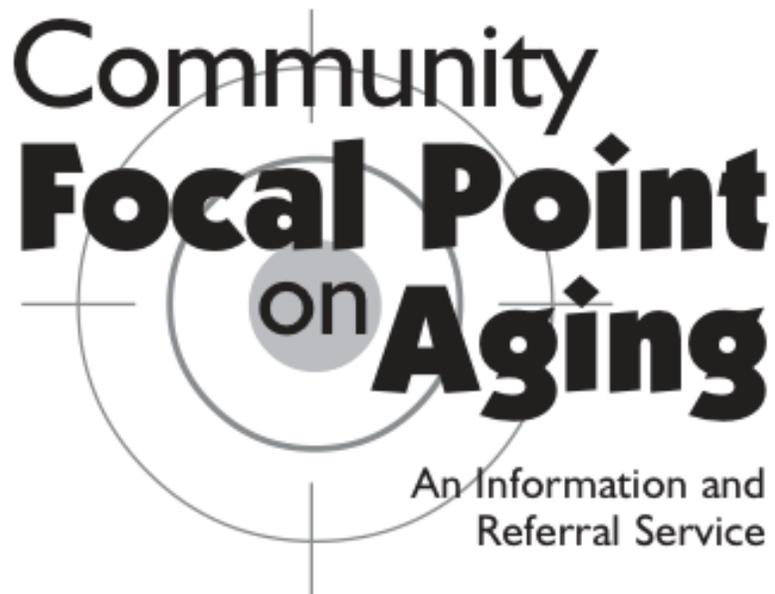


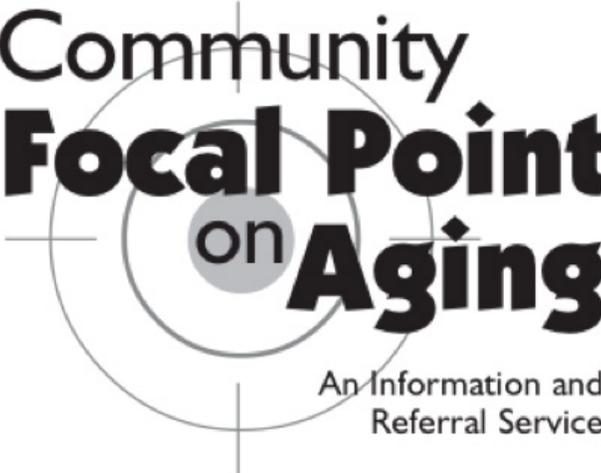
Service Directory



Prepared by the
Focal Point Volunteer Staff

May 2018-2019

City of Torrance Community Services Department
3031 Torrance Boulevard • Torrance, CA 90503
Website: www.torranceca.gov/focalpoint



Community
Focal Point
on **Aging**

An Information and
Referral Service

Bartlett Senior Center

RUSS NOLTE ANNEX

1339 Post Avenue, Torrance, CA 90501
(310) 320-1300

FOCAL POINT



The Torrance Focal Point on Aging is one of 48 Focal Points designated by the Los Angeles County Area Agency on Aging. The Focal Point is an information and referral service where older adults can learn about community resources available to meet their emotional, physical and social needs.

The Focal Point program is housed in the Russ Nolte Annex, adjacent to the Bartlett Senior Center in downtown Torrance. The program provides information to seniors, their families, and caregivers about such services as: transportation, housing, meals, health care, health insurance, social and legal services, etc. Throughout the year, a great deal of effort goes into compiling and updating this directory. We'd like to acknowledge and thank all our Focal Point volunteers involved in producing this annual service directory.

Volunteers are available at the Focal Point office, located at 1339 Post Avenue in Torrance. Office hours are: Monday through Friday, 9 a.m. to 3 p.m. No appointment is necessary and walk-ins are welcome. For further information, please call 310-320-1300.

Website: www.torranceca.gov/focalpoint



SENIOR CITIZENS' SERVICE DIRECTORY

This directory has been compiled by the Focal Point program volunteers and is provided by the city of Torrance Community Services Department. It is a guide to comprehensive programs and services that may be of help to seniors and those who assist seniors. Inclusion does not imply endorsement, and failure to list a resource implies no criticism.

The directory contains information on community resources that are available for everything from minimal assistance to total care. Listings are as accurate as possible, and periodic updates will be available. To inform us of corrections, deletions, or additional information, please call the Focal Point office at 310-320-1300.

In general, many of the agencies and resources listed are located in Torrance. However, a number of resources in communities surrounding the South Bay are also included. In some instances, the nearest location for a resource might be in Los Angeles, Sacramento or Washington, DC. All times listed are Pacific time, unless otherwise noted.

Helen Dennis, a Torrance resident and specialist in aging, employment, and the new retirement, as well as the author of the Daily Breeze "Seniors" column, has compiled a suggested reading list for retirees and those about to retire. This section can be found under the title "Successful Aging Reading List" at the end of the directory, prior to the Index.

HOW TO USE THIS DIRECTORY

The directory is cross-referenced in two ways:

- The **TABLE OF CONTENTS** page is located at the front of the directory and shows resources listed by category, in alphabetical order. Use this page to locate the type of assistance you need. It will refer you to a page number where you will find a number of **PROVIDERS** that fall into that specific category. Use this section if you know the type of assistance you are seeking.
- The **INDEX**, located at the back of the directory, contains a complete listing of all the providers in the directory in alphabetical order. Because some providers fall into more than one category, the **INDEX** will list all the page numbers where a specific provider has been listed. Use this section if you know the name of the provider for which you are searching.

TABLE OF CONTENTS

ABUSE.....	1
ADVOCACY	4
ALZHEIMER'S	16
ANIMALS.....	29
BOARD AND CARE.....	31
CASE MANAGEMENT	34
COMPLAINTS	43
DAY CARE	50
DENTAL.....	53
DISABILITIES.....	56
DISCOUNTS	78
EDUCATION	84
EMERGENCY SHELTER/FOOD PROGRAMS.....	93
EMPLOYMENT.....	99
FINANCES	103
HEALTH ORGANIZATIONS.....	107
HEALTH SERVICES.....	114
HOSPICE.....	129
HOSPITALS.....	134
HOTLINE, NON-URGENT.....	136
HOTLINE, URGENT.....	144
HOUSING, NON-SUBSIDIZED	152
HOUSING, SUBSIDIZED	156
IDENTIFICATION	163
IN-HOME SERVICES.....	164
INSURANCE	172
LEGAL SERVICES.....	175
LEGISLATION.....	184
LIBRARIES	189
LOCAL GOVERNMENT	195
MEALS AND NUTRITION	196
POLICE AND FIRE	209
RETIREMENT.....	211
SENIOR CENTERS	219
SENIOR CLUBS.....	229
SKILLED NURSING.....	232
SOCIAL SECURITY	237
TAX ASSISTANCE.....	238
TRANSPORTATION.....	239
VETERANS	245
VOLUNTEERING.....	253
SUCCESSFUL AGING READING LIST.....	256
INDEX	258

ABUSE

Adult Protective Services

877-477-3646

24/7

Assists seniors 65 yrs. and older and dependent adults, 18-64 yr. who are physically or mentally impaired and are endangered due to unsafe living conditions, neglect, financial or physical abuse. Non-facility abuse serving L.A. County. Also see Abuse, Advocacy and Hotline Urgent categories.

Website: www.wdacs.lacounty.gov

Bureau of Victim Services

800-380-3811

310-222-3599

M-F, 8-4:30

825 Maple Ave., Rm. 190
Torrance, CA 90503

Victims who suffer physical and/or emotional injury or are survivors of a person who dies as a direct result of the crime are eligible for the program. Services include crisis intervention, counseling resource and referral, court escort/support services, emergency assistance financially and legal, assistance with filing a CA Victim Compensations Claim and victim's property return. The main focus is elder abuse. Also see Advocacy category.

Website: www.da.lacounty.gov/victims

Center for the Pacific-Asian Family

323-653-4045

800-339-3940

24/7

3424 Wilshire Blvd., Suite 1000
Los Angeles, CA 90010

Hotline for survivors of domestic violence and sexual abuse. Victim's advocacy, paraprofessional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. Also see Advocacy and Hotline/Urgent categories.

Website: www.nurturingchange.org

ABUSE

Elder Abuse Hotline

800-992-1660

24/7

Assists with incidents of verbal harassment, abandonment, isolation, psychological abuse, threats, or other forms of intimidation behavior directed at elderly or dependent disabled adults, in addition to any physical or financial abuse. Takes reports of financial, physical abuse and neglect, as well as verbal harassment or threats. Spanish spoken.

Also see Hotline/Urgent category.

Website: da.lacounty.gov/seniors

L.A. County Domestic Violence Hotline

800-978-3600

24/7

Services Southern California and deals with domestic violence between intimate partners, primarily women and children. Twenty-one shelters for women and children in L.A. county and refers callers to shelters within or near their zip code area. In case of emergency, call 911. Also see Hotline/Urgent category.

Website: da.lacounty.gov/domv.htm

Long Term Care Ombudsman

562-925-2346

Wise and Healthy Aging
5220 Clark Ave., Ste. 415
Lakewood, CA 90712

M-F, 8:30-5

Takes complaints on board and care, nursing homes, and convalescent hospitals within L.A. county. Provides education for residents and their families about rights in these facilities and helps address issues and resolve complaints. Also see Advocacy, Complaints and Hotline/Urgent categories.

Website: www.wiseandhealthyaging.org

National Council on Alcoholism and Drug Dependence

310-328-1460

1334 Post Ave.
Torrance, CA 90501

M-F, 8:30-5

Non-profit agency offering services on a sliding scale. Also see Advocacy category.

Website: www.ncaddsb.com

ABUSE

Rainbow Services

310-547-9343

453 W. 7th St.
San Pedro, CA 90731

24/7

Battered adult services. Legal referrals, counseling, support groups, and shelter. Bilingual (Spanish). Also see Advocacy and Hotline/Urgent categories.
Website: www.rainbowservicesdv.org

ADVOCACY

Adult Protective Services

877-477-3646

24/7

Assists seniors 65 yrs. and older and dependent adults, 18-64 yr. who are physically or mentally impaired and are endangered due to unsafe living conditions, neglect, financial or physical abuse. Non-facility abuse serving L.A. County. Also see Abuse, Hotline/ Urgent categories.

Website: www.wdacs.lacounty.gov

Bureau of Victim Services

800-380-3811

310-222-3599

825 Maple Ave., Rm. 190

Torrance, CA 90503

M-F, 8:30-4:30

Victims who suffer physical and/or emotional injury or a survivor of a person who dies as a direct result of the crime are eligible for the program. Services include crisis intervention, counseling resource and referral, court escort/support services, emergency assistance and legal, assistance with filing a CA Victim Compensation Claim and victim's property return. Also see Abuse category.

Website: da.lacounty.gov/victims

California Advocates for Nursing Home Reform

800-474-1116

650 Harrison St., 2nd floor

San Francisco, CA 94107

M-F, 9-5

Advocates on behalf of nursing home residents and provides consumer information and pre-placement counseling on 1400 nursing homes in the state. Provides legal referrals in areas of residents' rights violations, Medi-Cal, conservatorship, estate planning for long-term care, wills, trusts, and durable powers of attorney.

Website: www.canhr.org

Nursing home inspection reports complete with information about health or fire code deficiencies can also be viewed.

Website: projects.propublica.org/nursing-homes

ADVOCACY

Cancer Support Community

310-376-3550

Pier Plaza
109 W. Torrance Blvd., Suite 100
Redondo Beach, CA 90277

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or programs. Serves South Bay, Orange County, and Long Beach. Also see Education and Health Services categories.

Website: www.cancersupportredondobeach.org

Center for the Pacific-Asian Family

323-653-4045

800-339-3940

24/7

3424 Wilshire Blvd., Suite 1000
Los Angeles, CA 90010

Hotline for survivors of domestic violence and sexual abuse. Victim's advocacy, para-professional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. Also see Abuse and Hotline/Urgent categories.

Website: www.nurturingchange.org

Commission for Accreditation of Rehabilitation Services

888-281-6531

CARF International
6951 E. Southpoint Rd.
Tucson, AZ 85756

M-F, 8-4:30

Independent, non-profit organization promoting quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of persons served. Fields of concentration include aging services, behavior health, employment for persons with a disability, community services, medical rehabilitation including durable medical equipment, prosthetics, orthotics, supplies, and an Opioid Treatment Program.

Website: www.carf.org

ADVOCACY

Consumer Financial Protection Bureau

855-411-2372

P.O. Box 4503
Iowa City, Iowa 52244

**M-F, 8-8
EST**

Enforces federal consumer financial laws. Gives consumers information needed to understand the terms of agreements with financial companies. This can include applying for mortgages, choosing credit cards and using any number of other consumer financial products. Gives consumers timely responses to their complaints. Over 180 languages spoken.

Website: www.consumerfinance.gov

Department of Consumer and Business Affairs – L.A. County

310-680-8613

Lennox Constituent Service Center
4343 Lennox Blvd.
Lennox, CA 90304

**M, W, F, 9:30-4:30
Closed noon-1 pm**

Assists with consumer complaints and tenant-landlord problems and has a small claims advisor program. Assistance is provided with small claims applications at the South Bay County Court House (located at 825 Maple in Torrance) on Thursdays from 8:30-4:30. Contact the main office for urgent issues: 800-593-8222. Also see Complaints and Legal categories.

Website: dcba.lacounty.gov

Disabilities Rights California

800-776-5746

213-213-8000

Los Angeles Legal Office
350 S. Bixel St., Suite 290
Los Angeles, CA 90017

M-F, 9-5

Disability Rights California works to bring about fairness and justice for people with disabilities. May file lawsuits on behalf of individuals or groups, investigate charges of abuse and neglect, build peer/self-advocacy groups, advocate for change in laws, regulations, public policy, and provide information to those who may not know about their rights. Also see Disabilities and Legal categories.

Website: www.disablilityrightsca.org

ADVOCACY

Disability Community Resource Center

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Must have physical or mental disability. Bilingual counseling, case management, assistance with employment, and information and referrals. Also see Advocacy, Case Management, Disabilities, and Social Security categories.

Website: www.dcrc.co

Disability Rights Legal Center

Intake number 213-736-1030

256 S. Occidental Blvd., Suite B
Los Angeles, CA 90057

M-F, 9-5

The center provides legal and other assistance to the Southern California community, focusing on disability-related issues. Cases handled include disability civil rights issues, mediation of disputes involving disability issues, and lawyer referral services. Spanish also spoken. Also see Disabilities and Legal categories.

Website: www.disabilityrightsadvocacycenter.org

DMV Senior Driver Ombudsman Program

310-615-3552

390 N. Sepulveda Blvd., Suite 2075
El Segundo, CA 90245

**M, T, Th, F, 8-5
W, 9-5**

The Senior Driver Ombudsman Program, created by the Department of Motor Vehicles (DMV), represents the interests of public safety for all Californians with a special interest in addressing the concerns of senior drivers. The ombudsman can assist as a “go-between” to ensure that senior drivers are treated fairly, consistent with laws and regulations, and with the dignity and respect they deserve. They are available to assist in individual cases, as well as participate in outreach seminars to promote driver safety in California with an emphasis on senior issues. The program is also available to assist at the following locations: Sacramento/Northern California (916) 657-6464, San Francisco/Oakland (510) 563-8998, Orange/San Bernardino/San Diego (714) 705-1588 and Los Angeles/Central Coast (310) 615-3552.

Website: www.dmv.ca.gov

ADVOCACY

Eldercare Locator

800-677-1116

**M-F, 9-8
EST**

Referrals to local and state organizations for information on community services for the elderly and disabled 60 years and older, anywhere in the country.

Website: www.eldercare.gov

Family Caregiver Alliance

800-445-8106

235 Montgomery, Suite 950
San Francisco, CA 94104

M-F, 9-5

Provides information, education, and support for family caregivers, including fact sheets, online discussion groups, Tele-Caregiving workshops, and personal stories. Also see Alzheimer's category.

Website: www.caregiver.org

Fiduciaries Bureau, Professional

916-574-7340

Department of Consumer Affairs
1625 N. Market St., Suite S-209
Sacramento, CA 95834

Regulates non-family member professional fiduciaries, including conservators, guardians, trustees, and agents under Durable Power of Attorney.

Website: www.fiduciary.ca.gov

Grandparents as Parents

818-264-0880

22048 Sherman Way, Suite 217
Canoga Park, CA 91303

Provides psychological, emotional, and peer group support for grandparents and relatives who are primary caregivers of their grandchildren, as well as grandparents who have difficulty getting access to their grandchildren. Weekly meetings at various locations.

Website: www.grandparentsasparents.org

ADVOCACY

Health Consumer Alliance

888-804-3536

**M-F, 9-5
Closed Wed, 2-4**

Health Consumer Center is a statewide partnership of consumer assistance programs operated by community-based legal service organizations. The main priorities are helping consumers establish and maintain health coverage and ensure that low-income consumers with health coverage get good access to essential services. They help Californians apply for coverage, find the appropriate doctor or provider, dispute denials of health services, prevent disruption in care, and address and resolve billing problems. Also see Health Services category.

Website: www.healthconsumer.org

Hearing Aid Help Line

800-521-5247

**M-F, 8-5
EST**

Sponsored by the International Hearing Society, provides a consumer information kit with local referral to a hearing aid specialist. Also see Disabilities category.

Website: www.ihsinfo.org

HICAP (Medicare Insurance Counseling)

800-824-0780

California Health Advocates
Center for Health Care Rights
520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-5

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program Thursdays 10 am-1 pm. Must call for appointment: 310-517-4666.

Also see Complaints, Health Services, Insurance and Legal categories.

Website: www.cahealthadvocates.org

ADVOCACY

KEEP-SAFE Coalition

310-701-8118

4733 Torrance Blvd., #555
Torrance, CA 90503

M-F, 9-5

KEEP-SAFE stands for Keep Every Elder Protected-Stop Abuse and Financial Exploitation. They provide training and conduct free presentations to increase public awareness of crimes involving financial abuse of the elderly. Based in the South Bay, they combine community, financial institutions, law enforcement and social service agencies in combating financial elder abuse. Also see Education category.

Website: www.keep-safe.org

L.A. County Consumer and Business Affairs

310-680-8613

Lennox Constituent Service Center
4343 Lennox Blvd.
Lennox, CA 90304

M, W, F, 9:30-4:30
Closed, noon to 1 pm

Assists with consumer complaints and tenant-landlord problems and has a small claims advisor program. Assistance is provided with small claims applications at the South Bay County Court House located at 825 Maple in Torrance on Thursdays from 8:30-4:30.

Main office for urgent issues: 800-593-8222. Also see Complaints and Legal categories.

Website: dcbalacounty.gov

Little Tokyo Service Center

213-473-3035

231 E. 3rd St., Suite G-106
Los Angeles, CA 90013

M-F, 9-5

A non-profit social service and community development agency providing a variety of services including case management, counseling, affordable housing, and small business development. Services are available in English, Japanese, Korean, Chinese and Spanish.

Also see Case Management category.

Website: www.ltsc.org

ADVOCACY

Livanta Health Service Advisory Group

877-588-1123

6830 Oquendo Rd.
Las Vegas, NV 89118

5:30 am-8 pm
7 days EST

A non-profit organization funded by Medicare to oversee the health care that beneficiaries receive. Reviews hospital discharge notices, appeals from hospitals, skilled nursing facilities, home health, and comprehensive as well as quality of care complaints. Serves Medicare recipients residing in California.

Website: www.livanta.com

Long Term Care Ombudsman

562-925-2346

Wise and Healthy Aging
5220 Clark Ave., Ste. 415
Lakewood, CA 90712

M-F, 8:30-5

Long-term care ombudsman program designed to help protect and ensure the quality of care for seniors living in skilled nursing and residential care facilities. Provides education for residents and their families on rights in the facilities and helps resolve complaints and address issues. Also see Abuse, Complaints, and Hotline/Urgent categories.

Website: www.wiseandhealthyaging.org

Mobile Home Ombudsman

800-952-5275

916- 323-9501

Department of Housing & Community Division
2020 W. El Camino Ave.
Sacramento, CA 95833

M-F, 9-11:30

1:30-4:00

Receives and processes complaints from the public and public officials relating to living in manufactured or mobile homes. Staff provides information, coordinates, referrals and other assistance to help resolve complaints generally related to health and safety matters, purchases, sales, financing, titling and registration of mobile homes.

Website: www.hcd.ca.gov (enter "mobile home ombudsman" in search field)

ADVOCACY

National Alliance on Mental Illness (NAMI)

310-533-0705

P.O. Box 5295
Torrance, CA 90501

24/7

A grass roots, family support and advocacy organization dedicated to improving the lives of families who have relatives with a mental illness. Monthly meetings, caring and sharing support groups, family-to-family education series, and peer-to-peer recovery education series. Meetings held third Monday of the month at First Lutheran Church, 2900 W. Carson St., Torrance. Call for details. Also see Disabilities category.

Website: www.namisouthbay.com

National Association for Continence

800-252-3337

P.O. Box 1019
Charleston, SC 29402

**M-F, 9-5
EST**

Resource guide for sufferers of incontinence. Provides advocacy, support, public education and awareness about the causes, prevention, diagnosis, treatments, and management alternatives to incontinence. No eligibility requirements. Serves the U.S.

Website: www.nafc.org

National Council on Aging

202-479-1200

251 18th St. South, Suite 500
Arlington, VA 22202

Brings together non-profit organizations, business and government to develop creative solutions that improve the lives of older adults especially those who are vulnerable and disadvantaged. Provides comprehensive, integrated services that significantly increase income and/or reduce every day expenses. Strengthens and protects major public programs i.e. Medicare, Medicaid and Social Security. An on- line tool called Benefits Checkup allows sorting through programs and determine eligibility based on income and location. See also Finances and Health Services categories.

Website: www.benefitscheckup.org or www.ncoa.org

ADVOCACY

National Council on Alcoholism and Drug Dependence

310-328-1460

1334 Post Ave.
Torrance, CA 90501

M-F, 8:30-5:15

Non-profit agency offering services either free or on a sliding scale. Also see Abuse category.

Website: www.ncaddsb.com

National Hospice and Palliative Care Organization

800-658-8898

1731 King St.
Alexandria, VA 22314

**M-F, 9-5
EST**

Caring Connections, a program of the National Hospice and Palliative Care organization, provides information to the public and professionals on issues dealing with end-of-life crisis. Their goal is to improve the quality of care for dying people and offer support for their relatives and friends. Counseling and educational services provided. Also see Hospice category.

Website: www.caringinfo.org

Rainbow Services

310-547-9343

453 W. 7th St.
San Pedro, CA 90731

24/7

Battered adult services including legal referrals and advocacy, support groups, and emergency shelters. Bilingual (Spanish). For pickup at your location, call: 800-958-7825. Also see Abuse and Hotline/Urgent categories.

Website: www.rainbowservicesdv.org

ADVOCACY

Senior Gateway

Website

A consumer protection tool for California seniors hosted by the California Department of Insurance to educate seniors and their advocates and provide helpful information about how to avoid becoming victims of personal or financial abuse. The website offers valuable tips and resources in the following areas: avoiding and reporting abuse and neglect, preventing fraud, financial abuse and common scams, health care information such as insurance, Medicare and long-term care, and knowing your rights before buying insurance, annuities and reverse mortgages.

Website: www.seniors.ca.gov

S.H.A.R.E. ! (Self Help and Recovery Exchange)

310-846-5270

6666 Green Valley Circle
Culver City, CA 90230

Sun-Fri, 1-10 pm
Sat, 9-5:30

Clearinghouse with a database listing thousands of support groups and self-help meetings per week in L.A. County. Also has a collaborative housing program for the disabled. To learn about collaborative housing call: 877-742-7349.

Website: www.shareselfhelp.org

Speech-Language Pathology, Audiology & Hearing Aid Dispensers Board

916-263-2666

2005 Evergreen St., Suite 2100
Sacramento, CA 95815

M-F, 8-5

Educates, serves and protects consumers in the purchase of hearing aids by ensuring the competency of hearing aid dispensers. Helps seniors locate a licensed dispenser and provide tips for purchasing hearing aids. Also see Disabilities category.

Website: www.speechandhearing.ca.gov

ADVOCACY

Stillman Sawyer Family Services Center

310-835-1986

820 Lomita Blvd.
Harbor City, CA 90710

T, Th, F, 9:30-12:30
Wed, 10-12:30

Social service ministry that provides adult counseling and/or referrals for substance abuse, housing, emergency rental and utility assistance, medical, battered women and suicide prevention. Offers weekly and/or monthly donated food distribution as well as commodities to qualifying families and needy individuals. Also see Emergency Shelter/Food Programs category.

Website: none

USC Family Caregiver Support Center

855-872-6060

3715 McClintock Ave.
Los Angeles, CA 90089

M-F, 8:30-5

Offers legal consultation, resource information, support groups and respite for caregivers to families of people with adult-onset brain impairment. Also see Alzheimer's and Legal categories.

Website: www.fcscgero.org

VOR

877-399-4867

836 S. Arlington Heights Rd., #351
Elk Grove Village, Illinois 60007

M-F, 9-5

VOR's mission is to advocate for high quality care and human rights for people with intellectual and developmental disabilities. Programs include medical and legal advocacy. Also see Disabilities category.

