA Real Estate Lic #01492275 • NMLS Lic #322311

FINANCIAL & LEGAL

LEGAL

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

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

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

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

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

BAR ASSOCIATIONS

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

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

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

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

CONSUMER PROTECTION

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

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

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

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

Santa Monica City Attorney- Consumer Protection Unit
 1685 Main St., Third Floor
 Santa Monica, CA 90401
 (310) 458-8336
 (310) 917-6626 (TTY)
www.smconsumer.org
 The Consumer Protection Unit enforces a wide variety of local and state laws to assure that Santa Monica businesses treat all of their customers fairly.

CRIMINAL/CIVIL LAW

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

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

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

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

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

Los Angeles County District Attorney's Office - Elder Abuse Section

201 North Figueroa St., 12th Floor
Los Angeles, CA 90012
(213) 580-3383
da.lacounty.gov/seniors/

WISE & Healthy Aging - 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

www.wiseandhealthyaging.org/city-and-county-of-los-angeles-long-term-care-ombudsman

ESTATE PLANNING

Condon & Condon

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

OATF

Gauthier Estate Planning, APLC

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

FIDUCIARY (Guardianship/ Conservatorship)

Department of Mental Health-Public Guardian

320 West Temple Street, 9th Floor
Los Angeles, CA 90012
(213) 974-0515
dmh.lacounty.gov

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

RKO Fiduciary Services

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

OATF

LAWYER REFERRAL SERVICE

SMART LAW - Information Line

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

State Bar of California - Lawyer Referral Service

845 South Figueroa Street
Los Angeles, CA 90017
(866) 442-2529
calbar.ca.gov

LICENSING & COMPLAINTS

Attorney Complaint Hotline (State Bar of California)

(800) 843-9053
calbar.ca.gov

California Department of Fair Employment and Housing

320 West 4th Street, 10th Floor
Los Angeles, CA 90013
(800) 884-1684
(800) 700-2320 (TTY)

www.dfeh.ca.gov

The Department of Fair Employment and Housing protects Californians from employment, housing and public accommodation discrimination, and hate violence.

Consumer Reporting Industry - Opt-In or Opt-Out request

(888) 567-8688

OptOutPrescreen.com

Opt out of unsolicited mail, pre-approved credit card and insurance offers.

Federal Trade Commission

(877) 382-4357

www.ftc.gov

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

Los Angeles Department of Building and Safety

1828 Sawtelle Blvd., 2nd Floor
Los Angeles, CA 90025
311

www.ladbs.org

File a complaint regarding code violations.

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

Elder Abuse: Prevention through Prosecution

- Physical Abuse
- Neglect
- Psychological Abuse
- Financial Abuse
- Sexual Abuse



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

RESOURCES to FIGHT ABUSE



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

U.S. Postal Inspection Service – report mail fraud: <http://postalinspectors.uspis.gov>
 1-877-876-2455

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.dmchoice.org

Telephone Fraud

Federal Trade Commission (FTC) – telemarketing fraud/identity theft:
 1-877-382-4357

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

LOOKING out for **YOURSELF**



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.



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

(310) 394-9871

FINANCIAL & LEGAL

LICENSING & COMPLAINTS

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

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

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

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

NOTARY PUBLIC

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

PROBATE

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



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 for more information:
(310) 394-9871**



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

www.wiseandhealthyaging.org

INSURANCE



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

OATF

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

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

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

OATF

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/



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 is a non profit social services organization.

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.

COMMUNITY RESOURCES



ANIMAL CARE & CONTROL

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

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

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

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

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

COMMUNITY SERVICES

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

OATF

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

OATF

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

OATF

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

OATF

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.disabilityrightscsca.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

OATF

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

OATF

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

OATF

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

OATF

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

OATF

EMERGENCY SERVICES

A Complete List of Non-Emergency
 Contacts by City (*right*)

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

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

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

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

**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**

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

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

FITNESS



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.