Website: www.vor.net

ALZHEIMER'S

ActivCare at Brittany House

562-421-4717

5401 E. Centralia St.
Long Beach, CA 90808

**M-F, 9-7
Sat, Sun, 9-6**

Residential Alzheimer's care for seniors who are between independent living and intensive home settings. Offers short-term or respite stays. Fees charged. For-profit agency.
Website: www.activecareliving.com

Alternatives for Seniors

800-350-0770

P.O. Box 833
Southfield, MI 48037

Provides a senior housing and services resource publication. The magazine includes continuing care, retirement communities, independent and assisted living, residential care, Alzheimer/dementia resources, nursing/rehabilitation centers and home care. Also see Board and Care and Retirement categories.
Website: www.alternativesforseniors.com

Always Best Care Senior Services

310-792-8666

21250 Hawthorne Blvd., Suite 500
Torrance, CA 90503

Provides family support services affiliated with the Alzheimer's Association as an open gathering for individuals caring for people with dementia/Alzheimer's. Attendees have an opportunity to learn as much as they can from a facilitator with expertise in dementia. Additionally, workshops are provided with clinically supported strategies for managing challenging behavior frequently exhibited by people with dementia. Groups and workshops are FREE. Also see Board and Care, Case Management, In Home -Services and Retirement categories.
Website: www.alwaysbesthomecare.com

ALZHEIMER'S

Alzheimer's Association 24/7 Helpline

800-272-3900

24/7

The helpline provides expert advice, care consultation and information, and referrals at the local and national levels, regarding Alzheimer's disease and related dementias. Trained professional customer staff and master's degree social workers are available 24/7. Website: www.alz.org

Alzheimer's Disease Education and Referral Center (ADEAR)

800-438-4380

P.O. Box 8057

M-F, 8:30-5

Gaithersburg, MD 20898

Provides current, comprehensive Alzheimer's disease information and resources from the National Institute on Aging. Referrals to local supportive services and centers that specialize in research and diagnosis.

Website: www.nia.nih.gov/alzheimers

Alzheimer's Disease Research Center, USC

323-442-7600

Memory and Aging Center

M-F, 8-5

1520 San Pablo St., HCCII, Suite 3000

Los Angeles, CA 90033

The center is a research clinic where screening is required. Accepts anyone with a dementia diagnosis at age 55 yr. and older. Accepts "normals" for brain donation. Stroke victims not accepted. Also need healthy older volunteers with or without memory loss. After an intake, the person is given an assessment, diagnosis and opportunity to participate in clinical studies of experimental medications.

Website: adrc.usc.edu

Alzheimer's Greater Los Angeles

323-938-3379

4221 Wilshire Blvd., Suite 400

M-F, 8:30-5

Los Angeles, CA 90010

Help line 844-435-7259 staffed by volunteers to provide information and referrals to community caregivers, support groups, and home care assistance pertaining to Alzheimer's disease and related disorders. See also Health Organizations and Identification categories.

Website: www.alzcla.org

ALZHEIMER'S

Alzheimer's Store

800-752-3238

340 Royal Poinciana Way, Suite 317
Palm Beach, FL 33480

M-F, 9-5

Provides unique products and information for those caring for patients with Alzheimer's disease. Sells products addressing falls, incontinence, caregiving, forgetfulness, memory stimulation, wandering and early, middle and later stages of Alzheimer's.

Website: www.alzstore.com

Belmont Village

310-377-9977

5701 Crestridge Rd.
Rancho Palos Verdes, CA 90275

24/7

An upscale assisted living community for adults 60 years and older, providing personal care, medication management through a licensed nurse, fitness and social activities, water aerobics in the Spring and Summer, transportation to and from doctors' appointments, Circle of Friends Memory Enrichment Program, physical therapy, private residences, companion room options, and chef-prepared meals. Facility has an Alzheimer's secured environment, offers short-term respite and hospice, and licensed nurses around the clock. Also see Retirement category.

Website: www.belmontvillage.com

Canterbury, The

310-541-2410

5801 W. Crestridge Rd.
Rancho Palos Verdes, CA 90275

24/7

Retirement facility providing independent living, assisted living, memory care unit and skilled nursing. Supervised activities and transportation for medical care.

Website: www.thecanterbury.org

ALZHEIMER'S

C&C Adult Day Health Care Center

310-354-0031

451 E. Carson Plaza Dr., #105
Carson, CA 90746

M-F, 8-4:30

Socialization program for the frail, elderly and adults with physical and/or mental impairments. Staffed with a social worker, occupational and physical therapist. Provided are support groups, meals and/or snacks, and transportation. Private pay, private insurance, Medi-Cal, managed care and Scan accepted. Also see Day Care category.
Website: www.ccadultdayhealthcare.com

Carson Adult Day Health Care Center

310-522-3860

23517 S. Main St., Suite 110
Carson, CA 90745

M-F, 8-4

Adult program providing health care, therapeutic and social services to frail, elderly and functionally impaired adults and those with Alzheimer's disease. Also see Day Care category.
Website: none

Carson Senior Assisted Living Center

310-830-4010

345 E. Carson St.
Carson, CA 90745

M-F, 8-5

Provides 3 meals/day. Respite care available. Has a secured facility for individuals with Alzheimer's and dementia. Also see Retirement category.
Website: www.carsonassistedliving.net

Clearview Alzheimer's Care Facilities

310-538-2323

15823 S. Western Ave.
Gardena, CA 90247

M-F, 8-4:30

Secured facility with 172 beds for ambulatory individuals with Alzheimer's/dementia. Also provides skilled nursing and physical, occupational and speech therapies. Medi-Cal and Medicare accepted.
Website: www.clearviewcare.com

ALZHEIMER'S

Connections Referral Service

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referrals for board and care, retirement, assisted living and skilled nursing facilities, as well as Alzheimer's homes. All services are free. Also see Board and Care, Retirement and Skilled Nursing categories.

Website: www.carehomefinders.com

Easter Seals Redondo Senior Program

310-214-6963

Anderson Park Senior Center
3007 Vail Ave.
Redondo Beach, CA 90278

M-F, 7:30-5:30

Sat, 10:30-5:30

Day care for people with Alzheimer's, Parkinson's, strokes, or the frail, older adult who need socialization. See also Day Care category.

Website: www.southbayadultcarecenter.org

El Camino Adult Day Health Care Center

310-679-7624

15429 Crenshaw Blvd., Suite D
Gardena, CA 90249

M-F, 8-2

Provides an array of therapeutic and social services designed to maximize the independence of those who are experiencing significant problems with their health and independence. The center is staffed with a health manager, public health specialist, social worker, psychiatrist/psychologist, occupational, speech and physical therapists, pharmacist, registered nurse, and recreational therapist. Breakfast, lunch, snacks and transportation provided. The program is fully reimbursable through the Medi-Cal program and all major health plans. Private pay accepted. Also see Day Care category.

Website: www.elcaminoadhcc.com

ALZHEIMER'S

Family Adult Day Health Care Center

310-602-0123

2280 Lomita Blvd.
Lomita, CA 90717

M-F, 9-3

A program that combines medical, rehabilitative, and maintenance services with social, recreational, transportation, and support services for the frail elderly and adults with physical and/or mental impairments. English, Korean, Tagalog, Chinese and Spanish spoken. Also see Day Care category.

Website: www.familyadhc.com

Family Caregiver Alliance

800-445-8106

235 Montgomery St., Suite 950
San Francisco, CA 94104

M-F, 9-5

Provides information, education, and support for family caregivers, including fact sheets, online discussion groups, Tele-Caregiving workshop, and personal stories. Also see Advocacy category.

Website: www.caregiver.org

Gardena Senior Citizens Day Care Center

310-217-9550

14517 S. Crenshaw Blvd.
Gardena, CA 90249

M-F, 9-3

Socialization program for older adults, ages 55+ who are frail with memory loss/dementia. Designed to meet individual participants' physical and mental health needs. Provides family support services, field trips, adult education classes, hot lunches and snacks. Registration required; sliding scale based on ability to pay. Transportation available for Gardena residents. Also see Day Care category.

Website: www.cityofgardena.org (search "senior citizens bureau" from the home page)

ALZHEIMER'S

Geriatric Solutions Unlimited

310-403-3499

1601 N. Sepulveda Blvd., #136
Manhattan Beach, CA 90266

24/7

Specializes in providing personalized free resources and information to seniors and families looking for alternative options in transitioning their love one. Assist in process to find the right assisted living, memory care/Alzheimer's care communities, residential board and care, respite care, and retirement communities, that will fit individual needs. The focus is to understand and personalize the best resource solution. Specializes in giving resources for VA veteran's, Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate and assess care needs, establish location, which is comfortable for client and family. Establish what client's social and personal interest and their budget. Serves South Bay, Los Angeles, Orange, Ventura and San Diego counties and throughout California. English, Spanish and Tagalog spoken. Also see Case Management, Board and Care, Retirement and Veteran's categories.

Website: www.freeseniorplacements.com

Glen Park at Long Beach

562-432-7468

1046 E. Fourth St.
Long Beach, CA 90802

M-Sun, 8-5

A State licensed assisted living facility serving the physical, social, emotional, and spiritual needs of seniors. A secured facility with 40 beds for Alzheimer's/dementia individuals as well as respite care. Provides 3 meals a day, health and wellness programs, full time activity directory, chapel with non-denominational services, and an internet/computer room. Also see Retirement category.

Website: www.glenparkhealthyliving.com/glen-park-at-long-beach/

ALZHEIMER'S

Home Instead Senior Care

310-542-0563

Help for Alzheimer's Families
3625 Del Amo Blvd., Suite #105
Torrance, CA 90503

M-F, 8-5

Agency will provide information, resources and support for families dealing with dementia. Referrals to Hilarity for Charity" respite grant program. Educational workshops are offered periodically. Caregiving services are also available. No charge for resources and information. English and Spanish spoken. Areas served are South Bay/Marina Rey. Also see In -Home Services Category.
Website: www.homeinstead.com

Huntington Retirement Hotel

310-370-5828

20920 Earl St.
Torrance, CA 90503

24 hrs.

60 years and older; accepts disabled. Provides 3 meals a day. Independent/assisted living as well as care for those with dementia, Alzheimer's and the non-ambulatory. Social and recreational programs. No skilled nursing. Transportation to and from medical appointments and shopping. In-house beauty shop. Also see Retirement category.
Website: www.huntingtonretirement.com

Live Oak

888-940-0605

P.O. Box 664
Lake Lure, NC 28746

**M-F, 9-5
EST**

Specialty products for individuals who need to maintain their independence in homes. Products designed for low vision, hearing impairments, stroke, arthritis, Alzheimer's and Multiple Sclerosis. Also see Disabilities category.
Website: www.liveoakmed.com

ALZHEIMER'S

Lomita Adult Day Health Care Center

310-539-4800

1234 Lomita Blvd., Suite E
Harbor City, CA 90710

M-F, 8-4

Day care for adults especially seniors who are at risk of being placed in a nursing home. Provides social and recreational activities, meals/snacks and a wide variety of health therapeutics and social services. Accepts Medi-Cal only. Also see Day Care category.
Website: none

Medic Alert Foundation

800-432-5378

5226 Pirrone Ct.
Salida, CA 95368

M-F, 6 am-5 pm

Engraved jewelry identifying medical condition with emergency help 24 hours a day. Provides identification for Alzheimer's patients. Call for brochure. Also see Identification and Hotline/Non-urgent categories.
Website: www.medicalert.org.

MedicAlert+Safe Return

888-572-8566

24/7

In association with Alzheimer's Association and others this nationwide identification program assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who may wander and become lost. Provides I.D. bracelets. Caregivers register dementia patients in the data bank. Also see Hotline/Non-urgent category.
Website: www.medicalert.org/safereturn

New LifeStyles

800-869-9549

4144 N. Central
Expressway #1000
Dallas, TX 75204

M-F, 8:30-5

Provides a complete list of state licensed facilities in the United States. Includes guides to senior living, senior care, assisted living facilities, retirement communities, Alzheimer's care and hospice care. Also see Board and Care, Hospice and Retirement categories.
Website: www.newlifestyles.com.

ALZHEIMER'S

Return Home Registry (Torrance)

310-618-6391
M-Th, 8-5

310-328-3456
24/7

The Torrance Police Department's Return Home Registry is designed to assist officers in locating Torrance residents lost or wandering when they go missing from their home or caregiver. The program is offered at no cost to participants. It is geared towards persons of all ages who suffer from conditions that would make it more difficult for them to find their way home, such as persons with Alzheimer's, autism, cerebral palsy, Down's Syndrome or other debilitating illnesses, as well as children with special needs. This program is not for persons who voluntarily run away from home for other reasons and/or have behavioral issues not related to a special need. Also see categories Disabilities and Hotline/Urgent categories.

Website: www.torranceca.gov/tpd (go to community affairs, return home registry)

Sage House (Salvation Army)

310-832-6031

138 S. Bandini St.
San Pedro, CA 90731

M-F, 8-5

Day care for Alzheimer's, dementia, and post-stroke individuals. Hot lunches and a variety of activities and outside groups entertain periodically. Offers a caregiver's support group. Also see Day Care category.

Website: www.salvationarmy-socal.org/southern-california/sage-house

Seniors Helping Seniors

310-878-2045

8939 S. Sepulveda Blvd., Suite 350
Los Angeles, CA 90045

24/7

The caregiver staff has the compassion, maturity, experience and training to adequately communicate with senior clients who are suffering from dementia and help them enjoy the best quality of life. The certified Dementia Care Practitioner works with the family of each client to improve the communication framework and provide guidance around living in the moment. Caregivers are trained, bonded, insured, Worker's Compensation covered and have passed thorough criminal background checks. Two-hour minimum required. Serves the South Bay and west of Los Angeles. Languages spoken are English, French and Arabic. Also see In -Home Services category.

Website: www.inhomecarela.com

ALZHEIMER'S

Silverado Live Chat and Hotline

866-522-8125

24/7

The live chat was developed to help families who are dealing with the challenges of dementia. When calling one will be immediately connected with a live, trained professional who is available to answer any questions regarding dementia. Chatting can be either by phone or website. Also see Hotline/Urgent category.

Website: www.silveradocare.com

Silverado Senior Living

310-896-3100

514 N. Prospect Ave.
Redondo Beach, CA 90277

24/7

Quality care for people suffering from memory disorders, Alzheimer's disease, dementia, and Parkinson's. Comprehensive 24-hr. licensed nursing services and day care, as well as physical, occupational, and speech therapies. Offers respite and day care services.

Website: www.silveradocare.com

Sunrise Assisted Living of Hermosa Beach

310-937-0959

1837 Pacific Coast Highway
Hermosa Beach, CA 90254

80 rooms. Accepts persons 60 years and older with memory impairments and Alzheimer's disease and provides 3 meals/day and life skills activities. Care is given in a secure area especially designed to meet residents' special needs. Also see Retirement category.

Website: www.sunriseseniorliving.com (search "Hermosa Beach, CA" from home page.)

Sunrise at Palos Verdes

310-377-7425

25535 Hawthorne Blvd.
Torrance, CA 90505

Provides persons 60 yrs. or older with memory impairments a safe, familiar yet a stimulating environment. The Memory Care services are designed to meet the individual's needs. Trained staff available 24 hr./day. Also see Retirement category.

Website: www.sunriseseniorliving.com (search "Palos Verdes, CA" from home page.)

ALZHEIMER'S

USC Family Caregiver Support Center

855-872-6060

3715 McClintock Ave.
Los Angeles, CA 90089

M-F, 8:30-5

Offers legal consultation, resource information, support groups and respite for caregivers to families of people with adult-onset brain impairment. Also see Advocacy and Legal categories.

Website: www.fcscgero.org

Vermont Health Care Center

310-328-0812

22035 S. Vermont Ave.
Torrance, CA 90502

200 beds providing skilled nursing and rehabilitation services and accepts individuals with Alzheimer's. Medicare, Medi-Cal, private pay, and some HMO's are accepted. Also see Skilled Nursing category.

Website: none

Welbrook Senior Living South Bay

424-488-6340

3210 W. Sepulveda Blvd.
Torrance, CA 90503

Assisted living and Memory Care for 65 yr. and older and disabled. Studio, one-bedroom, and two- bedroom options. Pet friendly. Services include dining, scheduled transportation, state-of-the-art emergency call system, housekeeping, laundry, utilities, and recreation. Amenities include coffee bar, movie theatre, beauty salon, game room, multi-purpose room, and large courtyard with putting green and gardening. Private pay only. Also see Retirement category.

Website: www.welbrooksouthbay.com

ALZHEIMER'S

Windsor Gardens of Hawthorne

310-675-3304

13922 Cerise Ave.
Hawthorne, CA 90250

99-bed facility for Alzheimer's individuals who are ambulatory, wheelchair-bound, or bedridden. Rehabilitation therapy on site. Accepts Medicare, Medi-Cal, HMO, VA or private pay.

Website: www.windsorcares.com

ANIMALS

Animal Care and Control

310-523-9566

216 W. Victoria St.
Gardena, CA 90248

M-Th, 12-7
F-Sun, 10-5

L.A. County shelter providing pet licensing and low-cost vaccinations for the unincorporated city of Torrance. Also investigates nuisance and cruelty complaints. Has pet adoption programs.

Website: www.animalcare.lacounty.gov

Animal Cruelty Tip Line

800-540-7722

Website: www.spcala.com

Animal Licenses

See Torrance Animal Control

Animal Safety Net Information and Hot line

323-733-0219

M-F, 8-5

Shelter for animals owned by abused persons. Outside of Los Angeles area call :
800-799-7233

International Bird Rescue

310-514-2573

3601 S. Gaffey St., Box 3
San Pedro, CA 90731

7 days, 8-5

Leading authority in bird care and oil spill response. Dedicated to saving oiled, injured and sick birds. Develops new and better treatments and protocols for aquatic birds. No after-hours drop off. To report oil spills call: 800-OILS-911. For emergencies call 888-447-1743.

Website: www.bird-rescue.org

ANIMALS

South Bay SPCA - L.A. Pet Adoption Center

310-676-1149

12910 Yukon Ave.
Hawthorne, CA 90250

Wed-Sun, 10-5

Intake of animals from several cities. Adopters can be from anywhere.
Website: www.spcala.com

Spay Neuter Project of LA

310-241-0768

310-574-5555

957 N. Gaffey St.
San Pedro, CA 90731

Wed-Sat, 9-5

M-Sun, 9-4

Low-cost spay and neuter clinic for cats and dogs. Pet owners with income below \$40,000/yr. qualify for program. Social Security also qualifies for low-income price. Must make appointment for spay and neuter. Walk-ins welcome for vaccines. Book appointments online or by phone.
Website: www.snpla.org

Torrance Animal Control

310-618-3850

2200 Jefferson St.
Torrance, CA 90501

M-Th, 8-4

field service, Mon, 8-5,

Picks up injured, stray and deceased animals. Answers complaints and investigates violations. Services provided within the city of Torrance ONLY -- refer to Animal Care and Control for other areas. Provides animal licensing for the city of Torrance. For individuals qualifying for City Utility User's Tax Exemption, the total income may not exceed \$29,700/year. Persons must be 62 years and older or disabled; the dog must be spayed or neutered. If these qualifications are met, one free dog license is issued. For further questions on the City's Utility User's Tax Exemption program call 310-618-5830.
Website: www.torranceca.gov (search "animal license" from home page)

Western Veterinary Group

310-539-3112

24260 Crenshaw Blvd.
Torrance, CA 90505

M-F, 7 am-7 pm

Sat, 8-4

Full-service vet offering orthopedic surgeries, dental services and low cost spay and neuter and vaccinations.
Website: www.westernvetgroup.com

BOARD AND CARE

Alternatives for Seniors

800-350-0770

P.O. Box 833
Southfield, MI 48037

Provides a senior housing and services resource publication. The magazine includes continuing care, retirement communities, independent and assisted living, residential care, Alzheimer/dementia resources, nursing/rehabilitation centers and home care. Also see Alzheimer's and Retirement categories.

Website: www.alternativesforseniors.com

Always Best Care Senior Services

310-792-8666

21250 Hawthorne Blvd., Suite 500
Torrance, CA 90503

Provides seniors and families with information and referrals to independent living, assisted living and board and care communities, as well as Alzheimer's homes. Each community is individually toured and evaluated. Seniors are personally matched to appropriate communities based on care needed, budget and location. Families are escorted to each location, bringing clarity and wisdom to a most important family decision. Service is FREE. Also see Alzheimer's, Case Management, In -Home Services and Retirement categories.

Website: www.alwaysbesthomecare.com

Amada Senior Care

310-953-0440

3812 Sepulveda Blvd., Suite 200
Torrance, CA 90505

M-F, 8:30-5:30

Offers one- on- one senior placement assistance including facility coordination and complimentary guided tours for independent living, assisted living, and memory care homes. Service is free. Also see Case Management, In Home Services, and Veterans' categories.

Website: www.amadaseniorcare.com

BOARD AND CARE

Connections Referral Service

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referrals for board and care, retirement, assisted living and skilled nursing facilities, as well as Alzheimer's homes. All services are free. Also see Alzheimer's, Retirement and Skilled Nursing categories.

Website: www.carehomefinders.com

Geriatric Solutions Unlimited

310-403-3499

1601 N. Sepulveda Blvd., #136
Manhattan Beach, CA 90266

24/7

Specializes in providing personalized free resources and information to seniors and families looking for alternative options in transitioning their love one. Assist in process to find the right assisted living, memory care/Alzheimer's care communities, residential board and care, respite care, and retirement communities, that will fit individual needs. The focus is to understand and personalize the best resource solution. Specializes in giving resources for VA veteran's, Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate and assess care needs, establish location, which is comfortable for client and family. Establish what client's social and personal interest and their budget. Serves South Bay, Beach cities, Los Angeles, Orange, Ventura and San Diego counties and throughout California. English, Spanish and Tagalog spoken. Also see Alzheimer's, Case Management, Retirement and Veteran's categories.

Website: www.freeseniorplacements.com

Heart Light Referral Service

310-490-6511

Heart Light Referral Service is a no-cost boutique style referral and placement service. Provided is a personalized, hands on service for seniors and their families looking for quality residential care communities, including independent living, assisted living, memory care, home care/home health, board and care, respite stays and consultations in the South Bay and Greater Los Angeles. Established in 1996. Also see Retirement category.

Website: www.heartlightonline.com

BOARD AND CARE

New LifeStyles

800-869-9549

4144 N. Central
Expressway #1000
Dallas, TX 75204

Provides a complete list of state licensed facilities in the United States. Includes guides to senior living, senior care, assisted living facilities, retirement communities, Alzheimer's care and hospice care. See also Alzheimer's, Hospice and Retirement categories.

Website: www.newlifestyles.com

CASE MANAGEMENT

Always Best Care Senior Services

310-792-8666

21250 Hawthorne Blvd., #500
Torrance, CA 90503

24/7

Provides non-medical in-home services for people who prefer to stay at home but need ongoing care that cannot easily be provided by family or friends. Care providers are bonded, insured and have passed a thorough criminal background check. Services include non-medical, personal and social needs. Examples are: grooming, dressing, bathing, toileting, incontinence, mobility, errands, and light housekeeping. Specialized caregivers are available for hospice patients. Care Manager on staff degreed in social work and gerontology provides guidance, support and care plan to address social, emotional, and health related concerns. Care is available 24 hr./day, 7 days/week with a 4-hour minimum. Service area is greater South Bay. Languages spoken: Spanish, Tagalog, Italian, Indonesian, French and Farsi. Also see Alzheimer's, Board and Care, In-Home Services, and Retirement categories.
Website: www.alwaysbesthomecare.com

Amada Senior Care

310-953-0440

3812 Sepulveda Blvd., Suite 200
Torrance, CA 90505

M-F, 8:30-5:30
on call 24/7

A resource for fully integrated care. Assistance with care providers, senior living options, financial care coordination, in-home technology and safety, and senior support. Has experienced advisors aiding in implementing and managing long-term care policies. Also see Board and Care, In -Home Services, and Veterans' categories.
Website: www.amandalosangeles.com

CASE MANAGEMENT

Attentive Home Care

**323-260-7721
800-731-0071**

2020 N. Broadway St., Suite 300
Santa Ana, CA 92706

Staff of companions, CNA's, certified home health aides assist with daily activities, exercise, mobility, errands, transportation, bathing, dressing, meal preparation, incontinence care and light housekeeping. Experienced with post-op recuperation, respite, hospice care, dementia, stroke and ALS. Geriatric case manager provides initial care consultation, care planning, senior advocacy and crisis management at no extra cost. Bonded, insured and member of the American Board of Home Care. Serving the South Bay, Orange, Los Angeles and San Diego counties. Also see In -Home Services category. Website: www.attentivehomecare.com

Beach Cities Health District

**310-374-3426
Ext. 256
(ask for officer of the day)**

514 N. Prospect Ave., 3rd Floor
Redondo Beach, CA 90277

M-F, 9--5

Care management for older adults and disabled adults living in Hermosa, Manhattan and Redondo Beach. Programs include: peer counseling, volunteer visits, fitness, wellness classes, and support groups. Also see Education, Health Services and Volunteering categories.

Website: www.bchd.org

Carson Senior Social Services

**310-835-0212
Ext. 1467**

801 E. Carson St.
Carson, CA 90745

M-F, 8-6

Case management, information and referral on a variety of services, including: taxes, Medicare advocacy, home assistance, legal referral and advocacy, Medi-Cal application assistance, food stamps, friendly visitor service, transportation, and recreation. Has a representative from the Housing Rights Authority. Call for schedule. Serves Carson and surrounding areas. Stroke Center open to residents and non-residents. Also see Senior Center category.

Website: ci.carson.ca.us (search "senior social services" from home page.)

CASE MANAGEMENT

Coastal Care Inc.

310-543-3211

21707 Hawthorne Blvd., Ste. 106
Torrance, CA 90503

24/7

Provides case management with skilled nursing and rehabilitation therapy as well as home care services including bathing, dressing, grooming, mobility assistance, meal preparation, shopping, transportation, medication reminder and, above all, caring and compassionate companions. Care is provided to all age groups, newborns to seniors, and their pets.

Works with veteran's organizations to obtain additional benefits to which one may be entitled. Spanish spoken. Geographic area served: El Segundo to Long Beach. Also see In- Home Services category.

Website: www.coastalcareinc.com

Disability Community Resource Center

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Must have physical or mental disability. Bilingual counseling, case management, assistance with employment, and information and referrals. Also see Advocacy, Case Management, Disabilities, and Social Security categories.

Website: www.dcrc.co

First Light Home Care

424-704-5330

3655 Torrance Blvd., #300
Torrance, CA 90503

M-F, 9-5

Provides assistance and guidance in all areas of case management and the aging process. A member of the Society for Senior Care Advisors can offer assistance with the journey of aging, health transitions, quality of life, finance and estate planning, and federal and state programs. Also see In- Home Services category.

Website: www.southbayfirstlighthomecare.com

CASE MANAGEMENT

Gardena Senior Citizens Bureau

310-217-9552

1670 W. 162nd St.
Gardena, CA 90247

M-F, 8-5

Case management, information and referral, health clinics, escort and shopping services, socialization, recreation programs, exercise, music therapy, education programs, in-home supportive help for low-income seniors, home delivered meals and transportation in Gardena. Lunch program M-F, 12:30-1 p.m. Bilingual (Spanish). Also see Meals/Nutrition and Senior Center categories.

Website: www.ci.gardena.ca.us (search "senior citizen bureau from the home page)

Genesis

213-351-7284

M-F, 8-5

Provides comprehensive mobile mental health and health services to frail homebound adults 60 yr. and older that support their dignity, maximize options and enhance independence. The services are coordinated with Adult Protective Services, mental health agencies, health providers including care management programs, hospitals and religious organizations. Those with dementia and Alzheimer's diagnosis are excluded. Services LA County. Also see Health Services category.

Website: <http://www.dmh@lacounty.com>

Gentle Transitions

310-937-1023

800-619-3049

1726 Manhattan Beach Blvd., Suite G
Manhattan Beach, CA 90266

M-F, 9-6

Helps plan, coordinate and supervise all aspects of a move, specializing in senior moves and in hiring a mover. Bonded and insured; references provided. Also see Hotline/Non-Urgent category.

Website: www.gentletransitions.com

CASE MANAGEMENT

Geriatric Solutions Unlimited

310-403-3499

1601 N. Sepulveda Blvd., #136
Manhattan Beach, CA 90266

24/7

Specializes in providing personalized free resources and information to seniors and families looking for alternative options in transitioning their love one. Assist in process to find the right assisted living, memory care/Alzheimer's care communities, residential board and care, respite care, and retirement communities, that will fit individual needs. The focus is to understand and personalize the best resource solution. Specializes in giving resources for VA veteran's, Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate and assess care needs, establish location, which is comfortable for client and family. Establish what client's social and personal interest and their budget. Serves South Bay, Los Angeles, Orange, Ventura and San Diego counties and throughout California. English, Spanish and Tagalog spoken. Also see Alzheimer's, Board and Care, Retirement and Veteran's categories.
Website: www.freeseniorplacements.com

HomeLife Partners

310-465-0100

23842 Hawthorne Blvd., Suite 201
Torrance, CA 90505

24/7

Delivers comprehensive geriatric care management designed to help the elderly live safely either in their own homes or in assisted living/skilled nursing facilities. Care Management services includes medical care coordination, household finance oversight, supervision of caregivers, directing home repair/modifications and regular communication with family. This is especially important when family does not live locally or unavailable to assist "at risk" seniors. Certified by the National Association of Professional Geriatric Care Managers (NAPGCM). Also see In -Home Services category.
Website: www.homelifepartners.com

CASE MANAGEMENT

Independence at Home

562-637-7116

3800 Kilroy Airport Way, Suite 100
Long Beach, CA 90806

M-F, 8-5

A care management organization dedicated to providing culturally and economically diverse seniors and disabled adults with personalized home and community-based services. The services are designed to assist clients in maintaining their well-being, dignity and independence at home. Clients must be 65 yrs. or older, currently eligible for Medi-Cal, functionally impaired and at risk of institutionalization in a nursing facility.

Website: www.independenceathome.org

Inglewood Senior Center

310-412-5338

330 Centinela Ave.
Inglewood, CA 90302

M-F, 8-5

Care and case management, information and assistance, group and home delivered meals, transportation, caregiver support services, diabetic support group, senior Tai-Chi, lunch 12-12:30, trips and excursions. Also see Meals/Nutrition and Senior Centers categories.

Website: www.cityofinglewood.org (Search “senior center” on home page)

Lawndale Community Center-Senior Services

310-973-3270

14700 Burin Ave.
Lawndale, CA 90260

M-Th, 7-8

Fri, 7-4

Sat, 10-2

Provides case management and offers information and referrals, transportation, Meals on Wheels, on-site lunch program, fitness, social and recreational activities. Also see Meals/Nutrition and Senior Centers categories.

Website: www.lawndalecity.org (after clicking “Services” tab at top of home page, select “Daily Senior Activities Schedule”)

CASE MANAGEMENT

Little Tokyo Service Center

213-473-3035

231 E. 3rd St., Suite G-106
Los Angeles, CA 90013

M-F, 9-5

A non-profit social service and community development agency providing a variety of services including case management, counseling, affordable housing, and small business development. Services are available in English, Japanese, Korean, Chinese and Spanish.

Also see Advocacy category.

Website: www.ltsc.org

LivHOME

323-933-5880

5670 Wilshire Blvd., #500
Los Angeles, CA 90036

M-F, 8-5

On-call 24/7

Life Care Managers are certified by the National Academy of Certified Care Managers based on their education, experience and testing. Professional backgrounds include social work, nursing, counseling, gerontology or mental health. They provide a holistic consultation during times of crisis or transition and create a plan of care for every level of the aging process. They offer advocacy, medication oversight, emotional/psychological support, social planning and engagement to enhance quality of life, support and training for family caregivers to help achieve a greater sense of balance, oversight and connection for out-of-town families. Provides ongoing risk assessment, crisis intervention, expert witness for the courts, in-home therapy, tele-health technology, coordination of medical services, family mediation, referrals for legal and financial services, and community resource referrals. Also see In- Home Services category.

Website: www.livhome.com

Physician's Choice

310-793-1616

3220 Sepulveda Blvd., Suite 100
Torrance, CA 90505

M-F, 9-5

Health care services providing case management, skilled nursing, private duty, medical social services, home based heart program, and rehabilitation therapy. Accepts Medicare, Medi-Cal, insurance and private pay patients. Spanish, Japanese, Chinese, and Korean spoken. Also see In-Home Services category.

Website: www.pchomehealth.com

CASE MANAGEMENT

Providence Little Company of Mary Home Health

310-543-3450

5315 Torrance Blvd., Ste. B169
Torrance, CA 90503

Daily, 8-5

Case management provided. Doctor referral only for intermittent care by RN and LVN nurses. Provides physical, occupational, speech therapies, medical social workers, home health aides, and RN's specializing in psychiatry. Accepts Medicare, Medi-Cal and private insurance. Bilingual. Also see In Home Services category.

Website: california.providence.org/torrance/pages/homesvcs.aspx

San Pedro Service Center

310-519-6091

769 W. Third St.
San Pedro, CA 90731

M-F, 8-5

Multi-purpose facility with a wide range of educational, social, recreational activities, and programs for seniors 60 yr. and older. Services offered are case management, assistance with Medicare/Medi-Cal forms (call for times), emergency food distribution, as well as bread, fruit and vegetables distribution programs; arts and crafts, sewing, dance classes, beginner's computer training, senior nutrition site with hot lunch meal for \$3 (suggested donation). Also see Meals/Nutrition and Senior Centers categories.

Website: www.wdacs.lacounty.gov (click on "Service Locations" tab at top of home page and select "Community and Senior Centers Locator.")

Toberman Center

310-832-1145

131 N. Grand
San Pedro, CA 90731

M-F, 9-6

Family Source Center providing case management, clothing, shelter, food pantry, health screening, employment counseling, utility bill assistance, court-mandated programs, income tax preparation and legal assistance to individuals living at or below the federal poverty level. Children and youth services offered after school, family literacy program, ESL, after school meal and gang intervention. Walk-in's on Tuesdays, 9-12 to screen for services. Must bring proof of income and address for past 90 days. Service areas include San Pedro, Wilmington, and Harbor City.

Website: www.toberman.org

CASE MANAGEMENT

Torrance Memorial Home Health

310-784-3739

23326 Hawthorne Blvd., Suite 100A
Torrance, CA 90505

M-F, 8-4:30

Case management, coordinating services of RN's, therapists, home health aides, social workers and care with hospital discharge planners. Special programs include Cardiac Care, Oncology, Wound and Burn Care, and Intravenous Program. Medicare accepted. By referral only.

Website: www.ourparents.com/torrancememorialhomehealth

Wilmington Multipurpose Senior Center

310-518-4533

1371 N. Eubank
Wilmington, CA 90744

M-F, 8-4:30

Case management, transportation available for Wilmington, Harbor City, L.A. Strip and San Pedro. Recreation, health screening, information and referral, social services, legal aid, meals at center or home-delivered. Registry for in-home services. Also see Legal, Meal/Nutrition, Senior Centers and Transportation categories.

Website: www.laparks.org (search "Wilmington senior center" from home page)

COMPLAINTS

Business Consumer Alliance

562-216-9240

3363 Linden Ave., Site A
Long Beach, CA 90807

M-F, 8-5

Complaints and inquiries from consumers. Covers businesses in L.A., Orange, Riverside, San Bernardino Counties and all the USA.

Website: www.checkbca.org

California Bureau of Automotive Repair

310-410-0024

6001 Bristol Parkway, Suite 100
Culver City, CA 90230

M-F, 8-5

Consumer assistance and vehicle retirement program to assist consumers with vehicles that fail smog checks. For complaints on all automotive repairs, smog, and licensing, call: 800-952-5210. For consumer assistance program call 866-272-9642.

Website: www.smogcheck.ca.gov

California Contractors State License Board

800-321-2752

916-255-3900

9821 Business Park Dr.
Sacramento, CA 95827

M-F, 8-5

Licenses and regulates contractors in 44 license classifications and investigates complaints against contractors. Provides free publications about hiring contractors and the construction process. Maintains an informational website and toll-free automated telephone response system that provides the public with contractor licensing information.

Website: www.cslb.ca.gov

California Department of Insurance

800-927-4357

300 S. Spring St., South Tower
Los Angeles, CA 90013

M-F, 8-5

Consumer hotline for reporting fraud and injustice involving insurance companies, claims, and agents in California. Also see Insurance category.

Website: www.insurance.ca.gov

COMPLAINTS

California Department of Managed Health Care

888-466-2219

M-F, 8-6

Assists consumers who have been unsuccessful in appeals to their health plan. This department can help resolve problems with HMO's including issues about medical and dental care, prescriptions, preventive testing, and mental health services. No jurisdiction over Medicare issues. Also see Hotline/Non-urgent category.

Website: www.dmhc.ca.gov

Cemetery and Funeral Bureau

916-574-7870

M-F, 8-5

1625 N. Market Blvd., Suite S-208
Sacramento, CA 95834

The California Department of Consumer Affairs' Cemetery and Funeral Bureau licenses, regulates, and investigates complaints against California funeral establishments, funeral directors, embalmers, apprentice embalmers, cemetery brokers, cemetery salespersons, cremated remains disposers, crematories, and the nearly 200 licensed cemeteries in the state.

Website: www.cfb.ca.gov

Dental Board of California

877-729-7789

M-F, 8-5

2005 Evergreen St., Suite 1550
Sacramento, CA 95815

Complaints about dentists and registered dental assistants. Also handles licenses and enforcing them. Also see Complaints category.

Website: www.dbc.ca.gov

COMPLAINTS

Department of Consumer and Business Affairs – L.A. County

310-680-8613

Lennox Constituent Service Center
4343 Lennox Blvd.
Lennox, CA 90304

M, W, F, 9:30-4:30
Closed
noon to 1 pm

Assists with consumer complaints and tenant-landlord problems and has a small claims advisor program. Assistance is provided with small claims applications at the South Bay County Court House (located at 825 Maple in Torrance) on Thursdays from 8:30-4:30. Call the main office for urgent issues call 800-593-8222. Also see Advocacy and Legal categories.

Website: dca.lacounty.gov

Department of Fair Employment and Housing

800-884-1684

M-F, 8-5

Handles unlawful discrimination in housing, employment, public accommodations, and from the perpetration of acts of hate and violence.

Website: www.dfeh.ca.gov

Federal Trade Commission

877-382-4357

600 Pennsylvania Ave. N.W.
Washington, D.C. 20580

M-F, 9-8 pm
EST

Works for the consumer to prevent fraudulent, deceptive, and unfair business practices, and provides information to help consumers spot, stop, and avoid them. Free information on 400 consumer topics.

Website: www.ftc.gov/consumertipsandadvise

COMPLAINTS

HICAP (Medicare Insurance Counseling)

800-824-0780

California Health Advocates
Center for Health Care Rights
520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-5

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program Thursdays 10 am-1 pm. Must call for appointment: 310-517-4666.

Also see Advocacy, Health Services, Insurance and Legal categories.

Website: www.cahealthadvocates.org

L.A. County Consumer and Business Affairs

310-680-8613

Lennox Constituent Service Center
4343 Lennox Blvd.
Lennox, CA 90304

M, W, F, 9:30-4:30
Closed, noon to 1 pm

Assists with consumer complaints and tenant-landlord problems and has a small claims advisor program. Assistance is provided with small claims applications at the South Bay County Court House located at 825 Maple in Torrance on Thursdays from 8:30-4:30. Call the main office for urgent issues: 800-593-8222. Also see Advocacy and Legal categories.

Website: dcba.lacounty.gov

LA County Department of Public Health

800-228-1019

Health Facilities Inspections Division

M-F, 8-5

Nursing home certification and licensing. Complaints against skilled nursing homes, hospitals, home health agencies, and medical clinics.

Website: www.publichealth.lacounty.gov

COMPLAINTS

Long Term Care Ombudsman

562-925-2346

Wise and Healthy Aging
5220 Clark Ave., Ste. 415
Lakewood, CA 90712

M-F, 8:30-5

Takes complaints on board and care, nursing homes, and convalescent hospitals within L.A. County. Provides education for residents and their families about rights in these facilities and helps address issues and resolve complaints. Also see Abuse, Advocacy and Hotline/Urgent categories.

Website: www.wiseandhealthyaging.org

Medical Board of California

800-633-2322

916-263-2424

2005 Evergreen St., Suite 1200
Sacramento, CA 95815

M-F, 8-5

For complaints about physicians, surgeons, physician's assistants, psychologists, podiatrists, and licensed midwives.

Website: www.mbc.ca.gov

Medi-Cal Fraud Hotline

800-822-6222

Dept. of Health and Care Services

M-F, 8-5

Languages spoken: Spanish, Vietnamese, Cambodian and Russian. Also see Hotline/Urgent category.

Website: www.dhcs.ca.gov

Medicare Fraud Hotline

800-447-8477

U.S. Department of Health and Human Services
Inspector General's Office

M-F, 8-5:30

Languages spoken: English and Spanish. Also see Hotline/Urgent category.

Website: oig.hhs.gov/fraud/report-fraud

COMPLAINTS

Mobile Home Assistant Center

800-952-8356
Option 3 then 2

Department of Housing and Community Development
2020 W. El Camino Ave.
Sacramento, CA 95833

For complaints about dealers, sales agents, warranties, and residency laws. Investigates mobile home park problems, including electrical, roads, structures, and water.

Website: www.hcd.ca.gov

Public Utilities Commission (Calif.)

800-649-7570
213-576-7000

M-F, 8-5

Regulates privately owned electric, natural gas, telecommunications, water, railroad, rail transit, and passenger transportation companies. Cannot help resolve issues with publicly owned or municipal utilities.

Website: www.cpuc.ca.gov

Social Security Fraud Hotline

800-269-0271

M-F, 10-4

Report fraud, waste, or abuse within the Social Security programs such as retirement, disabilities, survivors and supplemental security income. Report persons who are buying or selling social security numbers. Also see Hotline/Urgent and Social Security categories.

Website: www.ssa.gov (search “submit a fraud report” from the home page)

State Bar of California

800-843-9053

845 S. Figueroa St.
Los Angeles, CA 90017

M-F, 9-5

Takes complaints only. Also see Legal category.

Website: www.calbar.ca.gov

COMPLAINTS

The U.S. Food and Drug Administration

The Food and Drug Administration (FDA) is an agency within the U.S. Department of Health and Human Services. The FDA protects the public health by assuring the safety, effectiveness, quality, and security of human and veterinary drugs, vaccines and other biological products, and medical devices. The FDA is also responsible for the safety and security of most of our nation's food supply, all cosmetics, dietary supplements and products that give off radiation and regulating tobacco products. There are several ways you can report problems to FDA:

Consumer Complaint Coordinator Assistance:

Call the FDA Consumer Complaint Coordinator (949) 608-3530, or the Public Affairs Specialists (818) 226-1856, (949) 608-3530.

Report Adverse Events:

Report any product products or unexpected side effects (adverse events) that occur while using drugs, medical devices, dietary supplements, infant formulas, cosmetics, and blood products and other biologics (except for vaccines) to FDA's MedWatch program. They can be reached online at www.fda.gov/Safety/MedWatch, by regular mail, by fax to 1-800-332-0178, or by phone at 1-800-332-1088.

Report a vaccine-related illness or injury to the Vaccine Adverse Event Reporting System (VAERS) by calling 1-800-822-7967 and requesting a reporting form or visiting www.vaers.hhs.gov.

Report a problem with animal drugs by calling 1-888-FDA-VETS. To report complaints about pet food (and other animal feed), call the FDA Consumer Complaint Coordinator (818) 226-1856, (949) 608-4407.

Website: www.fda.gov. and www.vaers.hhs.gov

DAY CARE

Carson Adult Day Health Care Center

310-522-3860

23517 S. Main St., Suite 110
Carson, CA 90745

M-F, 8-4

Adult program providing health care, therapeutic and social services to frail, elderly, and functionally impaired adults, and those with Alzheimer's disease. Also see Alzheimer's category.

Website: none

C&C Adult Day Health Care Center

310-354-0031

451 E. Carson Plaza Dr., #105
Carson, CA 90746

M-F, 8-4:30

Socialization program for the frail, elderly and adults with physical and/or mental impairments. On staff is a social worker, occupational and physical therapist. Provided are support groups, meals and/or snacks, and transportation. Private pay, private insurance, Medi-Cal, managed care and Scan accepted. Also see Alzheimer's category.

Email: www.ccadultdayhealthcare.com

Easter Seals Redondo Senior Program

310-214-6963

Anderson Park Senior Center
3007 Vail Ave.
Redondo Beach, CA 90278

M-F, 7:30-5:30

Day care for people who have Alzheimer's, Parkinson's, strokes, or the frail, older adult who needs socialization. Also see Alzheimer's category.

Website: www.southbayadultcarecenter.org

DAY CARE

El Camino Adult Day Health Care Center

310-679-7624

15429 Crenshaw Blvd., Suite D
Gardena, CA 90249

M-F, 8- 2:30

Provides an array of therapeutic and social services designed to maximize the independence of those who are experiencing significant problems with their health and independence. The center is staffed with a health manager, public health specialist, licensed clinical social worker, occupational, speech and physical therapists, pharmacist, registered nurse, and recreational therapist. Breakfast, lunch, snacks and transportation provided. The program is fully reimbursable through the Medi-Cal program and all major health plans. Private pay accepted. Also see Alzheimer's category.
Website: www.elcaminoadhcc.com

Family Adult Day Health Care Center

310-602-0123

2280 Lomita Blvd.
Lomita, CA 90717

M-F, 9-3

A program that combines medical, rehabilitative, and maintenance services with social, recreational, transportation, and support services for the frail elderly and adults with physical and/or mental impairments. English, Korean, Tagalog, Chinese and Spanish spoken. Also see Alzheimer's category.
Website: www.familyadhcc.com

Gardena Senior Citizens Day Care Center

310-217-9550

14517 S. Crenshaw Blvd.
Gardena, CA 90249

M-F, 9-3

Socialization program for older adults, ages 55+ who are frail with memory loss/dementia. Designed to meet individual participants' physical and mental health needs. Provides family support services, field trips, adult education classes, hot lunches and snacks. Registration required; sliding scale based on ability to pay. Transportation available for Gardena residents. Also see Alzheimer's category.
Website: www.cityofgardena.org (search "senior citizens bureau" from the home page)

DAY CARE

Lomita Adult Day Health Care Center

310-539-4800

1234 Lomita Blvd., Suite E
Harbor City, CA 90710

M-F, 8-4

Day care for adults, especially seniors who are at risk of being placed in a nursing home. Provides social and recreational activities, meals/snacks and a wide variety of health therapeutics and social services. Accepts Medi-Cal only. Also see Alzheimer's category. Website: none

Sage House (Salvation Army)

310-832-6031

138 S. Bandini St.
San Pedro, CA 90731

M-F, 8-5

Day care for those with Alzheimer's, dementia, or post-stroke. Hot lunches provided. Variety of activities provided, and outside groups come to entertain. Caregiver meetings free to the public; meeting 3rd Wednesday of the month from 5:30 pm -7 pm. Transportation may be provided within a 6-mile radius. Also see Alzheimer's category. Website: www.salvationarmy-socal.org/southern-california/sage-house

DENTAL

Dental Board of California

877-729-7789

2005 Evergreen St., #1550
Sacramento, CA 95015

M-F, 8-5

Review disciplinary action to complaints regarding care and abuse by dentists who are members of the L.A. Dental Society. Also see Complaints category.
Website: www.dbc.ca.gov

First Serve Community Services of the South Bay, Inc.

310-320-3818

M-F, 8-4

Provides free basic dental services to the elderly, under-employed, and uninsured for South Bay residents. Basic dental includes checkups, cleaning, filling, extractions, periodontal services, and x-rays. Also see Disabilities and Hospice categories.
Website: www.first-serve.org

Harbor UCLA Dental Clinic

310-222-3493

1000 W. Carson St.
Torrance, CA 90509

M, T, Th, F, 1-4:30 pm

Provides tooth extractions. Other dental treatments might be available. Appointment needed.
Website: None

Herman Ostrow School of Dentistry USC

213-740-2805

925 W. 34th St.
Los Angeles, CA 90089-0641

Routine care, braces, dentures, cosmetic dental treatments and X-rays. Services at reduced fees. No senior discounts. Appointments can only be made after pre-registering by phone or in person. The office will accommodate as many patients as possible. Must bring California ID. Rates are 10-30% less than private practice.
Website: www.dentistry.usc.edu

DENTAL

Saban Community Clinic

323-653-1990

8405 Beverly Blvd.
Los Angeles, CA 90048

**M-Th, 7-7 pm
F, 7-4:30**

Dental care, including x-rays, fillings, extractions, and cleanings. Also provides full dentures for eligible patients.

Website: www.sabancommunityclinic.org

South Bay Family Health Care Center

310-802-6170

Administration
23430 Hawthorne Blvd., #210
Torrance, CA 90505

M-F 8:30-5

Dental care by appointment that includes dental preventive care, cleaning, x-rays, fillings and extractions. Accepts persons who are uninsured or under-insured, Medi-Cal and immigrants. Fees on sliding scale. A non-profit agency. Other locations:

Redondo Beach, 2114 Artesia Blvd., Inglewood, 1091 S. La Brea Ave.,
Carson, 270 E. 223rd St., and Gardena, 742 W. Gardena Blvd. Also see Health Services category.

Website: www.sbfhc.org

UCLA School of Dentistry

310-206-3904

10833 Le Conte Ave.
Los Angeles, CA 90095

**M-Th 7:30-12:30
for screenings**

Offers services significantly lower than private practice rates. Faculty dentists perform initial consultations and students complete subsequent work. No walk ins.

Website: www.dentistry.ucla.edu/patient-care/

DENTAL

UCLA - Venice Dental Clinic

310-392-4103

323 S. Lincoln Blvd.
Venice, CA 90291

M-F, 8-5

Provides comprehensive dental care including oral and implant surgery serving indigent patients, the elderly, homeless, and ethnic minorities. Services include fillings, crowns, cleaning, root canal, extractions, dentures and partial dentures. Visits by appointment only.

Website: www.dentistry.ucla.edu/patient-care/venice

DISABILITIES

Ability Tools (California Foundation for Independent Living Centers)

800-390-2699
TTY: 800-900-0706

Ability Tools
1000 G St., Suite 100
Sacramento, CA 95814

M-F, 8-5

Assistive Technology Network is an online database of organizations and businesses that sell, service, rent, fund or otherwise provide assistive technology services. State wide assistive technology program. Must be California resident with a disability. When using this service, enter your zip code and then specify distance and categories to help find resources within your local area.

Website: www.abilitytools.org

Access-Able Travel Source, LLC

Web site only

P.O. Box 1796
Wheat Ridge, CO 80034

Provides access information to disabled travelers with travel resources for locations around the world. Has an extensive list of travel agents and tour operators that are experienced with trip planning for individuals with disabilities.