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

Engage Learn Transform

Club 1527
WISE & Healthy Living

A Program of WISE & Healthy Aging

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

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

Mind your minds & 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

discover life after 50

Follow us on Facebook

COMMUNITY RESOURCES

FOOD PROGRAMS

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



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

OATF

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

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

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

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

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



WISE Diner/ Senior Lunch Program
(A program of WISE & Healthy Aging)
Ken Edwards Center
1527 4th Street, First Floor
Santa Monica, CA 90401
(310) 394-9871, Ext.436
www.wiseandhealthyaging.org/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
(A program of WISE & Healthy Aging)
Reed Park
1133 7th Street
Santa Monica, CA 90403

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

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

HOT LINES

Alzheimer's Association Helpline
(800) 272-3900

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

OATF

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

OATF

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

COMMUNITY RESOURCES

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

La Cienega Tennis Center

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

Roxbury Park Community Center

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

Will Rogers Memorial Park

9650 Sunset Blvd.
Beverly Hills, CA 90210
(310) 285-2536

Blair Hills Park

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

Blanco Park

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

Carlson Park

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

Culver City Park

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

Culver/Slauson Park

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

Culver West Alexander Park

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

El Marino Park

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

Fox Hills Park

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

Lindberg Park

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

Syd Kronenthal Park

3459 McManus Avenue
Culver City, CA 90232
(310) 253-6650

Tellefson Park

3998 Bentley Avenue
Culver City, CA 90232
(310) 253-6650

Veteran's Park

4117 Overland Avenue
Culver City, CA 90230
(310) 253-6650

Cheviot Hills Recreation Center

2551 Motor Avenue
Los Angeles, CA 90064
(310) 837-5186

Crestwood Hills Recreation Center

1000 Hanley Ave.
Los Angeles, CA 90049
(310) 472-5233

Glen Alla Park

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

Holmby Park

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

Palms Recreation Center

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

Charmlee Wilderness Park

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

Los Flores Creek Park

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

Legacy Park

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

Malibu Bluffs Park

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

Malibu Community Pool

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

Malibu Equestrian Park

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

Michael Landon Community Center

24250 Pacific Coast Highway
Malibu, CA 90265
(310) 317-1364

Trancas Canyon Park

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

Burton W. Chace Park

13650 Mindanao Way
Marina del Rey, CA 90292
(310) 305-9595

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

Titmouse Park

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

Vista Del Mar Park

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

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

COMMUNITY RESOURCES

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

OATF

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

OATF

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 Cienega Blvd.
Los Angeles, CA 90035
(310) 559-9677
ClaudePepper.SeniorCenter@Lacity.org

COMMUNITY RESOURCES

**Older Adults
Recreation Centers**



Club 1527 - WISE & Healthy Aging
1527 4th Street, 1st Floor
Santa Monica, CA 90401
(310) 857-1527
www.wiseandhealthyaging.org/club-1527

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

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

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

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

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

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

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

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

SOCIAL ORGANIZATIONS



Santa Monica Bay Woman's Club
1210 4th Street
Santa Monica, CA 90401
(310) 395-1308
www.smbwc.org
Dedicated to fellowship and service since 1905. Our 100 year old historical landmark building is available for your business or personal event rentals.

OATF

TRANSPORTATION

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

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



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

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.tlcseniorride.com

OATF

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

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

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

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

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

LADOT Transit Services - Cityride Program
 201 North Los Angeles Street, #18B
 Los Angeles, CA, 90012
 (310) 808-2273
www.ladottransit.com/other/cityride/
 The program offers participants reduced costs for individuals age 65 or older and qualified disabled persons in the City of Los Angeles and select areas of Los Angeles County.

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

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

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

COMMUNITY 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

Beverly Hills Farmers Market

9300 block of Civic Center Drive
(between Third St. and Santa Monica)
Beverly Hills, CA 90210
Sundays, 9 am to 1 pm
(310) 285-6830

Brentwood Farmers Market

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

Century City Farmers Market

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

Culver City Farmers Market

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

La Cienega Farmers Market

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

Malibu Farmers Market

23525 Civic Center Way
Malibu, CA 90265
Sundays, 10 am to 3 pm
(310) 428-4262

Mar Vista Farmers Market

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

Marina Del Rey Farmers Market

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

Motor Avenue Farmers Market

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

Original Farmers Market

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

Pacific Palisades Farmers Market

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

Playa Vista Farmers Market

6400 Seabluff Drive
Los Angeles, CA 90094
Wednesdays, 4 pm to 8 pm
(June- Dec)
www.playavistafm.com

Santa Monica Downtown Farmers Market

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

Santa Monica Main St. Farmers Market

2600 Ocean Park Blvd.
Santa Monica, CA 90405
Sundays, 9:30 am-1 pm
(310) 458-8712
www.farmersmarket.smgov.net

Santa Monica/ Pico Farmers Market

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

Venice Farmers Market

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

West Los Angeles Farmers Market

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

Westchester Farmers Market

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

Westwood Village Farmers' Market

1080 Broxton Avenue
(between Weyburn & Kennos)
Los Angeles, CA 90024
Thursdays, 12 pm to 6 pm



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.