E-mail: bill@access-able.com

Website: www.access-able.com

Access Services, Inc.

800-827-0829

Services all L.A. County

M-F, 8-5
(office hours)

Disabled, who cannot board, ride or exit a public bus or train. Wheelchair accessibility. Call for eligibility requirements. Operates 7 days a week. Also see Transportation category.

Website: www.accessla.org

DISABILITIES

American Academy of Ophthalmology Eye Care America

Website only

24 hrs.

Provides online only access to free educational materials on eye health and access to medical eye care for persons 65 years and older who have not been seen by an ophthalmologist in 3 or more years, and who have no eye care insurance.

Website: www.aao.org/eyecare-america

American Foundation for the Blind

800-232-5463

1401 S. Clark St., Suite 730
Arlington, Virginia 22202

**M-F, 8-5
EST**

The mission of the foundation includes broadening access to technology, promoting independent and healthy living for people with low vision by providing them and their families with relevant and timely resources. Also see Health Services category.

Website: www.afb.org

Amramp

310-530-1570

2702 Ridgeland Rd.
Torrance, CA 90505

M-Sat, 8-6

Rents and sells low-cost steel modular wheelchair ramps (temporary or permanent), lifts, wireless alert devices, deck lifts, stair lifts, door openers and closers, and wheelchair showers.

Website: www.amramp.com/laoc

Anderson Park Senior Center

310-374-3426

Adaptive Mobility /Post Stroke Support Group
Anderson Park Senior Center
3007 Vail Ave.
Redondo Beach, CA 90278

Activities to stimulate motor skills as well as stroke client support groups, Monday, 1-3 pm. Call for further information. Also see Senior Center category.

Website: www.bchd.org

DISABILITIES

ATEC (Assistive Technology Exchange)

714-361-6200

1601 E. St. Andrews Pl.
Santa Ana, CA 92705

**M-F, 8-5
Sat, 10-2**

ATEC is a comprehensive assistive technology resource center. Provides consultation and assessment services, equipment loan and support in learning how to use assistive technology equipment. Assistive technology includes augmentative and alternative communication, computer access, low vision and blindness technology, and electronic aids to daily living, ergonomics, and assistive living devices.

Website: www.ocgoodwill.org/changinglives/assistive-technology-exchange-center

Beacon House

310-514-4940

1003 S. Beacon St.
San Pedro, CA 90731

The Beacon House Association of San Pedro is a state certified residential alcoholic/drug recovery facility for men over the age of 18 who are ambulatory, mentally competent, and have a sincere desire to achieve long lasting abstinence from drugs and alcohol. The program is community based and peer group oriented in addition to recovery services, food and shelter.

Website: www.thebeaconhouse.org

Better Hearing Institute

800-327-9355

1444 I Street, NW, Ste. 700
Washington, DC 20005

24 hrs.

Provides educational material and resources for hearing loss, prevention, and guides to hearing aids.

Website: www.betterhearing.org

DISABILITIES

Braille Institute of America

**800-272-4553
323-663-1111**

741 N. Vermont Ave.
Los Angeles, CA 90029

M-F, 8:30-5

The Braille Institute is committed to eliminating blindness as a barrier to fulfilling life. Information, instruction, and training for visually impaired, the blind and their families. Services: library, low vision rehabilitation, educational programs and visual aid service for visually impaired. The store sells assisted living aids; hours M-F, 9-4:30. Also see Libraries category.

Website: www.brailleinstitute.org

CA Department of Rehabilitation

310-217-6955

1149 W. 190th St., Suite 2200
Gardena, CA 90248

M-F, 8-5

Assists Californians with disabilities to obtain and retain employment and maximize their ability to live independently in their communities. Offers vocational rehabilitation preparing individuals for employment, and can include training, education, transportation, and job placement. Other office locations: and 4300 Long Beach Blvd., Suite 200, Long Beach, (district office) phone 562-422-8325. Also see Employment category.

Website: www.dor.ca.gov

California Aquatic Therapy and Wellness Center

310-537-2224

6801 Long Beach Blvd.
Long Beach, CA 90805

**T-F, 8:30-3
Sat, 8:30-1**

The mission of the center is to promote wellness and improve the quality of life for individuals with health needs including the disabled, injured, elderly and youth. Provides water exercises and therapeutic activities for those with limited range of motion, poor motor coordination, perceptual/spatial problems, balance deficits, circulatory problems, and orthopedic injuries. The facility is equipped with accessible ramps and lifts for those who are wheelchair-bound or have limited mobility.

Website: www.caaquatictherapy.com/

DISABILITIES

California Phones (California Telephone Access Program)

Voice: 800/806-1191

TTY: 800/806-4474

M-F, 7 am-6 pm

Sat, 9-4

AT&T customer service provides specialized telecommunication equipment and services. Equipment available at no charge for California residents certified as having functional limitations of hearing, vision, restricted mobility, speed, and memory. Certification can be issued from a medical doctor, licensed audiologist, rehabilitation counselor, or hearing aid dispenser. Spanish also spoken.

Website: www.californiaphones.org

CART (Center for Applied Rehabilitation Technology)

562-401-6800

7601 E. Imperial Highway
Downey, CA 90242

M-F, 8-3

CART is a comprehensive assistive technology resource center providing consultation and assessment, equipment loan, technical support, and learning assistance. Areas of assistive technology support include: computer access and use, low vision and blindness, augmentative and alternative communication, and electronic aids to daily living. Seating, positioning, and mobility are evaluated to ensure optimal function. Interdisciplinary teams are assigned to work with clients and caregivers to ensure recommended technologies are compatible and provide optimal function. A model home with high-tech adaptations for the physically disabled is maintained at the facility to provide client evaluations in a realistic environment. Accepts most medical insurance including Medi-Cal and Medicare. A doctor's prescription is required. CART is an integral part of the Rancho Los Amigos National Rehabilitation Center (hospital) in Downey.

Website: dhs.lacounty.gov/wps/portal/dhs/rancho

DISABILITIES

Center for the Partially Sighted

323-344-8105

7462 N. Figueroa St., Suite 103
Los Angeles, CA 90041

**Clinic, M-F, 9-4
Store, 9-1, 2-5**

A comprehensive low-vision rehabilitation agency for visually impaired adults age 50 years and older. Services include: low vision exams, training in the use of low vision aids, support groups, independent living skills training, and psychological and rehabilitation services. Specialized programs include macular degeneration, diabetes, and vision loss. Accepts Medicare and Medi-Cal. Sliding scale based on ability to pay at Culver City only. Some services for totally blind individuals.

Website: www.low-vision.org

Comfort Clothing

888-640-0814

P.O. Box 1396
Standish, ME 04084

7 days, 8-6

Provides easy access clothing at reasonable prices for people with disabilities or restrictions.

Website: www.comfortclothing.com

Deaf and Disabled Telecommunications Program (California Relay Service-CRS)

711

Allows deaf, hard of hearing or speech impaired persons to communicate with any other telephone user via using "Telecommunications Device for the Deaf" (TDD), Voice Carry Over (VCO), Hearing Carry Over (HCO) or Spanish to Spanish.

24 hrs. 7 days/week. Phone (TDD): 800-735-2929.

Website: www.ddtp.cpuc.ca.gov

DISABILITIES

Del Amo Hospital

310-530-1151

23700 Camino Del Sol
Torrance, CA 90505

24/7

Psychiatric hospital with several treatment programs for all ages including eating disorder recovery, trauma recovery, sexual addiction, sexual offending, chemical dependency, as well as general adult services. Accepts Medicare, Medi-Cal for kids 21 yrs. under only, Tricare and private insurance. Also see Hospitals category.
Website: www.delamohospital.com

Department of Mental Health, L.A. County

800-854-7771

24/7

24-hour screening and assessment care management, referral for emergency and crisis intervention. Also see Health Services and Hotline/Urgent categories.
Website: www.dmh.lacounty.gov

Department of Rehabilitation, CA

310-217-6955

1149 W. 190th St. Suite 2200
Gardena, CA 90248

M-F, 8-5

Assists Californians with disabilities obtain and retain employment and maximize their ability to live independently in their community. Offers vocational rehabilitation preparing individuals for employment, and can include training, education, transportation, and job placement. Other office location: Long Beach, phone: 562-422-8325. Also see Employment category.
Website: www.dor.ca.gov

Didi Hirsch Mental Health Services

310-846-2100

323 N. Prairie Ave.
Inglewood, CA 90301

Individual and group counseling, psychiatric medical management, employment help, group activities, classes and peer support groups. Will assist with Medi-Cal eligibility. Also see Health Services category.
Website: www.didihirsch.org

DISABILITIES

Disability Community Resource Center

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Must have physical or mental disability. Bilingual counseling, case management, assistance with employment, and information and referrals. Also see Advocacy, Case Management, Disabilities, and Social Security categories.

Website: www.dcrc.co

Disability.gov

Website only

Federal government website for comprehensive information on disability programs and services in communities nationwide. Site links to more than 14,000 resources from federal, state and local government agencies, academic institutions and non-profit organizations. Subject area includes benefits, civil rights, community life, education, emergency preparedness, employment, housing, technology and transportation. Disability.org is managed by the US Department of Labor's office of Disability Employment Policy.

Website: www.disability.gov

Disability Products

480-220-1739

2119 Valencia Dr.
Phoenix, AZ 85042

**M-Sat, 9-9
EST**

Assistive devices and daily living aids such as wheelchair accessories, low vision aids, help at home, food prep, dressing and grooming aids, bath, shower, and toilet aids.

Website: www.disabilityproducts.com

Disability Resource Directory

785-765-3621

P.O. Box 204
Manhattan, KS 66505

Online resource directory includes communications, educational, rehabilitation and resource institutions, organizations as well as manufacturers and vendors of both hardware and software products.

Website: www.disability-resource.com

DISABILITIES

Disability Rights California

Los Angeles Legal Office
350 S. Bixel St. Suite 290
Los Angeles, CA 90017

800-776-5746
213-213-8000
M-F, 9-5

Disability Rights California works to bring about fairness and justice for people with disabilities. May file lawsuits on behalf of individuals or groups, investigate charges of abuse and neglect, build peer/self-advocacy groups, advocate for change in laws, regulations, public policy, and provide information to those who may not know about their rights. Also see Advocacy and Legal categories.

Website: www.disabilityrightsca.org

Disability Rights Legal Center

256 S. Occidental Blvd., Suite B
Los Angeles, CA 90057

Intake number 213-736-1030

M-F. 9-5

The center provides legal and other assistance to the Southern California community, focusing on disability-related issues. Cases handled include disability civil rights issues, mediation of disputes involving disability issues, and lawyer referral services. Spanish also spoken. Also see Advocacy and Legal categories

Website: www.disabilityrightsadvocacycenter.org

Disabled Discount Pass Program, CA State Parks

P.O. Box 942896
Sacramento, CA 94296-0001

800-777-0369

California State Park offers a lifetime Disabilities Discount Pass for \$3.50. A lifetime pass is issued to applicants who are permanently disabled. The pass entitles a person to a 50% discount on basic facility use fees including day parking, camping and boat/day parking. The pass may be used at all parks and recreational sites operated by the State of California except Hearst Castle at San Simeon. Also see Discounts category.

Website: www.parks.ca.gov (search “disabled” from home page).

DISABILITIES

Enhanced Vision

714-374-1829

5882 Machine Dr.
Huntington Beach, CA 92649

M-F, 8-5

Designs and manufactures assistive technology for the visually impaired including Macular Degeneration, Glaucoma, Cataracts, Retinitis Pigmentosa and Diabetic Retinopathy. Dedicated to help individuals maintain their independence and carrying a full line of superior, easy-to-use low vision tools at affordable prices.
Website: www.enhancedvision.com

Enrichment Through Employment, Inc.

310-328-0706

1840 W. 220th, Suite 310
Torrance, CA 90501

M-F, 8:30-5

Help with job placement for persons suffering from chronic mental illness. Also see Employment category.
Website: www.ete-torrance.org

First Serve Community Services of the South Bay, Inc.

310-320-3818

M-F, 8-4

A program for South Bay adults with special needs. The goal is to provide a setting where adults can enjoy creative and fun activities, engage in service projects and community involvement, and grow in their confidence and giftedness as individuals and friends. Participants develop new friendships and skills for educational and social activities. Meetings are the last Wednesday of each month in the First Lutheran Library. Call for times. Also see Dental and Hospice categories.
Website: www.first-serve.org

DISABILITIES

Flying Wheels Travel

877-451-5006

143 W. Bridge St.
Owatonna, MN 55060

**M-F, 9-5
CST**

Provides individual travel arrangements, customized escorted tours and group travel experiences all over the globe for people with physical disabilities, chronic illness or difficulty walking. Will arrange accessible transportation, accommodations and excursions to meet one's needs.

Website: www.flyingwheelstravel.com

Free Mailing Services for the Blind and Visually Impaired (U.S. Postal Service)

800-275-8777

Consumer Advocate
475 L'Enfant Plaza, SW Room 4012
Washington, DC 20260-2200

The U.S. Postal Service allows visually impaired persons (this applies to deaf-blind individuals) to send and receive books, recorded material, certain types of equipment and other mail free-of-charge if they are registered at the local post office. Send for a copy of the pamphlet "Mailing Free Matter for Blind and Visually Handicapped Persons" from the Office of the Consumer Advocate. Also see Discounts category.

Website: www.usps.com (search for "publication 347")

Functional Living

310-514-1733

3627 Almeria St.
San Pedro, CA 90731

M-F, 7:30-3:30

A designated Certified Aging in Place Specialist providing home modifications to remove barriers and make life simple again. Provides grab bars, hand rails, stair lifts, accessible showers, walk-in tubs, ramps, wheel chair lifts, widening doorways, comfort height toilets, bidet toilet seats, lever door handles, home elevators, accessible kitchen alterations, whole bathroom remodels, tub/shower conversions, shower, tub seats, benches, and more. A full assessment and design consultation is available to make sure all needs are met.

Website: www.functionalliving.com

DISABILITIES

Gold Violin

877-648-8400

1717 Allied St., #1
Charlottesville, VA 22903

M-F, 9-5

Helpful products for independent living for persons with issues ranging from low vision and mobility loss to achy joints and hearing loss. Items include gadgets for the kitchen, bed and bath, as well as the home office.

Website: www.goldviolin.com

Guide Dogs for the Blind, Inc.

800-295-4050

350 Los Ranchitos Rd.
San Rafael, CA 94903

M-F, 8-5

A non-profit charitable organization that provides skilled guide dogs and training in their use to visually impaired adults residing in the United States and Canada.

Website: www.guidedogs.com

Harbor-UCLA Medical Center Psychiatric Emergency Room

310-222-3144

1000 W. Carson St.
Torrance, CA 90509

24 hrs.

Facility for all psychiatric and medical emergencies. Also see Hotline/Urgent category.

Website: www.harboruclapsych.com/contact-information/

Home Delivery Incontinence Supplies

800-269-4663

9385 Dielman Industrial Dr.
Olivette, MO 63132

CST

M-Th, 8:30-7

F - 8:30-5

Sat, 8:30-2

Unique products to improve health, safety and comfort in the home, including aids for daily living, bathroom safety, personal care and mobility aids.

Website: www.hdis.com

DISABILITIES

Hearing Aid Help Line

800-521-5247

M-F, 8-5,

Sponsored by the International Hearing Society, provides a consumer information kit with local referral to a hearing aid specialist. Also see Advocacy category.

Website: www.ihsinfo.org

Home Improvement Program – Torrance

310-618-2731

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see In-Home Services and Hotline/Non-urgent.

Website: www.torranceca.gov/services/home-improvement-program

Humanware

800-722-3393

1 UPS Way
Champlain, NY 12919

M-F, 8:30-4:30

Adaptive equipment for blind, low vision, learning disabled and deaf-blind communication devices.

Website: www.humanware.com

ICare Clothing Solutions USA, Inc.

800-445-1981

M-F, 8-4

Clothing for the person who needs full or partial assistance when dressing. Adaptive clothing utilizes special closures and styling addressing the problems of incontinence, edema, limited range of motion as well as some behavior problems that are often associated with Alzheimer's disease or dementia.

Website: www.clothingsolutions.com

DISABILITIES

Joseph B. O’Neal Jr. and Mary Ann Stroke Center

310-952-1763

801 E. Carson St.
Carson, CA 90745

M-F, 8:30-4:30

The stroke center supplements care and services to stroke survivors who have had a stroke more than 6 months ago. Services provided include: exercise program, fitness center, water exercise, support groups for stroke survivor and caregiver, nutrition program, occupational and speech therapy.

Website: carson.ca.us (click “Residents” link at the top of page, then select “Human Services.” Stroke Center will have a link on the left side of page.)

L.A. County Department of Mental Health

800-854-7771

24 hrs.

24-hour screening and assessment, care management, referral for emergency and crisis intervention. Also see Health Services and Hotline/Urgent.

Website: www.dmh.lacounty.gov

LifeNets Wheelchair Project

317-426-7874

513-843-7744

The Wheelchair Project
1227 Woodchase Trail
Batavia, OH 45103

Non-profit wheelchair project for people to either donate or receive a manual or power wheelchair. The recipient needs to arrangement to pick up the chair or pay shipping charges.

Website: www.lifenets.org/wheelchair

Lighthouse Guild Vision + Health

800-829-0500

111 E. 59th St.
New York, NY 10022-1202

M-F, 9-6

Works to build confidence, independence, and the opportunity for quality of life for people with impaired vision. Provides educational and advocacy services.

Website: www.lighthouseguild.org

DISABILITIES

Lions Clubs International

Collects and recycles used eyeglasses, laser and ink jet cartridges, cell phones and accessories, and reconditions used hearing aids for needy persons. Local contact for eyeglasses in the South Bay: Dick Hobart, phone 310-259-0898. Contact persons for hearing aids, Torrance: Gerry Clement, 310-293-9671, West Torrance: Storm Bird, 310-342-6011, North Torrance: Joe Ozaki, 310-342-6011 and for hearing aid general information, Roy Peters, 310-527-4373.

Website: www.lionsclubs.org

Long Beach Artificial Limb Company, Inc.

562-426-5531

2268 Long Beach Blvd.
Long Beach, CA 90806-4417

M-F, 8-4:30

Provides personalized care and medical devices for rehabilitation. Specializes in hand made prosthetics and orthotic devices with superior treatment for amputees in LA county.

Website: www.lbal.net

LS&S

800-468-4789

145 River Rock Dr.
Buffalo, NY 14207

M-F, 9-5

A national catalog company with products for the visually impaired and hard of hearing. Provides a wide variety of products including talking products, magnifiers, electronic optical enhancement devices, amplified products and daily living aids.

Website: www.LSSproducts.com

Mac's Lift Gate, Inc.

800-795-6227

2801 South St.
Long Beach, CA 90805

M-F, 9-5

Family owned business that manufactures, sales and installs platform wheelchair vertical lifts for home, porches, and vehicles. Provides gate or lift for commercial trucks and vans.

Website: www.macsliftgate.com

DISABILITIES

Make Life Easier

800-522-0227

19465 Brennan Ave.
Perris, CA 92599-3000

M-F. 8-6

Offers a wide assortment of health and fitness aids, visual aids, mobility and support, home convenience items and bathroom safety products.

Website: www.make-life-easier.com

MaxiAids

800-522-6294

42 Executive Blvd.
Farmingdale, NY 11735

M-F, 8:30-5:30

Supplies more than 1000 products for the blind/visually impaired, deaf/hard of hearing and mobility impaired. Provides high-tech and low-tech solutions including large print/talking products, computer hardware and software, and amplified telephones.

Website: www.maxiaids.com

Medical Baseline Program

800-655-4555

Southern California Edison

24 hrs.

For consumers with specific medical situations who may require greater amounts of energy to meet day-to-day needs. Additional "Standard Allowance" is available to those meeting health-related qualifications. If the California Independent System Operator declares a Stage 3 Emergency and requires power reduction, SCE will automatically contact Medical Baseline customers with a pre-recorded telephone message. Interpreters available for many languages.

Website: www.sce.com

DISABILITIES

National Alliance n Mental Illness-NAMI

P.O. Box 5295
Torrance, CA 90510

310-533-0705
Hotline: 800-950-6264
24/7

A grass roots, family support and advocacy organization dedicated to improving the lives of families who have relatives with a mental illness. Monthly meetings, caring and sharing support groups, family-to-family education series, and peer-to-peer recovery education series. Meetings held the third Monday of the month at First Lutheran Church, 2900 W. Carson St., Torrance. Call for details.

Website: www.namisouthbay.com

National Rehabilitation Information Center

8400 Corporate Dr., #500
Landover, MD 20785

800-346-2742
M-F, 8:30-5:30
EST

Provides a library and information center with references related to disability and rehabilitation. Spanish also spoken.

Website: www.naric.com

New Directions Travel

5276 Hollister Ave., Suite 207
Santa Barbara, CA 93111

888-967-2841
M-F, 9-5

A non-profit organization providing high quality local, national, and international travel vacations and holiday programs for people since 1985. Those served are adults and seniors who have brain impairments such as mild to moderate developmental disabilities, mental retardation, cerebral palsy, Down Syndrome and autism. The tour guides are special educational instructors, recreation therapists, residential counselors, vocational and independent living skills counselors, and other professional staff who have been trained to work with people with developmental disabilities.

Website: www.newdirectionstravel.org

DISABILITIES

North Coast Medical, Inc.

800-821-9319

8100 Camino Arroyo
Gilroy, CA 95020

M-F, 8-4

Wide variety of products such as household helpers, adaptive eating utensils, exercise equipment, transfer devices, and tools for bathing and toileting.

Website: www.ncmedical.com

Patterson Medical

800-323-5547

28100 Torch Parkway, #700
Warrenville, IL 60555-3938

M-F, 7-7 CST

Provides aides to daily living products to assist with reaching, physical therapy, dressing, personal care, exercising, writing, reading, cooking and eating, positioning and mobility.

Website: www.pattersonmedical.com

Providence Little Company of Mary Medical Center San Pedro Rehabcentre

310-832-3311

1300 W. 7th St.
San Pedro, CA 90732

M-F, 8-4

Rehabcentre is an acute rehabilitation program housed within Providence Little Company of Mary Medical Center, San Pedro. The program provides inpatient services for those who have experienced stroke, brain injury, spinal cord injury, multiple trauma, neurological illnesses, or post-operative orthopedic services. The Joint Commission on the Accreditation of Healthcare Organizations certifies the Advanced Primary Stroke Center.

Other location: 21135 Hawthorne Blvd., Torrance, CA 90503,
phone 310-792-3440.

Website: california.providence.org/san-pedro/

Public Transportation

South Bay Region

Transportation departments in all South Bay cities provide discounts for seniors and disabled riders. Refer to Transportation section of this directory. Also see Discounts category.

DISABILITIES

Return Home Registry (Torrance)

310-618-6391
M-Th, 8-5
310-328-3456
24/7

The Torrance Police Department's Return Home Registry is designed to assist officers in locating Torrance residents lost or wandering when they go missing from their home or caregiver. The program is offered at no cost to participants. It is geared towards persons of all ages who suffer from conditions that would make it more difficult for them to find their way home, such as persons with Alzheimer's, autism, cerebral palsy, Down's Syndrome or other debilitating illnesses, as well as children with special needs. This program is not for persons who voluntarily run away from home for other reasons and/or have behavioral issues not related to a special need. Also see Alzheimer's and Hotline/Urgent categories.

Website: www.torranceca.gov/tpd (go to community affairs, return home registry)

SBCC Thrive LA

310-414-2090

540 N. Marine Ave.
Wilmington, CA 90744

M-F, 9-6

A non-profit mental health agency providing services, regardless of economic status, to residents of LA County. Also see Health Services category.

Website: www.sbccthrivela.org

Smarthome

800-762-7846

16542 Millikan Ave
Irvine, CA 92606

M-F, 9-5
Sat, 10-2

Many products for home automation such as remote controls for lighting, sound and temperature. Also provides an on-line Installer Referral Program to help find a local installer, if needed.

Website: www.smarthome.com

DISABILITIES

South Bay Home Health Care

310-618-9555

Mobility Care
1349 El Prado
Torrance, CA 90501

**M-F, 9-6
Sat, 10-3**

Medical supplies, equipment rental and repairs. Custom wheelchairs. Senior discount given. For emergency service (oxygen patients) after hours, call 800-464-3258. Also see Health Services category.

Website: www.mobilitycare.com

Speech-Language Pathology & Audiology & Hearing Aid Dispensers Board

916-263-2666

2005 Evergreen St., Suite 2100
Sacramento, CA 95815

M-F, 8-5

Educates, serves and protects consumers in the purchase of hearing aids by ensuring the competency of hearing aid dispensers. Also see Advocacy category.

Website: www.speechandhearing.ca.gov

St. Mary's Low Vision Center

562-491-9275

Parr Health Enhancement Center, 2nd floor
1055 Linden Ave.
Long Beach, CA 90813

**M-F, 8-4:30
By Appointment only**

Optical aids, reading devices, and training in activities of daily living. Offers free vision evaluation.

Website: www.dignityhealth.org/stmarymedical (search for "low vision" from home page)

DISABILITIES

Torrance Home Improvement Program

310-618-2731

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see In-Home Services and Hotline/Non-urgent. Website: www.torranceca.gov/24075.htm

Torrance Public Library

310-618-5959

Katy Geissert Civic Center Library

ASSIST- 310-618-5950

WOW- 310-618-5950

3301 Torrance Blvd.
Torrance, CA 90503

The Library provides materials and services for individuals with sensory and physical or mobility disabilities. The Words on Wheels (W.O.W.) program makes many materials available via the library's home delivery program for those unable to physically visit or effectively use the library. The ASSIST (Accessible Services for Seniors – Information, Systems, Technology) program provides patrons with fully adjustable computer workstations, magnification and text-to-speech software, a variety of input devices, video print (CCTV) and hand-held magnifiers, and mobility devices (electric scooter, rolling walker, wheelchair). The Library also offers large print books, audio books on CD, and Playaway, and many DVDs with closed captions. Kits for book groups or memory stimulation are available for check-out. See also Library and Education categories. The Library's website is accessible 24 hours a day.

Website: www.library.torranceca.gov

DISABILITIES

Utility Users Tax Exemption (Torrance)

310-618-5830

**M-Th, 7:30-5:30
Alternate Fridays**

Torrance residents, 62 years or older and/or permanently disabled with income not to exceed \$30,150 would qualify for the exemption. Forms at Focal Point on Aging, phone 310-320-1300. If help is needed to complete form, go to Torrance City Hall, Finance Department, Revenue Division. Also see Discounts category.

Website: www.torranceca.gov (search “discounts” from home page, then scroll to bottom of results)

VOR

877-399-4867

836 S. Arlington Heights Rd., #351
Elk Grove Village, Illinois 60007

M-F, 9-5

VOR’s mission is to advocate for high quality care and human rights for people with intellectual and developmental disabilities. Programs include medical and legal advocacy. Also see Advocacy category.

Website: www.vor.net

W.O.W. (Words on Wheels)

310-618-5954

Torrance Public Library
Katy Geissert Civic Center Library
3301 Torrance Blvd.
Torrance, CA 90503

Volunteers deliver books including large print, music, CD’s, machines and talking books from the Braille Institute to residents in Torrance and surrounding areas who cannot get to the library. To sign up contact the Words on Wheels coordinator at above number.

Website: torranceca.gov/Library/5555.htm

DISCOUNTS

AARP

866-448-3615

National Headquarters
601 E. St. N.W., Suite AI-200
Washington, DC 20049

AARP Purchase Privilege Program provides discounts on hotels, motels, car rentals, auto and homeowner's insurance, dental and life insurance, roadside assistance, motor club, and pharmacy services. Must be a member of AARP.

Website: www.aarp.org

AARP endorsed programs:

Dental Insurance Plan 866-583-2085
Legal Services Network 866-330-0753

Medicare Advantage 77-485471
Supplemental Insurance 866-739-6497

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

M-F, 9:00-12:30
1:00-4:15

Free network of health and wellness services for people 50 yrs. and older. Members receive discounts on select health education services and wellness classes, free van transportation to and from Torrance Memorial for outpatient care, discounted van transportation to and from adjacent doctor's offices, and a 25% discount on cafeteria meals. Also see Education, Health Services, and Insurance categories.

Website: www.torrancememorial.org (search "Advantage Program" from home page)

Animal Licenses

310-618-5830

City of Torrance
Finance Dept., Revenue Division

M-Th, 7:30-5:30
Alternate Fridays

One free dog license if individual qualifies for City Utility User's Tax Exemption subject to maximum household income limit. Must be 62 years or older, or permanently disabled. Dog must be spayed or neutered to qualify. Also see Animal category.

Website: www.torranceca.gov (search "animal license" from home page)

DISCOUNTS

Disabled Discount Pass Program, CA State Parks

800-777-0369

P.O. Box 942896
Sacramento, CA 94296-0001

California State Park offers a lifetime Disabilities Discount Pass for \$3.50. A lifetime pass is issued to applicants who are permanently disabled. The pass entitles a person to a 50% discount on basic facility use fees including day parking, camping and boat/day parking. The pass may be used at all parks and recreational sites operated by the State of California except Hearst Castle at San Simeon. Also see Disabilities category.

Website: www.parks.ca.gov/?page_id=27241

Energy Assistance Fund (Southern California Edison)

800-736-4777

The Energy Assistance Fund Program is designed to help Southern California residential customers in need to pay their electric bills. A maximum of \$100 is available to qualified customers once in a 12-month period. For 1-2 persons in a household the maximum annual income is up to \$31,020, 3 persons up to \$39,060.

Website: www.sce.com/eaf

Fox Drug of Torrance

310-328-7244

1327 El Prado Ave.
Torrance, CA 90501

**M-F, 9-6:30
Sat, 10-5**

Family owned and operated "Good Neighbor Pharmacy" for over 25 years. Accepts most insurance plans, including Medi-Cal and Medicare. Stocks a wide variety of merchandise, medical safety and bathroom equipment. Accepts utility payments, issues money orders, UPS shipping, Western Union, faxing and a copy machine. Dollar Day section and a monthly flyer features special pricing of merchandise. Local prescription delivery within a 5-mile radius.

Website: www.foxdrugoftorrance.com

DISCOUNTS

Free Mailing Services for the Blind and Visually Impaired (U.S. Postal Service)

800-275-8777
Recording only

Consumer Advocate
475 L'Enfant Plaza, SW Room 4012
Washington, DC 20260-2200

The U.S. Postal Service allows visually impaired persons (this applies to deaf-blind individuals) to send and receive books, recorded material, certain types of equipment and other mail free-of-charge if they are registered at the local post office. Send for a copy of the pamphlet "Mailing Free Matter for Blind and Visually Handicapped Persons" from the Office of the Consumer Advocate. Also see Disabilities category.
Website: www.usps.com (Search for "publication 347")

Partnership for Prescription Assistance

888-477-2669

M-F, 9-5:30 EST

A free or low-cost service connecting qualifying low-income California residents with discount prescription drugs through public or private programs.
Website: www.pparx.org

Postal Solutions

310-371-7184

4733 Torrance Blvd.
Torrance, CA 90503

M-F, 8:30-6
Sat, 9-5

Provides UPS, FedEx, U.S. Postal services, mailboxes, faxes, packing and moving supplies. Seniors 55 years and older receive 10% off moving supplies and packaging and shipping services. Notary service is \$15 per signature, 25% per signature if person mentions Focal Point. No appointment needed for notary.
Website: www.postalsolutionsinc.com

Public Transportation

South Bay Region

Transportation departments in all South Bay cities provide discounts for seniors and disabled riders. Also see Disabilities and Transportation categories.

DISCOUNTS

Remedy Pharm, The

310-375-0655

23811 Hawthorne Blvd.
Torrance, CA 90505

**M-F, 9:30-6
Sat, 10-3**

Offers 10% discount to seniors on prescriptions not covered by insurance and includes nutritional supplements and over-the-counter vitamins. Sells durable medical equipment such as walkers, canes, crutches and bathroom aids. Stocks surgical hose, orthopedic supports, incontinence products and wound care items. Smaller first aid supply items available. Specializes in compounding medications in different forms for special medical needs. Delivery service in the Torrance area with free delivery to seniors in nursing homes and assisted care facilities.

Website: www.theremedypharm.com

Rx Savings Plus Prescription Discount Program

888-620-1749

CVS Caremark Prescription Insurance

Prescription discount card accepted in cities nationwide. Call to locate a pharmacy near you. Use for prescriptions **not** covered by insurance. May also be eligible for higher discounts on select medications.

Website: www.rxsavingsplus.com

Senior Parking Passes (L.A. County Beaches)

310-821-1081

Department of Beaches and Harbors
13837 Fiji Way
Marina del Rey, CA 90292

M-Th, 7 am-6 pm

To obtain a parking pass (\$25 charge) you must be a resident of California and be at least 62 yr. of age. Must bring or mail a copy of CA driver's license and vehicle registration to above address. Can also fax the necessary papers to 310-821-6345. To obtain an additional pass (maximum of 2 per household) vehicle registration is required for each car. Recreational vehicles are not eligible. Note: parking passes are distributed over-the-counter. Pass will be mailed within 2 weeks. The pass can be used at staffed or un-gated parking lots only. Call Modern Parking Inc. at 310-821-1081 for staffing hours and available lots.

Website: beaches.lacounty.gov (search "senior parking pass" from home page)

DISCOUNTS

Southern California Edison Co.

800-736-4777

California Alternate Rates for Energy (CARE)

M-F, 8-6

Family Electric Rate Assistance (FERA)

Energy Assistance Fund (EAF)

Energy Savings Assistance Program

Medi-Cal Baseline Program; 800-655-4555

These programs provide income qualifying customers a saving of 30% or better on their monthly electric bill. Refer to Energy Assistance Fund in this category. Call for details.

Website: www.sce.com/careandfera

Southern California Gas Co.

877-238-0092

Medical Baseline Allowance Program

Persons in the household that have a life-threatening illness, are seriously disabled, or require more heat in winter due to serious health conditions may qualify for an additional allowance of gas at a lower rate. Qualifying conditions include paraplegia, quadriplegia, hemiplegia, multiple sclerosis, scleroderma, or a compromised immune system. A physician must certify the medical need. An application can be downloaded from www.socalgas.com/medical. Also see Hotline/Non-Urgent.

Other assistance programs:

California Alternate Rates for Energy (CARE) Program; 877-238-0092

Energy Savings Assistance Program (for home improvements): 800-331-7593

Low Income Home Energy Assistance (LIHEAP); 866-675-6623

Gas Assistance Fund (bill assistance during the winter): 877-238-0092

DISCOUNTS

The Remedy Pharm

310-375-0655

23811 Hawthorne Blvd.
Torrance, CA 90505

**M-F, 9:30-6
Sat, 10-3**

Offers 10% discount to seniors on prescriptions not covered by insurance and includes nutritional supplements and over-the-counter vitamins. Sells durable medical equipment such as walkers, canes, crutches and bathroom aids. Stocks surgical hose, orthopedic supports, incontinence products and wound care items. Smaller first aid items available. Specializes in compounding medications in different forms for special medical needs. Delivery service in the Torrance area with free delivery to seniors in nursing homes and assisted care facilities.

Website: www.theremedypharm.com

Universal Lifeline Telephone Service

AT&T
Verizon

**AT&T 800-310-2355
Verizon, 800-483-4000**

A discounted residential telephone service is available to those who meet low-income limits and other restrictions. Call for details.

Website: www.att.com or www.verizon.com (search “lifeline” from home page of either site)

Utility Users Tax Exemption (Torrance)

310-618-5830

**M-Th, 7:30-5:30
Alternate Fridays**

Torrance residents, 62 years or older and/or permanently disabled with income not to exceed \$30,150 would qualify for the exemption. Forms at Focal Point on Aging, phone 310-320-1300. If help is needed to complete form, go to Torrance City Hall, Finance Department, Revenue Division. Also see Disabilities category.

Website: www.torranceca.gov (search “discounts” from home page, then scroll to bottom of results)

EDUCATION

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

**M-F, 9:00-12:30,
1:00-4:15**

Membership is free. Health-related resources and services for people 50 yrs. and over. Health education lectures and wellness programs include fall prevention, gentle exercises, mature driver safety, Medicare (HICAP) counseling, advance directives, AARP Driver Safety Program, information and referral to community resources for seniors. Also see Health Services and Insurance categories.

Website: www.torrancememorial.org (search “Advantage Program” from home page)

American Board of Home Care (ABHC)

877-436-5259

949-482-0232

647 Camino de Los Mares, Suite 108-264
San Clemente, CA 92673

Educates seniors and their families on making decisions in choosing a caregiver.

Website: www.americanboardofhomecare.org

American Heart Association

Website

“Heart Insight” Magazine

Heart Insight magazine focuses exclusively on managing and preventing cardiovascular disease and related conditions. The publication can only be read online.

Website: www.heartinsight.com

Cancer Support Community

310-376-3550

Pier Plaza
109 W. Torrance Blvd., Suite 100
Redondo Beach, CA 90277

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or programs. Serves South Bay, Orange County, and Long Beach. Also see Education and Health Services categories.

Website: www.cancersupportredondobeach.org

EDUCATION

Community Services Department, City of Torrance

310-618-2720

3031 Torrance Blvd., West Annex
Torrance, CA 90503

**M-Th, 8-5
Alternate Fridays**

Variety of classes for various age groups includes dancing, jewelry making, oil painting, scrapbooking, photography, and exercise.

Web site: www.torranceca.gov/

El Camino College

310-660-6460

Community Education Dept.
16007 Crenshaw Blvd.
Torrance, CA 90506

M-F, 8:30-5

Offers community education classes not for college credit. Classes for all ages. Featured program “Young at Heart” for seniors 50 yr. and older. Call for schedule.

Website: www.eccommunityed.com

Health Links - Torrance Memorial Medical Center

310-325-9110

Retail and Resource Center
3330 Lomita Blvd.
West Tower Bldg., 1st floor
Torrance, CA 90505

Ext. 24225

M-F, 8:30-5

A centralized location for health-related information, products and services. Health Links emphasizes prevention and education to support health and wellness for the entire family. It offers unique specialty retail items recommended by hospital departments, free consumer education on community resources, and expanded therapeutic bodywork services. Health Links also provides information about Torrance Memorial and services including physician’s referral and health education class registrations. Free health and resource packets available on a variety of topics.

Email: healthlinks@tmmc.com. Also see Torrance Memorial Medical Center in this category.

Website: www.torrancememorial.org/healthlinks

EDUCATION

Health Resources (County of L.A. Public Library)

562-868-4003

Reference Service for Consumer Health
12350 Imperial Hwy.
Norwalk, CA 90650

T, W, Th, 10-8
Fri, 10-6
Sat, 10-5

Consumer health information, a special service provided by the County of Los Angeles Public Library, assists patrons with their medical research needs. The collection consists of reference books, periodicals, database, videos and circulating materials. The library does research upon request. The service is also available at any of the LA County libraries.

Website: www.colapublib.org/health

KEEP-SAFE Coalition

310-701-8118

4733 Torrance Blvd., #555
Torrance, CA 90503

M-F, 9-5

KEEP-SAFE stands for Keep Every Elder Protected-Stop Abuse and Financial Exploitation. Provides training and conducts free presentations to increase public awareness of crimes involving financial abuse of the elderly. Based in the South Bay, they combine community, financial institutions, law enforcement and social service agencies in combating financial elder abuse. Also see Advocacy category.

Website: www.keep-safe.org

Lifetime Learning Center (Long Beach City College)

562-938-3047

1305 E. Pacific Coast Highway, Room QQ 121
Long Beach, CA 90806

M, W, 9-3
Tu, 9-noon
Th, F, by appointment

Offers fee-based courses specifically designed for the needs and interests of mature students 55 years and older. Courses include horticulture, computers, music, consumer studies, literature, current and world affairs, and physical fitness. Day tours to interesting places i.e. museums, historical buildings, etc.

Website: www.lbcc.edu/seniorcenter

EDUCATION

National Center for Complementary and Integrative Health

888-644-6226

P.O. Box 7923
Gaithersburg, MD 20898-7923

**M-F, 10-5
EST**

The center is the federal government lead agency for scientific research on the diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. Their informational clearinghouse provides fact sheets, health topics, and research information and extensive database on herbs, dietary supplements, and complementary integrative health intervention.

Website: www.nccih.nih.gov

National Institute on Aging

800-222-2225

Information Center
31 Center Dr. MSC 2292
Gaithersburg, Maryland 20892

M-F, 8:30-5

Conducts and supports social, biomedical, and behavior research on aging processes, diseases, and the special problems and needs of older people. Provides publications on topics such as the biology of aging, exercise, doctor/patient communication, and menopause. The Institute produces the *Age Pages* – a series of fact sheets for consumers on a wide range of subjects including nutrition, medications, forgetfulness, sleep, driving, and long-term care information, publications, referrals, and resource lists. Resources are available in both English and Spanish.

Website: www.nia.nih.gov

OLLI (Osher Lifelong Learning Institute)

310-243-3208

California State University Dominguez Hills
1000 E. Victoria St.
Carson, CA 90747

A program of educational, cultural, and social interactions for retired and semi-retired individuals age 50 and over. Members enjoy the opportunity to take courses in a relaxed, supportive atmosphere for the pure pleasure of learning, without concern for grades. The program includes short courses on a variety of topics, peer-led courses, discussion groups, field trips, computer workshops, social gatherings and campus cultural events.

Website: www.scudh.edu/olli

EDUCATION

Omnilore CA State University, Dominguez Hills

310-215-1848

Beach Cities Health Center
514 N. Prospect Ave.
Redondo Beach, CA 90277

A ‘For Minds not Ready for Retirement’ program centered on peer-led study and discussion groups, affiliated with the division of Extended Education at California State University. Provides a learning-in-retirement community of approximately 300 seniors seeking intellectual stimulation, ages 50+ who organize study/discussion groups conceived, planned, and directed by its members.

Website: www.omnilore.org

Providence Little Company of Mary Health Resource Center

888-432-5464

20555 Earl St.
Torrance, CA 90503

**M-F, 7-7
Sat, 8-4:30**

Provides information on programs and services offered by PLCM hospitals in Torrance and San Pedro. It includes physician referral, education programs, as well as brochures on a variety of health-related topics. Also see Health Services.

Website: providence.org

Research for Life

800-229-3244

41743 Enterprise Circle N, Suite 104
Temecula, CA 92590

M-F, 9-4:30

Whole body donations provide scientific research and medical education. This “gift” will impact the quality of medical care and breakthroughs to cures for life threatening illnesses for generations to come. The organization covers all costs associated with donation including cremation. Also see Health Services and Hospice categories.

Website: www.researchforlife.org

EDUCATION

Road Scholar (formally Elderhostel)

877-426-8056

11 Avenue de Lafayette
Boston, MA 02111-1746

**M-F, 8-9
EST**

Educational programs for senior citizens who want to develop new interests and travel in the U.S. and throughout the world.

Website: www.roadscholar.org

SoCal Roc

310-224-4200

2300 Crenshaw Blvd.
Torrance, CA 90501

M-Th, 7:30 am- 8 pm

Vocational training programs providing job preparation and employment assistance in the community. Call for brochure of classes.

Website: www.socalroc.com

South Bay Literacy Council

310-373-7003

18436 Hawthorne Blvd., Suite 110
Torrance, CA 90504

Teaches adult students 18 years and older to read, write and speak English. Service is free. The Council also teaches basic literacy to native-born students. Will train prospective tutors. Knowledge of another language or teaching degree not necessary. Also see Volunteering category.

Website: sbl.org

EDUCATION

Torrance Adult School

310-533-4689

M-Th, 8 am – 9 pm
F, 8-4:30

Information and educational classes for adult seniors offered by Torrance Unified School District. Subjects include English as a second language, community interests, citizenship and computers. Classes are accessible, affordable, and held at a variety of facilities throughout the city, including Griffith Adult Center, Hamilton Adult Center and Levy Adult Center.

Website: www.tastusd.org

Griffith Adult Center
2291 Washington Avenue
Torrance, CA 90501
310-533-4689, Ext. 8300

Hamilton Adult Center
2606 W. 182nd Street
Torrance, CA 90504
310-533-4689, Ext. 8400

Levy Adult Center
3420 W. 229th Place
Torrance, CA 90505
310-533-4689, Ext. 8200

EDUCATION

Torrance Memorial Medical Center – Health Links

310-325-9110

Ext. 24225

M-F, 8:30-5

Retail and Resource Center
3330 Lomita Blvd.
West Tower Bldg., 1st floor
Torrance, CA 90505

A centralized location for health-related information, products and services. Health Links emphasizes prevention and education to support health and wellness for the entire family. It offers unique specialty retail items recommended by hospital departments, free consumer education on community resources, and expanded therapeutic bodywork services. Health Links also provides information about Torrance Memorial and a variety of services including physician referrals and health education class registrations. Free health and resources packets available on a variety of topics.

Email: healthlinks@tmmc.com. Also see Health Links in this category, Discounts, Education and Insurance categories.

Website: www.torrancememorial.org/healthlinks

Torrance Public Library

310-618-5959

Katy Geissert Civic Center Library

ASSIST- 310-618-5950

WOW- 310-618-5950

3301 Torrance Blvd.
Torrance, CA 90503

The Library provides materials and services for individuals with sensory and physical or mobility disabilities. The Words on Wheels (W.O.W.) program makes many materials available via the library's home delivery program for those unable to physically visit or effectively use the library. The ASSIST (Accessible Services for Seniors – Information, Systems, Technology) program provides patrons with fully adjustable computer workstations, magnification and text-to-speech software, a variety of input devices, video print (CCTV) and hand-held magnifiers, and mobility devices (electric scooter, rolling walker, wheelchair). The Library also offers large print books, audio books on CD, and Playaway, and many DVDs with closed captions. Kits for book groups or memory stimulation are available for check-out. Also see Library and Disabilities categories. The Library's website is accessible 24 hours a day.

Website: www.library.torranceca.gov

EDUCATION

UCLA Longevity Center

310-794-0676

10945 Le Conte Ave., Suite 3119
Los Angeles, CA 90095-6980

M-F, 8-4:30

Senior Scholars Program encourages life-long learning by inviting adults 50 yrs. and older to audit undergraduate courses. Now offering memory training – practical activities to enhance memory ability; Memory Care Program, and Brain Boot Camp.

Website: www.semel.ucla.edu/longevity

EMERGENCY SHELTER/FOOD PROGRAMS

211 L.A. County

211
800-708-6029
24/7

Provides resources for emergency food and assists homeless persons with access to shelters year-round for Los Angeles and surrounding areas. Also see Finances, Hotline/ Non-Urgent and Urgent categories.

Website: www.211la.org

Beacon Light Mission

310-830-7063

525 Broad Ave.
Wilmington, CA 90744

M, T, Th, F, Sat 9-12
Wed., 10-12

Provides a safe and nurturing environment for homeless men in the South Bay. Residents receive food, clothes, temporary shelter and counseling for 14 days.

Website: www.beaconlightmission.org

Calvary Assembly of God (His Helping Hand)

310-326-2757

25501 Oak St.
Lomita, CA 90717

T-F, 9-4:30

Surplus food distribution for the needy on Thursday, 6-7 p.m. Also see Meals/Nutrition category.

Website: www.lomitachurch.org (go to Ministries” tab of page and select “food bank”)

Calvary Light Christian Center

310-830-3043

1101 N. Lakme Ave.
Wilmington, CA 90744

Food distribution for the needy on Wednesday, 12 noon and groceries, 2-3:30 pm. Also see Emergency Shelter/Food Programs categories.

Website: calvarylightchristiancenter.org

EMERGENCY SHELTER/FOOD PROGRAMS

Calvary Presbyterian Church

310-676-1144

13560 Hawthorne Blvd.
Hawthorne, CA 90250

Th, F, 10-6

Grocery distribution for the needy the first Saturday of the month from 11:30 am-noon.
Also see Meals/Nutrition category.
Website: www.calvaryhawthorne.org

Department of Public Social Services, Los Angeles

562-908-8400

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Finances, Hotline/Non-Urgent, and Hotline/Urgent categories.
Website: dpss.lacounty.gov

Doors of Hope Women's Shelter

310-518-3667

529 Broad Ave.
Wilmington, CA 90744

**M, T, Th, F, Sat 9-12
Wed., 10-12**

Provides a safe and nurturing environment for homeless men or women in the South Bay. Residents receive food, clothes, temporary shelter and counseling for 14 days.
Website: www.doorsofhopewomensshelter.org

EMERGENCY SHELTER/FOOD PROGRAMS

Harbor Interfaith Services

310-831-9123

670 W. 9th St.
San Pedro, CA 90731

M-F, 9-5

Offers shelter, food, and transitional housing for homeless and working poor. Food stamp applications are processed 2nd and 4th Thursdays 8:30-11:30 am.

Website: www.harborinterfaith.org

House of Yahweh

310-675-1384

4046 W. Marine
Lawndale, CA 90260

M-F, 10-4

Sat, 10-3

Provides food, clothing, shelter and other supportive services to the economically disadvantaged and impoverished. Persons who participate in the transitional housing program must be homeless or soon to be homeless and be drug/alcohol free for 6 months. Clients must be employed, looking for employment or attending school. Also see Meals/Nutrition category.

Website: www.hoy-southbay.org

L.A. Regional Food Bank

323-234-3030

Also refer to Meals and Nutrition category. Log in by using a zip code to search for nearest food banks.

Website: www.lafoodbank.org. On home page scroll down to “Get Help” and click “learn more” to find resources in your area.

Los Angeles Homeless Services Authority

213-225-6581

M-F, 7:30-4:30

Service for people residing in the city and county of Los Angeles who are homeless or at risk of experiencing homelessness. Services include outreach to homeless encampment dwellers, and emergency services and shelter referrals to transitional housing. Also assists and provides referrals to social service agencies.

Website: www.lahsa.org

EMERGENCY SHELTER/FOOD PROGRAMS

Love Inc.

310-831-5683

P.O. Box 6442
San Pedro, CA 90734

**M, 9-12
T-F, 9-5**

Referral for food, clothing, transportation and shelters. Also see Employment, Finances, and In-Home Services.

Website: www.facebook.com/LoveINCSouthBay

PATH

323-644-2200

Long Beach outreach 562-457-0205

340 N. Madison Ave.
Los Angeles, CA 90004

M-F, 8-4

Services are available to anyone who is homeless or risk of becoming homeless. Mission is to support the homeless individuals needs to successfully transition from living on the street to thriving in homes of their own. Response to caller is in 72 hours. Email:

path@epath.org

Website: www.epath.org

Public Social Services, Department of

562-908-8400

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Finances, Hotline/Non-Urgent categories.

Website: www.dpssbenefits.lacounty.gov

Rock Solid Christian Assembly

310-832-2788

867 W. 10th St.
San Pedro, CA 90731

Distribution of food every Sunday of each month, 12:30-1:30 pm after church.