COMMUNITY RESOURCES

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.



1527 4th Street, 2nd Floor
Santa Monica, CA 90401
(310) 394-9871

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.

wiseandhealthyaging.org



Preparing Makes Sense for Older Americans. Get Ready Now.

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 perscription 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



Preparing Makes Sense for Older Americans. Get Ready Now.

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.

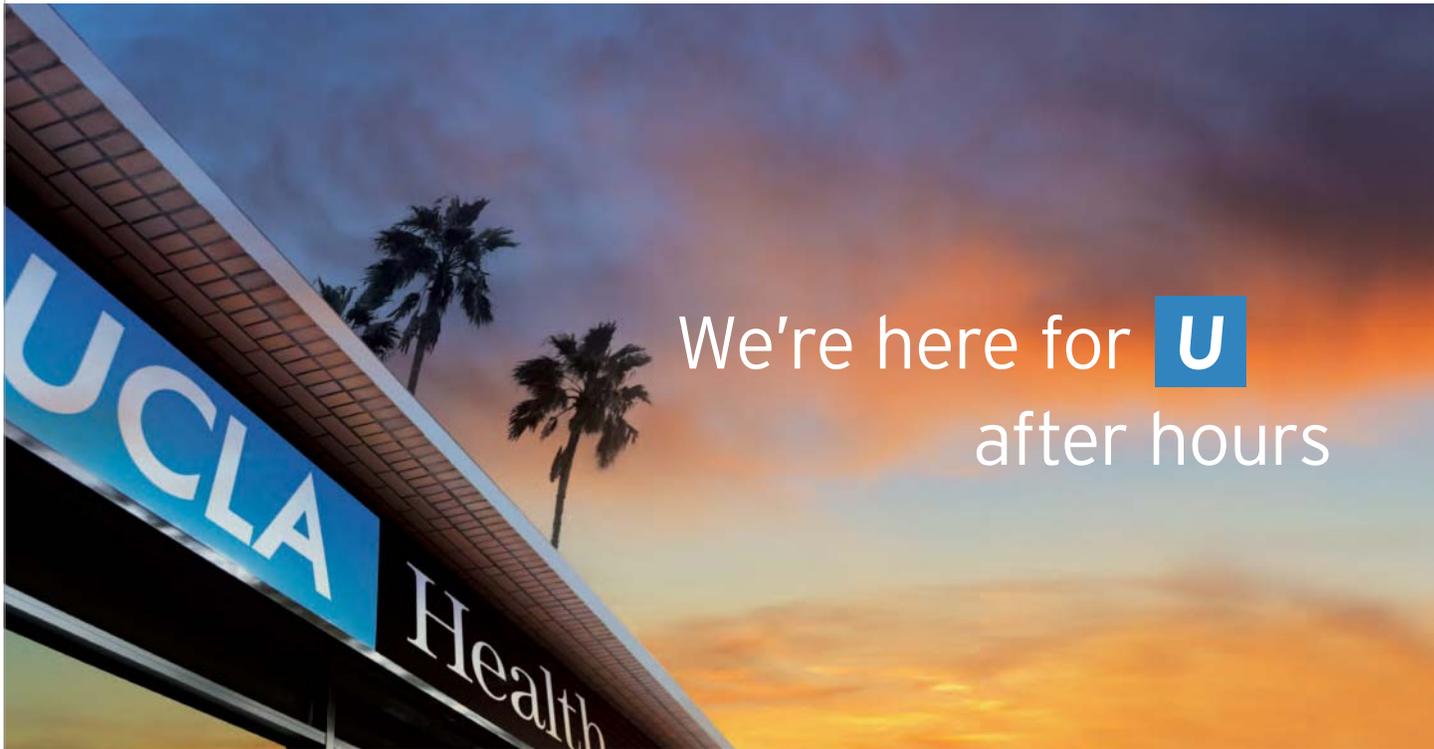
Developed in partnership with:



Homeland
Security



For more information, visit ready.gov or call 1-800-BE-READY



We're here for **U**
after hours

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

UCLA Health | it begins with U

1-800-UCLA-MD1 (1-800-825-2631)

uclahealth.org/urgentcare

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