Website: www.rocksolidspanpedro.org

EMERGENCY SHELTER/FOOD PROGRAMS

San Pedro Temple Corps Community Center

310-832-7228

Salvation Army
138 S. Bandini
San Pedro, CA 90731

Food distribution for the needy, Friday, 9-12, 1:30-3 pm. Also see Meals/Nutrition category.

Website: www.salvationarmyusa.org

Senior Normandale Nutrition

310-328-3689

Normandale Recreation Distribution site
22400 S. Halldale Ave.
Torrance, CA 90501

Provides food items for homeless persons over 18, and low-income families on the 4th Tuesday of the month at 10:15 am. Bringing bags for food is appreciated. Serves the communities of Torrance, Lomita, Gardena, Carson, and Harbor City. Also see Meals and Nutrition category.

Website: none

St. Catherine Laboure Catholic Church

310-329-0993

3846 Redondo Beach Blvd.
Torrance, CA 90504

Food distribution for the needy on the last Saturday of the month, 11 am-1 pm. Also see Meals/Nutrition category.

Website: www.stcatchurch.org

St. Margaret's Center

310-672-2208

10217 Inglewood Ave.
Lennox, CA 90304

Provides emergency assistance (food pantry) for low income and homeless families, residing in Inglewood, Gardena, Hawthorne, Lennox, El Segundo, Lawndale, and Westchester.

Website: www.catholiccharitiesla.org

EMERGENCY SHELTER/FOOD PROGRAMS

Stillman Sawyer Family Services Center

310-835-1986

820 Lomita Blvd.
Harbor City, CA 90710

M-F, 9:30-12:30

Provides weekly and/or monthly-donated food distribution as well as government commodities to qualifying families and individuals. Also see Advocacy category.
Website: none

EMPLOYMENT

Department of Rehabilitation

310-217-6955

1149 W. 190th St., Suite 2200
Gardena, CA 90248

M-F, 8-5

Assists Californians with disabilities to obtain and retain employment and maximize their ability to live independently in their communities. Offers vocational rehabilitation preparing individuals for employment, and can include training, education, transportation, and job placement. Other office locations: 4300 Long Beach Blvd., Suite 200, Long Beach, CA 90801(district office) phone 562-422-8325. Also see Disabilities category.
Website: www.dor.ca.gov

Employment Development Department

310-782-2101

1220 Engracia Ave.
Torrance, CA 90501

M-F, 8-5

Operated by the state of California providing a comprehensive range of employment and training services which would benefit job seekers, laid off workers, individuals currently working, veterans, and people with disabilities. On site is the South Bay Professional Association-Experience unlimited for mature workers. Veteran Employment Service assists with job search for veterans. Also see Veterans category.
Website: www.edd.ca.gov

Enrichment Through Employment, Inc.

310-328-0706

1840 W. 220th, Suite 310
Torrance, CA 90501

M-F, 8:30-5

Help with job placement for persons suffering from chronic mental illness. Also see Disabilities category.
Website: www.ete-torrance.org

EMPLOYMENT

Gardena One-Stop Employment

310-538-7070

16801 S. Western Ave., Suite A
Gardena, CA 90247

M-Th, 7:30-5:30
Fri, 7:30-4:30

Offers resources for those looking for work. The office has computers, job listings, and fax machines. Closed on alternate Fridays. Other centers: Torrance, 1220 Engracia, phone 310-680-3830, Inglewood, 110 S. La Brea #503, phone 310-680-3700.

Website: www.ci.gardena.ca.us

Love Inc.

310-831-5683

P.O. Box 6442
San Pedro, VA 90734-6442

M, 9-noon
T-F, 9-5

Offers resume reviews and advice for making resumes have more impact. Help is provided for cover letters and follow-up letters after interviews. Provides mock interviews and job leads acquired from various services. No fee charged for these services. Also see Emergency Shelter/Food Programs, Finances, and In-Home Services categories.

Website: www.facebook.com/LoveINCSouthBay

Pacific Gateway Workforce Investment Network

310-732-5700

1851 N. Gaffey St., Suite F
San Pedro, CA 90731

M-F, 8-5

A comprehensive One Stop Career Center providing a full range of job seeker and employer services. Offers a variety of self-service job-seeking resources including free workshops to help with employment searches, free use of equipment such as computers, fax, copiers, phones, internet and resume writer computers on site. Veteran and employment representatives are available on an appointment basis. Also see Veterans category.

Website: www.pacific-gateway.org/veterans

EMPLOYMENT

SoCal Roc

310-224-4200

2300 Crenshaw Blvd.
Torrance, CA 90501

M-Th, 7:30 am- 8 pm

Vocational training programs providing job preparation and employment assistance in the community. Call for brochure of classes.

Website: www.socalroc.com

South Bay Professional Association

310-782-2101

1220 Engracia Ave.
Torrance, CA 90501

M-F, 8-5

Operated by the state of California with job search workshops, a resource center, counseling, and provides skills to return to the work place. On site is the South Bay Professional Association-Experience Unlimited for job seekers for professional and technical employment. The workshops include networking, resume assistance, etc. Will do research for available jobs. Veteran Employment Service assists with job search for veterans.

Website: www.sbpa-la.org

West Los Angeles Worksource

310-309-6000

Ext. 282

5446 Sepulveda Blvd.
Culver City, CA 90230

M-F. 8:00-5

Jewish Vocational Service of Southern California

Veterans First program provides career coaching to veterans, helping navigate the civilian business world. Will help assess job skills and, if needed, will help get additional education and training. The veteran must be under employed with honorable discharge or general under honorable conditions. Open to all faiths and must live in the Los Angeles area. Also see Employment category.

Website: www.jvs-socal.org

EMPLOYMENT

Disability Community Resource Center

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Must have physical or mental disability. Bilingual counseling, case management, assistance with employment, and information and referrals. Also see Advocacy, Case Management, Disabilities, and Social Security categories.

Website: www.dcrc.co

FINANCES

211 L.A. County

211
800-708-6029
24/7

Offers services and resources in money management. Also see Emergency Shelter/Food Programs, Hotline/Non-Urgent and Urgent categories.
Website: www.211la.org

Benefits Check Up (National Council on Aging)

Website only

The National Council on Aging provides on line services to help people explore drug coverage options and eligibility for assistance with medication costs and food. Identifies state and federal assistance programs for older adults. Refer to National Council on Aging description of services in this category. Also see Health Services category.
Website: www.benefitscheckup.org

Clear Point Credit Counseling Solutions

877-877-1995

Division of Money Management International
6055 E. Washington Blvd., #390
Los Angeles, CA 90040

M-F, 7 am-11 pm

A non-profit agency offering phone counseling for budgeting, money management, debt, internet counseling, default prevention, educational workshops, bankruptcy and reverse mortgage help. Appointments required. English and Spanish spoken.
Website: www.clearpoint.org

FINANCES

Credit Reporting Agencies

Equifax
P.O. Box 740241
Atlanta, GA 30374-0241
Website: www.equifax.com

800-525-6285 (fraud reporting)
Customer Care 866-640-2273

Experian
P.O. Box 2002
Allen, TX 75013
Website: www.experian.com

888-397-3742

Trans Union
P.O. Box 1000
Chester, PA 19016
Website: www.transunion.com

800-916-8800

Department of Public Social Services, Los Angeles

866-597-4777

M-F, 8-5

Provides financial assistance for basic needs: food, housing, general relief, in-home care, and/or medical assistance. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Serves people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Handles applications for food stamps and Medi-Cal. To request a Medi-Cal application call, 877-597-4777 or download from website. Also see Emergency Shelter/Food Programs, Hotline/Non-Urgent, and Hotline/Urgent categories.

Website: www.dpss.lacounty.gov

FINANCES

Homeownership Preservation Foundation

888-995-4673
TTY 877-304-9709
24 hrs.

Making Home Affordable Program
3033 Excelsior Blvd., Suite 500
Minneapolis, MN 55416

A free federal government program designed to help homeowners struggling to make their mortgage payments. Provides HUD-approved counselors to educate and counsel homeowners and develop solutions for preserving and expanding homeownership. Offers a range of solutions such as refinance to take advantage of today's low interest rates, reduce monthly mortgage payments, receive mortgage relief while searching for re-employment, getting help when a person owes more than the home is worth, and avoiding foreclosure when homeownership is no longer affordable or desirable. Partnership with consumer policy makers and the mortgage lending industry.

Websites: www.995hope.org or www.makinghomeaffordable.gov

Jewish Free Loan Association

323-761-8830

Jewish Community Center
6505 Wilshire Blvd., #715
Los Angeles, CA 90048

M-Th, 9-4:30
F, 9-2:30

A non-profit agency assisting people of all faiths facing financial challenges. Interest free loans for emergencies, education, health care and small business development. Call for appointment.

Website: www.jfla.org

Love Inc.

310-831-5683

PO Box 6442
San Pedro, CA 90734-6442

M, 9-noon
T-F, 9-5

Group of church volunteers who assist with many home services including utility bills, rental assistance, money management, etc. Call for further information. Also see Emergency Shelter/Food Programs, Employment, and In- Home Services categories.

Website: www.facebook.com/LoveINCSouthBay

FINANCES

National Council on Aging

251 18th St. South, Suite 500
Arlington, VA 22202

571-527-3900
800-424-9046
M-Th, 8:30-4:30
EST

Brings together non-profit organizations, business and government to develop creative solutions that improve the lives of older adults especially those who are vulnerable and disadvantaged. Provides comprehensive, integrated services that significantly increase income and/or reduce every day expenses. Strengthens and protects major public programs i.e. Medicare, Medi-Cal and Social Security. One of the online tools called Benefits Checkup allows sorting through programs to determine eligibility based on income and location. See also Advocacy and Health Services categories.

Website: www.benefitscheckup.org and www.ncoa.org

Public Social Services, Department of

866-613-3777
562-908-8400

M-F, 8-5

Provides financial assistance for basic needs: food, housing, general relief, in-home care, and/or medical assistance. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Serves people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Handles applications for food stamps and Medi-Cal. To request a Medi-Cal application call, 877-597-4777 or download from website. Also see Emergency Shelter/Food Programs and Hotline/Non-Urgent categories.

Website: dpss.lacounty.gov

HEALTH ORGANIZATIONS

Academy of Nutrition and Dietetics

800-877-1600

www.eatrightpro.org

Alcoholics Anonymous

800-923-8722

www.aa.org

ALS Association (Amyotrophic Lateral Sclerosis)

800-782-4747

www.alsa.org

Alzheimer's Association

800-272-3900

www.alzglia.org

American Brain Tumor Association

800-886-2282

www.abta.org

American Cancer Society

800-227-2345

www.cancer.org

American Chronic Pain Association

800-533-3231

www.theacpa.org

American Council of the Blind

800-424-8666

www.acb.org

American Dental Association

312-440-2500

www.ada.org

HEALTH ORGANIZATIONS

American Diabetes Association 800-232-3472
www.diabetes.org

American Heart Association 800-242-8721
www.heart.org

American Liver Foundation 800-465-4837
www.liverfoundation.org

American Lung Association 800-586-4872
www.lung.org

American Macular Degeneration Foundation 888-622-8527
www.macular.org

American Society on Aging 800-537-9728
http://asaging.org

American Speech-Language-Hearing Association (ASHA) 800-638-8255
www.asha.org

American Stroke Association 800-553-6321
www.strokeassociation.org

American Tinnitus Association 800-634-8978
www.ata.org

HEALTH ORGANIZATIONS

<u>American Trauma Society</u>	800-556-7890
<u>www.amtrauma.org</u>	
<u>American Urological Association Foundation</u>	866-746-4282
<u>www.auanet.org</u>	
<u>Amputee Coalition</u>	888-267-5669
<u>www.amputee-coalition.org</u>	
<u>Arthritis Foundation</u>	800-954-2873
<u>www.arthritis.org</u>	
<u>Asthma and Allergy Foundation of America</u>	800-727-8462
<u>www.aafa.org</u>	
<u>Better Hearing Institute</u>	800-327-9355
<u>www.betterhearing.org</u>	
<u>Brain Injury Association of America</u>	800-444-6443
<u>www.biausa.org</u>	
<u>Caregiver Action Network (CAN)</u>	202-454-3970
<u>www.caregiveraction.org</u>	
<u>Christopher and Dana Reeve Foundation</u>	800-225-0292
<u>(Paralysis/Spinal Cord Injuries)</u>	
<u>www.christopherreeve.org</u>	

HEALTH ORGANIZATIONS

<u>Epilepsy Foundation</u>	800-332-1000
<u>www.epilepsy.org</u>	
<u>Glaucoma Foundation, The</u>	212-285-0080
<u>www.glaucomafoundation.org</u>	
<u>Hospice Foundation of America</u>	800-854-3402
<u>www.hospicefoundation.org</u>	
<u>Huntington Disease Society of America</u>	800-345-4372
<u>www.hdsa.org</u>	
<u>International Hearing Society</u>	734-522-7200
<u>www.ihsinfo.org</u>	
<u>Leukemia & Lymphoma Society</u>	800-955-4572
<u>www.lls.org</u>	
<u>Lupus Foundation of America</u>	800-558-0121
<u>www.lupus.org</u>	
<u>MAGNUM: The National Migraine Association</u>	703-349-1929
<u>www.migraines.org</u>	
<u>Mental Health America</u>	800-969-6642
<u>www.mentalhealthamerica.net</u>	

HEALTH ORGANIZATIONS

<u>Muscular Dystrophy Association</u>	888-435-7632
<u>www.mda.org</u>	
<u>National Alliance on Mental Illness (NAMI)</u>	800-950-6264
<u>www.nami.org</u>	
<u>National Association for Continence</u>	800-252-3337
<u>www.nafc.org</u>	
<u>National Council on Aging</u>	800-424-9046
<u>www.ncoa.org</u>	
<u>National Eye Institute (NEI)</u>	301-496-5248
<u>nei.nih.gov</u>	
<u>National Headache Foundation</u>	312-274-2650
<u>www.headaches.org</u>	
<u>National Heart, Lung, and Blood Institute – Info Center</u>	301-592-8573
<u>www.nhlbi.nih.gov</u>	
<u>National Hospice and Palliative Care Organization</u>	800-658-8898
<u>www.nhpco.org</u>	
<u>National Institute of Neurological Disorders and Stroke</u>	800-352-9424
<u>www.ninds.nih.gov</u>	

HEALTH ORGANIZATIONS

<u>National Kidney Foundation</u>	800-747-5527
<u>www.kidney.org</u>	
<u>National Multiple Sclerosis Society</u>	800-344-4867
<u>www.nationalmssociety.org</u>	
<u>National Osteoporosis Foundation</u>	800-231-4222
<u>www.nof.org</u>	
<u>National Parkinson Foundation</u>	800-473-4636
<u>www.parkinson.org</u>	
<u>National Psoriasis Foundation</u>	800-723-9166
<u>www.psoriasis.org</u>	
<u>National Sleep Foundation</u>	703-243-1697
<u>www.sleepfoundation.org</u>	
<u>National Stroke Association</u>	800-787-6537
<u>www.stroke.org</u>	
<u>Skin Cancer Foundation</u>	800-754-6490
<u>www.skincancer.org</u>	
<u>Stroke Association of Southern California</u>	310-575-1699
<u>www.strokesocal.org</u>	

HEALTH ORGANIZATIONS

United Spinal Association – Spinal Cord Resource Center

800-962-9629

www.spinalcord.org

Vestibular Disorders Association

800-837-8428

www.vestibular.org

HEALTH SERVICES

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

**M-F, 9:00-12:30,
1:00-4:15**

Free network of health-related resources and services for people 50 and older. Fitness and wellness programs, health education, and caregiver support. Offers a free physician referral service to South Bay doctors in general practice, as well as specialists. For referrals call: 310-517-4700 between 8:30 am and 5:00 pm, Monday through Friday. Also see Discounts, Education, and Insurance categories.

Website: www.torrancememorial.org (search "Advantage Program" from home page)

Aging Life Care Association

520-881-8008

(Formally Nat. Assoc. of Professional Geriatric Care Managers)
3275 W. Ina Road, Suite 130
Tucson, AZ 85741

M-F, 8-4:30

Aging Life Care Association was formed in 1985 to advance dignified care for older adults and their families in the USA. Aging Life Care Professionals are health and human service professionals advocating and directing the care for older adults and others facing ongoing health challenges. Working with families, their expertise provides the answer at a time of uncertainty. Their guidance leads families to the actions and decisions that ensure quality care and optimal life for those they love, thus reducing worry, stress and time off from work for family caregivers. The national directory of Aging Life Care professionals can be found on the website.

Website: www.aginglifecare.org

American Cancer Society

**310-348-0356
press 3 for local office
800-227-2345**

5731 W. Slauson Ave., Suite 200
Culver City, CA 90230

M-F, 9-5

Information and referral support. Transportation to and from medical facility, visitor program for breast cancer patients. Skin cancer screening, patient education and cancer prevention programs. All cancer-related questions will be answered 24/7 @ 800-227-2345. Also see Health Organization category.

Website: www.cancer.org

HEALTH SERVICES

American Cancer Society, Road To Recovery

800-227-2345

24 hours

Road to Recovery Program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves. To be eligible a patient must be traveling to an appointment required to begin or complete cancer treatments or appointment for complementary cancer treatment. Transportation cannot be provided for follow-up appointments after treatments have been completed. The patient must be ambulatory, able to walk unassisted to and from the vehicle or have an accompanying caregiver to assist. Requires a five- business day advance notice.

Website: www.cancer.org

American Foundation for the Blind

800-232-5463

1401 S. Clark St., Suite 730
Arlington, Virginia 22202

**M-F, 8-5
EST**

The mission of the foundation includes broadening access to technology, promoting independent and healthy living for people with low vision by providing them and their families with relevant and timely resources. Also see Disabilities category.

Website: www.afb.org

American Red Cross

800-445-8210

3150 E. 29th St.
Long Beach, CA 90806

CPR, First Aid classes, emergency preparedness information and disaster services training. Information and education on health-related subjects. Has a certified nursing assistant training program. Also see Volunteering category.

Website: www.redcross.org

HEALTH SERVICES

Anatomical Gift Program

323-442-1191

323-442-1229

M-F, 7-3

University of Southern California
Keck School of Medicine
1333 San Pablo St., MMR 118
Los Angeles, CA 90089-9143

For educational purposes individuals can donate the whole body to enable students at the Schools of Medicine, Dentistry, and Department of Bio-kinesiology and Physical Therapy to learn the fundamentals of body structure for medical education and research. The university has its own transport services to residents of LA County. Transportation can be provided if death occurs within a 75-mile radius. Donors are cremated at no expense. To request a brochure and donation form call 323-442-1191 or email: brakke@usc.edu. Also see Hospice category.

Website: agp.usc.edu

Arthritis Foundation

323-954-5750

800 W. 6th St., Suite 1010
Los Angeles, CA 90017

M-Th, 8:30-5

Fri. 8:30-4:30

Rheumatology resources and referral list to resources and services for people with arthritis including exercise and aquatic classes. General information and resources.

Web site: www.arthritis.org

Beach Cities Health District

310-374-3426

Ext. 256

(Ask for Officer of the Day)

M-F, 9-5

514 N. Prospect Ave., 3rd floor
Redondo Beach, CA 90277

Care management for older adults and disabled adults living in Hermosa, Manhattan, and Redondo Beach. Programs include peer counseling, volunteer visits, fitness and wellness classes, and support groups. Also see Case Management, Education and Volunteering categories.

Website: www.bchd.org

HEALTH SERVICES

Benefits Check Up (National Council on Aging)

Website only

Online services to help people explore drug coverage options and eligibility for assistance with medication costs and food. Identifies state and federal assistance programs for older adults. Also see Finances category.

Website: www.benefitscheckup.org

CalQualityCare

Website

Websites feature information on California hospitals, medical groups, nurse care facilities, assisted living, hospice, home health, adult day care, developmentally disabled, along with tips and checklists about how to choose a health care provider and questions to ask if something goes wrong. The information is managed by the California Healthcare Foundation, a non-profit philanthropy organization which is objective and unbiased.

Website: www.calqualitycare.org/about

Website: www.calhospitalcompare.org (hospital data)

CancerCare

800-813-4673

275 Seventh Ave., Floor 22
New York, NY 10001

**M –Th, 9-7
F, 9-5
EST**

Provides free professional services to anyone affected by cancer. Programs include counseling and support groups, education, financial assistance and practical help. Services are provided by oncology social workers and are free of charge.

Website: cancercare.org

HEALTH SERVICES

Cancer Resource Center

310-517-7077

Torrance Memorial Medical Center, West Tower
3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8-4:30

Offers cancer information and education to patients, their families and the community. Advance practice oncology nurses provide individualized navigation services and help patients identify resources and sort through information about treatment options. Free and open to anyone.

email: canceranswers@tmmc.com

Website: www.torrancememorial.org/cancer_institute

Cancer Support Community

310-376-3550

Pier Plaza
109 W. Torrance Blvd., Suite 100
Redondo Beach, CA 90277

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or programs. Serves South Bay, Long Beach, and Orange county. Also see Advocacy and Education categories.

Website: www.cancersupportredondobeach.org

Care Solutions for Elders

Website only

Provides Eldercare information, resources and links to guide a person on how to care for aging parents.

Website: www.caresolutionsforelders.com/elder-care-guidance

HEALTH SERVICES

Center for Optimal Aging

Providence Little Company of Mary Medical Centers
San Pedro and Torrance

310-514-5390
San Pedro
310-792-3440
Torrance
M-F, 7-7

An outpatient featuring a multi-disciplinary assessment team focused on the needs of older adults to determine the needs of the whole person – mind, body and spirit. Individuals can access the program directly or be referred by their primary care physician. Assessment testing includes: strength, balance, mobility, range of motion, performance of activities of daily living, cognitive performance, medication use, nutrition, social connectivity and support system. The website brings you directly to the center site with other links to map/directions, services and resource guide which includes a printable form to bring to your physician to sign.

Website: www.california.providence.org/

Clutters Anonymous

P.O. Box 91413
Los Angeles, CA 90009

866-402-6685

Support group for individuals who want to eliminate their clutter and establish order in their lives. Meetings at St. Andrew's Episcopal Church, 1432 Engracia Ave., Torrance, CA 90501, Friday's 10:30 am-noon. Contact person: Maurice at 310-376-1499.

Website: www.clutterersanonymous.org

Didi Hirsch Mental Health Services

Culver-Palms Center
11133 Washington Blvd.
Culver City, CA 90232

310-895-2300
Centralized Intake 888-807-7250
M-F. 8:30-8 pm

Provides a continuum of prevention, early intervention and treatment services for mental health and drug/alcohol abuse. Crisis line: 877-727-4747. Accepts Medicare and Medi-Cal insurance. Also see Disabilities category.

Website: www.didihirsh.org

HEALTH SERVICES

Drug Digest

Website only

Most comprehensive source of evidence-based, consumer-oriented drug information on the internet dedicated to empowering consumers to make informed choices about drugs and treatment options. Topics include a drug library, vitamins, herbs, supplements, pill images, drug interactions, and health conditions. Also provides tools to stay informed about a wide variety of medicines on the market.

Website: www.drugdigest.org (supported by Express Scripts)

Genesis

213-351-7284

550 S. Vermont Ave., 6th floor
Los Angeles, CA 90020

M-F, 8-5

Provides comprehensive mobile mental health and health services to frail homebound adults 60 yr. and older that support their dignity, maximize options and enhance independence. The services are coordinated with Adult Protective Services, mental health agencies, health providers including care management programs, hospitals and religious organizations. Those with dementia and Alzheimer's diagnosis are excluded. Services LA County. Also see Case Management category.

Website: <http://www.dmh@lacounty.com>

Harbor Community Clinic

310-547-0202

593 W. 6th St.
San Pedro, CA 90731

**M-Th, 8-7 pm
Fri, 8-5**

Provides no cost to low cost medical care to people who do not have access to any other medical care, including comprehensive preventive medical care. Mental health program offers counseling and peer support to adults. Serves the South Bay and Harbor region.

Website: www.harborcommunityclinic.com

HEALTH SERVICES

Health and Healing Center

310-325-9110

Ext. 24225

M-F, 9-5

Torrance Memorial Medical Center
Health Links Center
3330 Lomita Blvd.
West Tower Building, 1st floor
Torrance, CA 90505

Offers services, classes, lectures, therapeutic bodywork sessions and information that enhances the healing process and encourages a healthy life style. Integrative medicine combines conventional and complementary practices to treat the mind, body and spirit for a more holistic approach to medicine. Also see Discounts, Education and Insurance categories.

Website: www.torrancememorial.org/healthandhealing

Health Consumer Alliance

888-804-3536

M-F, 9-5

Closed Wed, 2-4

Health Consumer Center is a statewide partnership of consumer assistance programs operated by community-based legal service organizations. The main priorities are helping consumers establish and maintain health coverage and ensure that low-income consumers with health coverage get good access to essential services. They help Californians apply for coverage, find the appropriate doctor or provider, dispute denials of health services, prevent disruption in care, and address and resolve billing problems. Also see Advocacy category.

Website: www.healthconsumer.org

Health Fair (City of Redondo Beach Community Services Dept.)

310-318-0650

1922 Artesia Blvd.
Redondo Beach, CA 90278

M-Th, 7:30-5:30

**Closed every
other Friday**

Annual fall health screening program includes hearing tests, blood pressure checks, flu shots, eye exams and other various screenings. Call for date. Monday through Thursday, hours 7:30-5:30. Office closed every other Friday.

Website: www.redondo.org (to navigate, go to Community Services, Senior and Family Services)

HEALTH SERVICES

Health Links - Torrance Memorial Medical Center

310-325-9110

Ext. 24225

M-F, 8:30-5

Retail and Resource Center
3330 Lomita Blvd.
West Tower Bldg., 1st floor
Torrance, CA 90505

A centralized location for finding health-related information, products and services. Health Links emphasizes prevention and education to support health and wellness for the entire family. It offers unique specialty retail items recommended by hospital departments, free consumer education on community resources, and expanded therapeutic bodywork services. Health Links also provides information about Torrance Memorial and a variety of services including physician's referral and health education class registrations. Free health and resources packets available on a variety of topics.

Email: healthlinks@tmmc.com. Also see Health Links in this category, Discounts, Education and Insurance categories.

Website: www.torrancememorial.org/healthlinks

Help Yourself, Help Others

Website only

Community based organization nationwide offering anonymous self-assessments for a variety of concerns that are often misunderstood or misdiagnosed. Can take a screening online or locate an event in your community. Completely confidential. Partners with several local organizations.

Website: www.helpyourselfhelpothers.org

HICAP (Medicare Insurance Counseling)

800-824-0780

California Health Advocates
Center for Health Care Rights
520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-5

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program Thursdays 10 am-1 pm. Must call for appointment: 310-517-4666.

Also see Advocacy, Complaints, Insurance and Legal categories.

Website: www.cahealthadvocates.org

HEALTH SERVICES

Home Health Depot Medical Equipment & Supplies

310-891-1954

2059 Pacific Coast Highway
Lomita, CA 90717

**M-F, 9-5
Sat, 10-3**

Provides adaptive and durable medical equipment, power scooters, lift chairs, and wheelchairs. Installs bathroom grab bars into tile, ramps (custom & modular), stair lifts, elevators, and railings.

Website: www.hhd1.com

L.A. County Department of Mental Health

800-854-7771

24 hrs.

24-hour screening and assessment, care management, referral for emergency and crisis intervention. Also see Disabilities and Hotline/Urgent categories.

Website: www.dmh.lacounty.gov

Lawndale Medical and Mental Health Services

310-675-9555

4023 Marine Ave.
Lawndale, CA 90260

**Mental Health, M, W, F, 10-5
Sat 7-3:30
Medical, M-F, 7-3:30
Sat, 7 am-1 pm**

Provides primary care and general practice medical services. Mental health services include counseling, psychiatry, anger management, substance abuse treatment, narcotics replacement therapy and Suboxone administration. Languages spoken: English, Spanish, Filipino, Chinese, German, Korean and Vietnamese.

Website: www.americanhealthservices.org

HEALTH SERVICES

National Cancer Institute

800-422-6237

**M-F, 9-9
EST**

Consumer oriented information on a wide range of cancer topics regarding prevention, early detection, types of cancers, risk factors, treatments, resources and publications. Offers comprehensive description of research programs and clinical trials. Provides information about hospice, home care and cancer support organizations. For assistance with smoking cessation call 877-448-7847.

Website: www.cancer.gov

National Council on Aging

800-424-9046

251 18th St. South, Suite 500
Arlington, VA 22202

**M-Th, 8-4
F, 8-3
EST**

Brings together non-profit organizations, business and government to develop creative solutions that improve the lives of older adults especially those who are vulnerable and disadvantaged. Provides comprehensive, integrated services that significantly increase income and/or reduce every day expenses. Strengthens and protects major public programs i.e. Medicare, Medicaid and Social Security. One of the online tools called Benefits Checkup allows sorting through programs to determine eligibility based on income and location. See also Advocacy and Finances categories.

Website: www.benefitscheckup.org or www.ncoa.org

Northeast Community Clinic

310-645-0444

#2 for referrals

4455 W. 117th St., Suite 200,300
Hawthorne, CA 90250

M-F, 8-5

Provides primary health care services and referral to other supportive services to the underserved and indigent residents of LA County.

Website: www.northeastcommunityclinics.com

HEALTH SERVICES

Providence Little Company of Mary Health Resource Center

888-432-5464

20555 Earl St.
Torrance, CA 90503

M-F, 7-7

Provides information on programs and services offered by PLCM hospitals in Torrance and San Pedro. This includes physician referrals and education programs, as well as brochures on a variety of health-related topics. Also see Education category.

Website: www.providence.org/california

Providence Little Company of Mary San Pedro Recovery Center Chemical Dependency Rehabilitation

310-514-5300

Recovery Center
1386 W. 7th St.
San Pedro, CA 90732

M-F, 8:30-5

Premier inpatient and outpatient rehabilitation program for chemical dependency.

Appointment is necessary. For recovery center intake call 310-241-4021

Website: www.providence.org (search box then click recovery center)

Research for Life

800-229-3244

41743 Enterprise Circle N, Suite 104
Temecula, CA 92590

M-F, 8-4:30

Whole body donations provide scientific research and medical education. This “gift” will impact the quality of medical care and breakthroughs to cures for life threatening illnesses for generations to come. The organization covers all costs associated with donation including cremation. Also see Education and Hospice categories.

Website: www.researchforlife.org

Self-Help Group Sourcebook Online

Website only

A searchable database that includes information on over 1100 national, international, and demonstrational model self-help support groups, ideas for starting groups and opportunities to link with others.

Website: www.amhc.org/selfhelp

HEALTH SERVICES

SBCC Thrive LA

310-414-2090

540 N. Marine Ave.
Wilmington, CA 90744

M-F, 9-5

A non-profit mental health agency providing services, regardless of economic status, to residents of LA County. Also see Disabilities category.

Website: www.sbccthrivela.org

South Bay Family Health Care Center

310-802-6170

2114 Artesia Blvd.
Redondo Beach, CA 90278

M-F, 8:30-5

Non-emergency general medical services including routine physicals and exams, diagnosis, treatment and follow up, detection and monitoring of chronic illness such as diabetes, congestive heart failure, hypertension and asthma. HIV/Aids testing and counseling. General dental including dental preventive care, cleaning, x-rays, fillings and extractions. Health education classes and integrated behavior health. Accepts persons who are uninsured or under-insured, Medi-Cal and immigrants. Clinic at 742 W. Gardena Blvd., Gardena, 90274. Call for hours. Also see Dental category.

Website: www.sbfhc.org

South Bay Home Health Care

310-618-9555

Mobility Care
1349 El Prado
Torrance, CA 90501

M-F, 9-6

Sat, 10-3

Medical supplies, equipment rental and repairs. Custom wheelchairs. Senior discount given. For emergency service (oxygen patients) after hours, call 800-464-3258. See also Disabilities category.

Website: www.mobilitycare.com

HEALTH SERVICES

Superior Mobility

1950 E. 220th St., #208
Carson, CA 90810

310-218-2040
800-303-2866
M-F, 8:30-5

Provides home, adaptive and durable medical equipment with specialization in rehabilitation technology products. Bathroom safety products, various ambulatory and ramp ideas, specialized seat cushions, customized wheelchairs and seating systems. Free in-home evaluation with purchase of ramps.

Website: www.superiormobility.com

Torrance Health Center

Clinic and Public Health
711 Del Amo Blvd.
Torrance, CA 90502

310-354-2300

Call for hours

Immunizations, TB skin tests, HIV testing, STD immunizations, x-rays for TB positive, and case management. For TB testing, immunizations, STD and RN clinics call for times.

Website: www.publichealth.lacounty.gov

Torrance Memorial Medical Center-Health and Healing Center

Torrance Memorial Medical Center
Health Links Center
3330 Lomita Blvd.
West Tower Building, 1st floor
Torrance, CA 90505

310-325-9110
Ext. 24225
M-F, 9-5

Offers services, classes, lectures, therapeutic bodywork sessions and information that enhances the healing process and encourages a healthy life style. Integrative medicine combines conventional and complementary practices to treat the mind, body and spirit for a more holistic approach to medicine. Also see Discounts, Education and Insurance categories.

Website: www.torrancememorial.org/healthandhealing

HEALTH SERVICES

Torrance Memorial Medical Center – Health Links

310-325-9110

Ext. 24225

M-F, 8:30-5

Retail and Resource Center
3330 Lomita Blvd.
West Tower Bldg., 1st floor
Torrance, CA 90505

A centralized location for finding health-related information, products and services. Health Links emphasizes prevention and education to support health and wellness for the entire family. It offers unique specialty retail items recommended by hospital departments, free consumer education on community resources, and expanded therapeutic bodywork services. Health Links also provides information about Torrance Memorial and a variety of services including physician's referral and health education class registrations. Free health and resources packets available on a variety of topics.

Email: healthlinks@tmmc.com. Also see Health Links in this category, Discounts, Education and Insurance categories.

Website: www.torrancememorial.org/healthlinks

Torrance Memorial Medical Center – Woman to Woman Image Enhancement

310-517-4660

3330 Lomita Blvd.
West Tower, 1st floor
Torrance, CA 90505

By Appointment

Free confidential consultation provided for women to learn techniques to enhance their appearance during and after hair loss, usually a result of chemotherapy. Support services include demonstration and experience with hats, scarves, turbans, and community resources.

Website: www.torrancememorial.org (search for “image enhancement” from the home page)

HOSPICE

Anatomical Gift Program

323-442-1229

323-442-1191

University of Southern California
Keck School of Medicine
1333 San Pablo St., MMR 118
Los Angeles, CA 90089-9143

M-F, 7-3

For educational purposes individuals can donate the whole body to enable students at the Schools of Medicine, Dentistry, and Department of Bio-kinesiology and Physical Therapy to learn the fundamentals of body structure for medical education and research. The university has its own transport services to residents of LA County. Restrictions apply to areas where transportation can be provided. Donors are cremated at no expense. To request a brochure and donation form call 323-442-1191 or email: brakke@usc.edu.

Also see Health Services category.

Website: agp.usc.edu

Caring House

310-796-6625

2842 El Dorado St.
Torrance, CA 90503

9-5

office and admissions

24/7 voicemail

An independent non-profit home welcoming men and women in the last weeks or days of their lives, including those using hospice services. The mission is to bring peace, comfort and support to men, women and families. Typical length of stay is less than 60 days. Located in a peaceful Torrance neighborhood, newly renovated, five fully-furnished private bedrooms, 24/7 awake caregiver staffing, and strong volunteer support. The first and only non-medical home in Los Angeles County totally focused on end-of-life care. Hospice service teams visit our residents and offer medical care and pain and symptom management, as well as spiritual support, counseling and education. Private tours available.

Website: yourcaringhouse.org

HOSPICE

First Serve Community Services of the South Bay, Inc.

310-320-3818

M-F, 8-4

A monthly conversation and support group for bereaved people and their loved ones, meets on the third Thursday of each month. Sessions include presentations on grief and loss, and time for sharing. The group welcomes people to attend whenever they are able and is open to arranging individual conversations and support. Call for times and place. Also see Dental and Disabilities categories.

Website: www.first-serve.org

Gathering Place, The

310-546-6407

5315 Torrance Blvd., Suite B
Torrance, CA 90503

Voice mail 24/7
On site hours vary M-Th

Grief and bereavement support for those experiencing the death of a loved one. Support groups for teens, adults and children. Provides referrals to other community programs. Donations accepted.

Website: www.griefcenter.info

Hospice Foundation of America

800-854-3402

1707 L Street NW, Suite 220
Washington, DC 20036

M-F, 9-5:30
EST

A non-profit organization that promotes hospice care and works to educate professionals and the families they serve with issues relating to care giving, terminal illness, loss, and bereavement. Also see Health Organizations category.

Website: www.hospicefoundation.org

Milestone Hospice, Inc.

310-782-1177

1500 Crenshaw Blvd., #200
Torrance, CA 90501

M-F, 9-5

Provides support and caring for persons and their families who are in the final phase of living. Support for the family and/or friends continues after the death of the patient for as long as necessary. Accepts Medicare, Medi-Cal, health insurance, HMO's and private pay.

Website: www.milestonehospice.org

HOSPICE

National Hospice and Palliative Care Organization

800-658-8898

National Hospice
1731 King St., Suite 100
Alexandria, VA 22314

**M-F, 8:30-5:30
EST**

A non-profit organization working to enhance the quality of life for individuals who are terminally ill and advocating for people in the final stage of life. The organization offers Caring Connections (www.caringinfo.org) providing resources and information to help people make decisions about end-of-life care and services, including care planning, care giving, financial issues, hospice, palliative care, grief and loss. Publication and website resources available on topics including how to find and evaluate hospice services.

Website: www.nhpco.org

New LifeStyles

800-869-9549

4144 N. Central
Expressway #1000
Dallas, TX 75204

Provides a complete list of state licensed facilities in the United States. Includes guides to senior living, senior care, assisted living facilities, retirement communities, Alzheimer's care and hospice care. See also Alzheimer's, Board and Care and Retirement categories.

Website: www.newlifestyles.com

Providence Trinity Care Hospice

310-543-3400

800-829-8660

5315 Torrance Blvd., Ste. B1
Torrance, CA 90503

M-F, 8-12 midnight

Doctor referral, Medicare certified, and accepts Medi-Cal and private insurance. Hospice and palliative care service for patients of all hospitals. Bereavement support for patients and family. Specialty programs for the Hispanic community.

Website: www.california.providence.org/trinitycare

HOSPICE

Research for Life

800-229-3244

41743 Enterprise Circle N, Suite 104
Temecula, CA 92590

M-F, 8-4:30

Whole body donations provide scientific research and medical education. This “gift” will impact the quality of medical care and breakthroughs to cures for life threatening illnesses for generations to come. The organization covers all costs associated with donation including cremation. Also see Education and Health Services categories.

Website: www.researchforlife.org

Silverado Hospice

888-328-6622

24/7

601 S. Glenoaks Blvd., #201
Burbank, CA 91502

M-F, 8-5 office

Silverado Hospice comprises of a group of associates and volunteers united with the purpose of providing comfort and dignity to those at the end of life’s journey. Also offers a social “palliative model transitions” program to support patients not ready for hospice.

Accepts Medicare, Medi-Cal and most commercial insurances. Languages spoken: Spanish, Japanese, Armenian, Korean, Tagalog, Russian, German, Arabic, Nigerian, French, Cantonese, Mandarin, Farsi, Hindi, Llocano, Pampango, Persian, Punjabi, and Turkish. Also see Alzheimer’s category.

Website: www.silveradocare.com

The Gathering Place

310-546-6407

5315 Torrance Blvd., Suite B-2
Torrance, CA 90503

Voice mail 24/7
On site hours vary M-Th

Grief and bereavement support for those experiencing the death of a loved one. Support groups for teens, adults and children. Provides referrals to other community programs. Donations accepted.

Website: www.griefcenter.info

HOSPICE

Torrance Memorial Home Health and Hospice

23326 Hawthorne Blvd., Suite 100, Building 10
Torrance, CA 90505

Health 310-784 -3739
Hospice 310-784-3751
M-F, 8-4:30

Provides support to entire family when patient is terminally ill. Has bereavement support groups. Doctor referral. Accepts Medicare and Medi-Cal.
Website: www.torrancememorial.org/Hospice.aspx

Vitas Hospice Healthcare

990 W. 190th St., #550
Torrance, CA 90502

800-966-7757
24/7
310-324-2273
M-F. 8-5

Provides a positive presence with terminally ill patients and bereavement support for their families. Accepts Medicare and Medi-Cal. In-home or care center setting.
Website: www.vitashealthcare.com

HOSPITALS

Centinela Hospital Medical Center

310-673-4660

555 E. Hardy St.
Inglewood, CA 90301
Website: www.centinelamed.com

Del Amo Behavior Health System

310-530-1151

23700 Camino Del Sol
Torrance, CA 90505

Psychiatric hospital treating ages 13 years and older.
Website: www.delamohospital.com

Harbor-UCLA Medical Center

310-222-2345

1000 W. Carson St.
Torrance, CA 90509
Website: www.ladhs.org (click on “Find Clinic/Hospital” and select “Harbor-UCLA Medical Center”)

Kaiser Permanente Harbor City

310-325-5111

25825 S. Vermont Ave.
Harbor City, CA 90710
Website: health.kaiserpermanente.org (Main site)

Kindred Hospital South Bay

310-323-5330

1246 W. 155th St.
Gardena, CA 90247
Website: www.khsouthbay.com

Marina Del Rey Hospital

310-823-8911

4650 Lincoln Blvd.
Marina del Rey, CA 90292
Website: www.marinahospital.com

HOSPITALS

Memorial Hospital of Gardena

310-532-4200

1145 W. Redondo Beach Blvd.

Gardena, CA 90247

Website: www.avantihospitals.com/memorial-hospital-of-gardena

Providence Little Company of Mary Medical Center, San Pedro

310-832-3311

1300 W. 7th St.

San Pedro, CA 90732

Website: california.providence.org/san-pedro

Providence Little Company of Mary Medical Center, Torrance

310-540-7676

4101 Torrance Blvd.

Torrance, CA 90503

Website: california.providence.org/torrance

Torrance Memorial Medical Center

310-325-9110

3330 Lomita Blvd.

Torrance, CA 90505

Website: www.torrancememorial.org

HOTLINE/NON-URGENT

211 L.A. County

211
800-708-6029
24/7

L.A. County

Data bank offering services and resources dealing with mental health, education, housing, disabilities, health, legal assistance, abuse, nutrition, consumer services, crisis intervention, financial assistance, and shelters. Also see Emergency Shelter/Food Programs, Finances and Hotline/Urgent categories.

Website: www.211la.org

ADT Security Services

800-238-2727

21171 S. Western Ave.
Torrance, CA 90501

7 days, 7 am-12 am

Personal response system features a wireless, waterproof "help" button giving emergency assistance 24 hrs./day. Can be worn as necklace or wristband.

Website: www.adt.com

American Medical ID

800-363-5985

949 Wakefield, Suite 100
Houston, TX 77018

M-F, 8-6 CST

Offers quality medical ID jewelry that is personalized and custom-engraved. Provides a medical ID online medical registry with a personal health file that includes medical conditions, emergency contact information, doctors' names, insurance information and other documents. Also see Identification category.

Website: www.americanmedical-id.com

Bodyguard I.D. Tags, LLC

800-383-7790

P.O. Box 129
Mays Landing, NJ 08330

M-F, 9-5:30
EST

Complete line of engraved bracelets and necklaces identifying those with special medical conditions. With each order an identification card is provided for the wallet or purse. Also see Identification category.

Website: www.bodyguardidtags.com

HOTLINE/NON-URGENT

California Department of Managed Health Care

888-466-2219

M-F, 8-6

Assists consumers who have been unsuccessful in appeals to their health plan. This department can help resolve problems with HMO's including issues about medical and dental care, prescriptions, preventive testing, and mental health services. No jurisdiction over Medicare issues. Also see Complaints category.

Website: www.dmhc.ca.gov

California Voter Hotline

800-345-8683

Secretary of State's office provides voting related material and assistance.

Website: www.sos.ca.gov (search "hotline" from home page)

Department of Public Social Services, Los Angeles

877-597-4777

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Emergency Shelter/Food Programs, Finances and Hotline/Urgent categories.

Website: dpss.lacounty.gov

Emergency Response Systems

ADT Security Services, 800-238-2727, 310-803-9613

Life Alert, 800-344-4533

LifeFone, 844-253-7939

Lifeline, 800-372-4103

Rescue Alert of CA Inc., 310-375-5353

RA911 Rescue Alert, 310-375-5353

HOTLINE/NON-URGENT

Fraud.org

800-876-7060

M-F, 9-5:30

Provides information, referral services and assistance in filing complaints. Also provides information on telemarketing, internet fraud, scams against business or the elderly, and counterfeit drugs.

Web site: www.fraud.org

Gentle Transitions

800-619-3049

310-937-1023

M-F, 9-5

1726 Manhattan Beach Blvd., Suite G
Manhattan Beach, CA 90266

Helps plan, coordinate and supervise all aspects of a move, specializing in senior moves and in hiring a mover. Bonded, insured, and references provided. Also see Case Management category.

Website: www.gentletransitions.com

Household Hazardous Waste Recycling (L.A. County)

626-458-5100

Department of Public Works

Website: dpw.lacounty.gov/epd/hhw

Hoarding Hotline (GENESIS Program)

213-351-7284

M-F, 8-5

Appointment only

Provides assistance to older adults and their families when dealing with hoarding issues.

Sponsored by the LA Department of Mental Health

Website: dmh.lacounty.gov

HOTLINE/NON-URGENT

Home Improvement Program – Torrance

310-618-2731

3031 Torrance Blvd.
Torrance, CA 90503

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see Disabilities and In-Home Services categories. Website: www.torranceca.gov/services/home-improvement-program

L.A. County Registrar Recorder

800-201-8999

County Clerk Office

M-F, 8:30-4:30

Recorded information on obtaining birth, death, marriage licenses, record real estate transactions, real estate records, business filings and records. Nearest office to the South Bay: LAX Courthouse, 11701 S. La Cienega Blvd., 6th floor, Los Angeles, CA 90045, phone 310-727-6142. Website: www.lavote.net

Life Alert

800-344-4533

A personal emergency response company using technology to provide protection via home audio. Provides help 24/7 for any type of emergency whether medical, home intrusion, fire, carbon monoxide gas or emergencies away from home. A “help button” is either worn around the wrist or neck. Website: www.lifealert.com

HOTLINE/NON-URGENT

LifeFone Medical Alert System and Medical Alarm

844-253-7939
24/7

Personal response service providing a medical alert necklace and bracelet pendant button that is lightweight and waterproof. Technicians dispatch emergency medical services and call family members, neighbors or physician. LifeFone customizes the response to a person's needs. Help is available 24/7.

Website: www.lifefone.com

Medic Alert Foundation

800-432-5378

5226 Pirrone Court
Salida, CA 95368

M-F, 8-5 pm
Sat, 8-5

Engraved jewelry identifying medical condition with emergency help 24 hours a day. Provides identification for Alzheimer's patients. Also see Alzheimer's and Identification categories.

Website: www.medicalert.org.

MedicAlert+Safe Return

888-572-8566

24/7

In association with Alzheimer's Association and others this nationwide identification program assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who may wander and become lost. Provides I.D. bracelets. Caregivers register dementia patients in the data bank. Also see Alzheimer's category.

Website: www.medicalert.org/safereturn

Medi-Cal Information

310-258-7400

M-F, 8-5

A state and federally funded program providing health insurance to low-income persons who meet eligibility requirements. Operated by the Department of Public Social Services. Also see Insurance category.

Website: www.medi-cal.ca.gov

Website: www.dpssbenefits.lacounty.gov

HOTLINE/NON-URGENT

Medicare Information

800-633-4227

General Medicare information including enrollment, Medicaid programs for low income individuals, billing information, ordering of Medicare publications, drug and health plan choices. Also see Insurance category.

Website: www.medicare.gov

National “Do Not Call” Registry

888-382-1222

TTY 866-290-4236

Register residential and mobile phone numbers to be placed on registry to reduce telemarketing. The registered numbers will remain on registry permanently.

Website: www.donotcall.gov

Public Social Services, Department of

562-908-8400

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Finances and Hotline/Urgent categories.

Website: www.dpssbenefits.lacounty.gov

RA911 Rescue Alert

310-375-5353

24 hr. HomeCare

24/7

21311 Hawthorne Blvd., Suite 101

Torrance, CA 90503

A personal emergency response system allowing an individual in need of urgent assistance **away from home**. By pressing a button one can speak directly to a local 911 dispatcher over the two-way voice speaker. Operates 24 hours a day. Call for more information. Agency also provides care giving service. Also see In-home Services category.

Website: www.24hrcares.com

HOTLINE/NON-URGENT

Rescue Alert of CA, Inc.

310-375-5353

24 hr. HomeCare
21311 Hawthorne Blvd., Suite 101
Torrance, CA 90503

24/7

A personal emergency response system installed in your home with a push button worn either as a bracelet or necklace that allows for an individual in need of urgent assistance to press the button to alert either 911 or responders (friends, family, or neighbors). The unit works 24 hours a day, seven days a week. Geographic area served: greater Los Angeles area focusing on the South Bay. 100 different languages available.
Website: www.rescuealert.com

Social Security Administration

800-772-1213
TTY 800-325-0778
M-F, 9-4

22600 Crenshaw Blvd.
Torrance, CA 90505

Information and referral on Social Security, Medicare, SSI and retirement benefits for seniors, survivors and disability insurance. Also see Social Security and Veterans categories.
Website: www.ssa.gov

Southern California Gas Co.

800-427-2200

24/7

Furnace repair or replacement and appliance check for low-income seniors, call 800-207-8567. Safety inspections and repairs. For weatherization, energy saving assistance, call 800-331-7593, hours M-F, 7-3:30. Also see Discount category.
Website: www.socalgas.com

HOTLINE/NON-URGENT

Torrance Home Improvement Program

310-618-2731

M-F, 7-3:30

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see Disabilities and In-Home Services category. Website: www.torranceca.gov/services/home-improvement-program

HOTLINE/URGENT

1736 Family Crisis Center

310-370-5902

24/7

Telephone screening for referrals to crisis intervention, counseling, and shelters for battered women.

Website: www.1736familycrisiscenter.org

211 L.A. County

211

800-708-6029

24/7

Information and referral on General Relief Aid to families with dependent children, food stamps, emergency shelter, Medi-Cal, and other forms of financial assistance. For faster service call before 8:30 am or after 4:30 pm. Also see Emergency Shelter/Food Programs, Finances, and Hotline/Non-Urgent categories.

Website: www.211la.org

911 Emergency Service

911

24/7

U.S. emergency service links the public to the police, mobile rescue units., fire, medical and other emergency services.

Website: 911.gov

Adult Protective Services

877-477-3646

24/7

Assists seniors 65 yrs. and older and dependent adults, 18-64 yr. who are physically or mentally impaired and are endangered due to unsafe living conditions, neglect, financial or physical abuse. Non-facility abuse serving L.A. County. Also see Abuse and Advocacy categories.

Website: www.wdacs.lacounty.gov

HOTLINE/URGENT

Alzheimer's Association 24/7 Helpline

800-272-3900

24/7

The helpline provides expert advice, care consultation and information and referrals at the local and national levels, regarding Alzheimer's disease and related dementias. Trained professional customer staff and master's degree social workers are available for assistance 24/7. Also see Alzheimer's category.

Website: www.alz.org

California Poison Control System

800-222-1222

24/7

A medical facility that providing immediate, free expert treatment advice and assistance over the telephone in case of exposure to poisonous or hazardous substance. In addition, gives advice about household products, medicines, pesticides, plants, bites and stings, food poisoning and fumes.

Website: www.calpoison.org

Center for the Pacific-Asian Family

323-653-4045

800-339-3940

24/7

Hotline for survivors of domestic violence and sexual abuse. Victim's advocacy, paraprofessional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. Also see Abuse and Advocacy categories.

Website: www.nurturingchange.org

Community Helpline

877-541-2525

P.O. Box 2503

Palos Verdes, CA 90274

7 days, 8 am-8 pm

A confidential listening crisis and referral hotline. The well-trained volunteers help to clarify a caller's feelings and concerns, define options and offer referrals as needed for those confronted with drug or alcohol abuse or violence. Helps those suffering a loss, feeling suicidal, dealing with peer pressure, coping with family problems, struggling with an eating disorder, or simply feeling lonely.

Website: www.hycinc.org

HOTLINE/URGENT

Department of Mental Health, L.A. County

800-854-7771

24/7

24-hour screening and assessment, care management, referral for emergency and crisis intervention. Also see Disabilities and Health Services categories.

Website: www.dmh.lacounty.gov

Department of Public Social Services, Los Angeles

866-597-4777

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Emergency Shelter/Food Programs, Finances and Hotline/Non-Urgent categories.

Website: www.dpss.lacounty.gov

Elder Abuse Hotline

800-992-1660

877-477-3646

24/7

Assists with incidents of verbal harassment, abandonment, isolation, psychological abuse, threats, or other forms of intimidation behavior directed at elderly or dependent disabled adults, in addition to any physical or financial abuse. Takes reports of financial, physical abuse and neglect, as well as verbal harassment or threats. Spanish also spoken. Also see Adult Protective Services in this category as well as the Abuse category.

Website: da.lacounty.gov/seniors

HOTLINE/URGENT

Eviction Defense Hotline (Legal Aid Foundation of Los Angeles)

800-399-4529

M-F, 9-5

Operated by the Legal Aid Foundation, this housing/eviction defense office helps low-income tenants stay in their homes if they are being unfairly evicted. Languages spoken: English, Spanish, Chinese, Taiwanese, Korean, Russian, and Japanese. Also see Legal category.

Website: lafla.org/help/services/housing-and-eviction

Harbor-UCLA Medical Center Psychiatric Emergency Room

310-222-3144

1000 W. Carson St.
Torrance, CA 90509

24/7

Facility for all psychiatric and medical emergencies. Also see Disabilities category.

Website: www.harboruclapsych.com/contact-information/

Identity Theft Hotline

Web site only

This government sponsored site will walk the respondent through an automated information collection program. It will analyze the data and provide specific information about how to prevent additional harm to their families and credit history. Program is available in English and Spanish.

Website: www.identitytheft.gov

L.A. County Department of Mental Health

800-854-7771

24/7

24-hour screening and assessment, care management, referral for emergency and crisis intervention. Also see Disabilities and Health Services categories.

Website: www.dmh.lacounty.gov

HOTLINE/URGENT

L.A. County Domestic Violence Hotline

800-978-3600

24/7

Services Southern California and deals with domestic violence between intimate partners, primarily women and children. Provides counseling and support groups. Twenty-one shelters for women and children in L.A. County and refers callers to shelters within or near their zip code area. In case of emergency, call 911. Also see Abuse category.

Website: da.lacounty.gov/domv.htm

Long Term Care Ombudsman

800-231-4024

Wise and Healthy Aging
1527 4th Street, second floor
Santa Monica, CA 90401

M-F, 8:30-5

Facility abuse and complaints are investigated on behalf of residents in nursing homes, board and care homes, and convalescent hospitals. Local office in Lakewood and serving Torrance, phone 562-925-2346. Also see Abuse, Advocacy and Complaints categories.

Website: www.wiseandhealthyaging.org

Medi-Cal Fraud Hotline

800-822-6222

Dept. of Health and Care Services

**M-F, 8-5:30
EST**

Languages spoken: Spanish, Vietnamese, Cambodian, and Russian. Also see Complaints category.

Website: www.dhcs.gov

Medicare Fraud Hotline

800-447-8477

Inspector General's Office
U.S. Dept. Health and Human Services

**M-F, 8-5:30
EST**

English and Spanish Spoken. Also see Complaints category.

Website: oig.hhs.gov/fraud/report-fraud

HOTLINE/URGENT

National Suicide Prevention Lifeline

800-273-8255

24/7

Hotline for people thinking of suicide. Interpreters for any language.
Website: www.suicidepreventionlifeline.org

Public Social Services, Department of

866-613-2777

562-908-8400

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken: English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance. Also see Finances and Hotline/Non-Urgent categories.
Website: www.dpssbenefits.lacounty.gov

Rainbow Services

310-547-9343

24/7

Battered adult services. 24-hr. bilingual (Spanish) advocacy, counseling, support groups, and emergency and transitional shelters. Also see Abuse and Advocacy categories.
Website: www.rainbowservicesdv.org

HOTLINE/URGENT

Return Home Registry (Torrance)

310-618-6391
M-Th, 8-5
310-328-3456
24/7

Torrance Police Department's Return Home Registry is designed to assist officers in locating Torrance residents lost or wandering when they go missing from their home or caregivers. The program is offered at no cost to participants. It is geared towards persons of all ages who suffer from conditions that would make it more difficult for them to find their way home, such as persons with Alzheimer's, autism, cerebral palsy, Down's Syndrome or other debilitating illnesses, and children with special needs. This program is not for persons who voluntarily run away from home for other reasons and have behavioral issues not related to a special need. Also see Alzheimer's and Disabilities categories.

Website: www.torranceca.gov/tpd (go to community affairs, return home registry)

Silverado Live Chat and Hotline

866-522-8125
24/7

The live chat was developed to help families who are dealing with the challenges of dementia. When calling one will be immediately connected with a live, trained professional who is available to answer any questions regarding dementia. Chatting can be either by phone or website. Also see Alzheimer's category.

Website: www.silveradocare.com

Social Security Fraud Hotline

800-269-0271
M-F, 10-4 EST

Report fraud, waste, or abuse within the Social Security programs such as retirement, disabilities, survivors and supplemental security income. Report persons who are buying or selling social security numbers. Also see Complaints and Social Security categories.

Website: www.ssa.gov (search "submit a fraud report" from the home page)

HOTLINE/URGENT

Suicide Prevention Center

877-727-4747

Didi Hirsh Health Center

24/7

24-hour telephone support system and referral network for callers in suicidal crisis.

Survivors' group and speaker's bureau.

Website: www.didihirsch.org/spc

Veterans Crisis Line

800-273-8255 (TALK)

Ext. 1

A free hotline set up by the Veterans Health Administration giving 24/7 access to trained counselors who know what a veteran is going through. Provides support for veterans in crisis and their family and friends. All calls are confidential. Also see Veterans category.

Website: www.veteranscrisisline.net

HOUSING NON-SUBSIDIZED

Bayside Terrace

310-832-4926

860 W. 5th St.
San Pedro, CA 90731

M-F, 9-5:30

99 one-bedroom units, 55 years and older and accepts disabled.
Website: gardnercompany.com/property/bayside-terrace-apartments

Camino Village Senior Complex

310-835-1899

21735 Main St.
Carson, CA 90745

44 one-bedroom units, 55 years and older. Also see Housing, Subsidized category.
Website: none

Carson Terrace Senior Apartments

310-835-0969

632 E. 219th St.
Carson, CA 90745

62 one-bedroom units, 62 years and older and accepts disabled 62 yrs. and older.
Up to 2 yr. waiting list. Also see Housing, Subsidized category.
Website: none

Coleman Court

310-212-5898

1421 Cravens Ave.
Torrance, CA 90501

M-F, 9-5

78 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas and trash. Also see Housing, Subsidized category.
Website: www.tsahousing.com (go to "properties" tab on home page)

HOUSING NON-SUBSIDIZED

Don Senior Apartments

310-549-3338

105 East I Street
Wilmington, CA 90744

M-F, 10-2

58 one-bedroom units and one two bedroom apartments. Applicants must be 55 years and older. Also see Housing, Subsidized category.

Website: none

Harmony Court Apartments

310-214-1416

4502 186th St.
Redondo Beach, CA 90278

M-F, 8:30-5:30

187 units. One and two bedrooms, 62 years and older. Also see Housing, Subsidized category.

Website: harmonycourt.wnmapartments.com

Heritage Point Apartments

310-318-8418

1801 Aviation Way
Redondo Beach, CA 90278

M-F, 9-5

Sat, 10-4

66 units, one and two bedrooms, 62 years and older for senior independent living. Elevators in building and convenient to shopping and dining. Also see Housing, Subsidized category.

Website: heritagepointapartments.net

Manhattan Village Senior Villas

310-546-4062

1300 Park View Ave.
Manhattan Beach, CA 90266

M-F, 10-4

104 one-bedroom units, 55 years and older.

Website: none

HOUSING NON-SUBSIDIZED

Mobile Homes Association

310-530-2610

Mobile homes in mobile home parks are a low-cost housing alternative. Debbie Vicars, President of Knolls Lodge/Manor Homeowners Assn. can advise on mobile homes in general.

Website: none

Ocean Terrace

310-373-0903

3851 226th St.
Torrance, CA 90505

M-F, 9-1

36 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas and trash. Also see Housing, Subsidized category.

Website: www.tsahousing.com (go to "properties" tab on home page)

Roland R. Mindeman Senior Residence

310-318-2827

Salvation Army
125 W. Beryl
Redondo Beach, CA 90277

M-F, 8-4

44 one-bedroom units, 4 two-bedrooms, 1 studio for 62 years and older. Water and gas paid.

Website: none

Ross Manhattan Terrace

310-545-5063

3400 N. Valley Dr.
Manhattan Beach, CA 90266

48 one-bedroom units, 55 years and older and water and trash are paid.

Website: none

HOUSING NON-SUBSIDIZED

Seaside Villa

310-376-9363

319 N. Broadway St.
Redondo Beach, CA 90277

M-F, 9-5

40 one-bedroom units, no age restriction. Appointment needed to see apartments. Also see Housing, Subsidized category.

Website: none

Seasons Senior Apartments

310-374-6664

109 S. Francisca Ave.
Redondo Beach, CA 90277

M-F, 8-5

37 units, one and two bedrooms accepting 55 years and older. Also see Housing, Non-Subsidized category.

Website: www.linchousing.org/prop/redondo.html

HOUSING, SUBSIDIZED

Avalon Courtyard

310-522-9858

22121 S. Avalon Blvd.
Carson, CA 90745

M-F, 9-5

Accepts L.A. County Vouchers only. 91 one-bedroom units, 62 years and older; accepts disabled 62 years and older.

Website: www.tsahousing.com (go to “properties” tab on home page)

Camino Village Senior Complex

310-835-1899

21735 Main St.
Carson, CA 90745

M-F, 8-5

Accepts L.A. County Section 8 Vouchers. 44 one-bedroom units, 55 years and older. Also see Housing, Non-Subsidized category.

Website: none

Carson Garden Senior Community

310-518-2790

21811 S. Main St.
Carson, CA 90745

M-F, 8-4

Section 8 building administered by management. 99 one-bedroom units, 62 years and older; accepts disabled. Waiting list is 5 yrs.

Website: none

Carson Terrace Senior Apartments

310-835-0969

632 E. 219th St.
Carson, CA 90745

Accepts Section 8 vouchers. 62 one-bedroom units, 62 years and older and accepts disabled 62 years and older. Up to 2 year waiting list. Also see Housing, Non-Subsidized category.

HOUSING, SUBSIDIZED

Casa De Los Amigos

310-376-3457

123 S. Catalina Ave.
Redondo Beach, CA 90277

M-F, 9-5:30

Tax credit, 53 HUD units, 50% subsidized housing. 136 one-bedroom units for persons 62 years and older. Utilities included.

Website: www.chmshousing.org (go to "locations" tab on home page)

Coleman Court

310-212-5898

1421 Cravens Ave.
Torrance, CA 90501

M-F, 9-5

Section 8 vouchers accepted. 78 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas, and trash. The subsidy is not tax credit or HUD. Also see Housing, Non-Subsidized category.

Website: www.tsahousing.com (go to "properties" tab on home page)

Don Senior Apartments

310-549-3338

105 East 1 Street
Wilmington, CA 90744

M-F, 10-2

Section 8 vouchers accepted. 57 one-bedroom units and one two bedroom. Applicants must be 55 years and older. Income restrictions apply. Also see Housing, Non-Subsidized category.

Website: none

Gardena Valley Towers

800-500-7725

1715 W. 158th St.
Gardena, CA 90247

M, W, F, 10-2

HUD, 80 one-bedroom units, 62 years and older can apply.

Website: www.csi.coop/en/locations/CA

HOUSING, SUBSIDIZED

Gateway, The

310-522-4343

720 E. Carson St.
Carson, CA 90745

M-F, 9-5

100% tax credit with 85 one-bedroom units for seniors 55 yr. and older.
Website: tsahousing.com (go to “properties” on the home page)

Harbor Towers

310-831-8981

340 S. Mesa St.
San Pedro, CA 90731

M-F, 8:30-4:30

Section 8 building administered by management. Does not accept vouchers. 180 one-bedroom units for independent living. Must be 62 years and older.

Harmony Court Apartments

310-214-1416

4502 186th St.
Redondo Beach, CA 90278

M-F, 8:30-5:30

Section 8 vouchers accepted. 187 units, 1 and 2 bedroom units, 62 years and older and accepts disabled 62 years and older. Also see Housing, Non-Subsidized category.
Website: harmonycourt.wnmapartments.com

Heritage Point Apartments

310-318-8418

1801 Aviation Way
Redondo Beach, CA 90278

**M-F, 9-5
Sat, 10-4**

Bond Program, 66 units with one and two bedrooms, 62 years and older. Elevators in building; convenient to shopping. Up to 3 yr. waiting list. Also see Housing, Non-Subsidized category.

Website: www.heritagepointapartmentshomes.net

HOUSING, SUBSIDIZED

Housing Authority of the County of Los Angeles

800-731-4663

700 Main St.
Alhambra, CA 91801

M-F, 8-4

Operates housing units for low-income seniors and disabled throughout the county.
Waiting list closed. TDD access: 855-892-6095
Website: www.hacola.org

Meadow Lark Manor

**800-500-7725
310-532-8310**

17150 S. Park Lane
Gardena, CA 90247

M-F, 9-noon

HUD, 74-studios and one-bedroom units, 18 years and older; accepts disabled.
Website: www.csi.coop

Mirandela Senior Apartments

310-265-5200

5555 Crestridge Rd.
Rancho Palos Verdes, CA 90275

M-F, 9:30-3:30

Tax credit, 34 apartments with one and two bedrooms fully equipped with refrigerator, gas stove, dishwasher and garbage disposal. Age requirement 62 years and older.
Website: <https://affordablehousingonline.com/housing-search/California/rancho-palos-verdes>

Ocean Terrace

310-373-0903

3851 W. 226th St.
Torrance, CA 90505

M-F, 9-1

Accepts Section 8 vouchers, 36 one-bedroom units, 62 years and older; accepts disabled 62 yr. Rent includes water, gas, and trash. Also see Housing, Non-Subsidized category.
Website: www.tsahousing.com (go to “properties” tab on home page)

HOUSING, SUBSIDIZED

Park Pacific Tower

562-435-1803

714 Pacific Ave.
Long Beach, CA 90813

M-F, 9-5

Subsidized housing under management with rent being 30% of income. 84 units including studio and 1 bedroom apartments for seniors 62 yr. and older. Call to request an application.

Website: <http://afordableaffordinghousingonline.com-search/california/longbeach>

Plymouth West

562-432-7958

240 Chestnut Ave.
Long Beach, CA 90802

M-F, 9-4

Tax credit, Section 8 property with studio and 1 bedroom apartments for seniors 62 yr. and older.

Website: www.lomco.com (click on “our housing” link on home page)

Seaside Villa

310-376-9363

319 N. Broadway St.
Redondo Beach, CA 90277

M-F, 9-5

Section 8 building administered by management. Vouchers not accepted. 40 one-bedroom units, disabled or 62 yr. and older. Appointment needed to see apartments. Also see Housing, Non-Subsidized category.

Website: none

Seasons Senior Apartments

310-374-6664

109 S. Francisca Ave.
Redondo Beach, CA 90277

**M-Th, 8-5
F, 9-4**

83 units, income and rent restricted at 80% of area median income. 37 units at market price. One and two bedrooms accepting 55 years and older.

Website: www.linchousing.org/prop/redondo.html

HOUSING, SUBSIDIZED

South Bay Co-op

800-500-7725

4716 W. 153rd Pl.
Lawndale, CA 90260

M, W, F, 10-2

HUD, 56 efficiency and one bedroom studio units, 18 years and older and with 6 units for mobility impaired.

Website: www.csi.coop/en/locations/CA

South Park Manor

800-500-7725

17100 S. Park Lane
Gardena, CA 90247

M, W, F, 10-2

HUD, 88 one-bedroom units, 40 studios, 62 years and older; accepts disabled.

Website: www.csi.coop

St. Mary's Tower

562-435-0614

1120 Atlantic Ave.
Long Beach, CA 90813

M-F, 9-4

Subsidized housing for seniors 62 yr. and older and mobility/sensory impaired.

146 studio and one bedroom apartments. Rent is 30% of income. Call to request an application.

Website: none

Telacu Senior Housing

310-675-8288

13000 Doty Ave.
Hawthorne, CA 90250

M-F, 9-4

Section 8 building administered by management. Vouchers not accepted. 75 one-bedroom and studio units, 62 years and older or disabled.

Website: telacu.com/propertylistings/telacu-senior-housing

HOUSING, SUBSIDIZED

The Gateway

310-522-4343

720 E. Carson St.
Carson, CA 90745

M-F, 9-5

100% tax credit with 85 one bedroom units for seniors 55 yr. and older.
Website: www.tsahousing.com (go to “properties” tab on home page)

Torrance Housing Office

310-618-5840

Torrance City Hall
3031 Torrance Blvd.
Torrance, CA 90503

**M-F, 7:30-9 am
2-5:30 pm**

Currently the waiting list is closed and no applications available. To qualify for Section 8 Rental Assistance, the gross income limits by family size are as follows: 1 person \$28,550, 2 persons \$32,600, 3 persons \$36,700 and 4 persons \$47,050.
Website: www.torranceca.gov/8728.htm

Villagio Apartments

310-847-7737

555 E. Carson St.
Carson, CA 90745

M-F, 9-5

Tax credit property accepting L.A. County Vouchers only. Property has 12 one-bedroom and 12 two-bedroom units for 55 years and older, and units for disabled.
Website: www.tsahousing.com (go to “properties” tab on home page)

Vista Lee Rosa

310-326-2733

1001 Pacific Coast Highway
Harbor City, CA 90710

M-F, 9-4

Section 8 building for 62 years and older. 12 studios and 87 one-bedroom. Accepts disabled 18 years and older. Applications available during office hours. Call for further information and appointments are necessary.

IDENTIFICATION

American Medical ID

800-363-5985

949 Wakefield, Suite 100
Houston, TX 77018

**M-F, 8-6
CST**

Offers quality medical ID jewelry that is personalized and custom engraved. Provides a medical ID online medical registry as a personal health file that includes medical conditions, emergency contact information, doctors' names, insurance information and other documents. Also see Hotline/Non-Urgent category.

Website: www.americanmedical-id.com

Bodyguard I.D. Tags, LLC

800-383-7790

P.O. Box 129
Mays Landing, NJ 08330

**M-F, 9-5:30
EST**

Complete line of engraved bracelets and necklaces identifying those with special medical conditions. With each order an identification card is provided for the wallet or purse.

Spanish spoken. Also see Hotline/Non-Urgent category.

Website: www.bodyguardidtags.com

Medic Alert Foundation

888-633-4298

5226 Pirrone Court
Salida, CA 95368

**M-F, 8-5 pm
Sat, 8-5**

Engraved jewelry identifying medical condition with emergency help 24 hours/day.

Provides identification for Alzheimer's patients. Call for brochure. Also see Alzheimer's and Hotline/Non-Urgent categories.

Website: www.medicalert.org

Motor Vehicles, Department of, (DMV)

800-777-0133

1785 W. 220th St.
Torrance, CA 90501

**M, T, Th, F, 8-5
Wed, 9-5**

Identification cards, licensing of drivers and vehicles. To schedule a non-drive test appointment and renew vehicle registration call 800-777-0133.

Website: www.dmv.ca.gov

IN-HOME SERVICES

DISCLAIMER

The following providers are listed here as referrals only and are not to be considered as recommendations. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability for this list of referrals. We suggest that you or a friend or family member carefully investigate the resources.

24 Hr. HomeCare

310-375-5353

21311 Hawthorne Blvd., Suite 101
Torrance, CA 90503

24/7

A community-based home care company providing personal care assistance, meal preparation, homemaking assistance, medication reminders, transportation and errands, protective supervision at a hospital or assisted living/nursing facility, and an emergency response system. All caregivers are bonded, insured, with DMV and criminal background checks, and are covered by Worker's Compensation Insurance. No hourly minimum. Services L.A. and Orange counties. Languages spoken: Spanish and Russian. Member of American Board of Home Care.
Website: www.24hrcares.com

Always Best Care Senior Services

310-792-8666

21250 Hawthorne Blvd., #500
Torrance, CA 90503

24/7

Provides non-medical in-home services for people who prefer to stay at home but need ongoing care that cannot easily be provided by family or friends. Care providers are bonded, insured and have passed a thorough criminal background check. Services include non-medical, personal and social needs. Examples are: grooming, dressing, bathing, toileting, incontinence, mobility, errands, and light housekeeping. Specialized caregivers are available for hospice patients. Care Manager on staff who is degreed in social work and gerontology. Care is available 24 hr./day, 7 days/week with a 4-hour minimum. Service area is greater South Bay. Languages spoken: Spanish, Tagalog, Italian, Indonesian, French and Farsi. Also see Alzheimer's, Board and Care, Case Management and Retirement categories.
Website: www.alwaysbesthomecare.com

IN-HOME SERVICES

Always Right Home Care

310-316-8343

3838 Carson St., Suite 314
Torrance, CA 90503

24/7

Provides CNA's, certified home health aides, companion services, light housekeeping, shopping, respite care, and transportation to a doctor's office from 4-24 hours, 7 days a week. Employees are covered by Workman's Compensation, bonded and insured. Quality care at affordable rates. Spanish spoken. Member of the American Board of Home Care. Serves Los Angeles, South Bay, San Fernando and San Gabriel Valley.
Website: www.alwaysrighthomecare.com.

At Home With Care

310-798-2700

Referral Agency

M-F, 9-5

806 Manhattan Beach Blvd., #206
Manhattan Beach, CA 90266

Provides referral services for in home care non- medical caregivers for a direct hire who can assist with activities of daily living. The types of caregivers referred are CNAs, HHAs, LVNs, companions and homemakers. Caregivers are available full time, part time or live and can assist with bathing, dressing, ambulation and transferring as well as transportation and companionship. They can take vital signs, give medication reminders, prepare home cooked meals, do laundry, and provide basic house cleaning. All caregivers are registered with the CA Dept. of Social Services, have fingerprinting, background and references checked.

Website: www.athomewithcare.com

Assistance in Home Care

844-490-9755

12832 Valley View St., Suite 211
Garden Grove, CA 92845

M-F, 8-5

Phone service 24/7

Specializing in dementia, Alzheimer, and Parkinson's clients and provides companion services such as meal planning and preparation, housekeeping, laundry, errands, transportation to doctors' appointments, discharge assistance, transportation, and medication reminders. Personal care includes bathing, dressing assistance, incontinence care and checking vital signs from 3-24 hours, 7 days a week. Background check on employees. Caregivers are employees of the agency and trained, bonded, and insured. Services the South Bay. Spanish also spoken.

Website: www.assistanceihc.com

IN-HOME SERVICES

Attentive Home Care

800-731-0071

323-260-7721

2020 N. Broadway St., Suite 300
Santa Ana, CA 92706

Staff of companions, CAN's, certified home health aides assisting with daily activities, exercise, mobility, errands, transportation, bathing, dressing, meal preparation, incontinence care, and light housekeeping. Experienced with post-op recuperation, respite, hospice care, dementia, stroke and ALS. Geriatric case manager providing initial care consultation, care planning, senior advocacy and crisis management at no extra cost. Bonded, insured and member of the American Board of Home Care. Serving the South Bay, Orange, Los Angeles and San Diego counties. Also see Case Management category. Website: www.attentivehomecare.com.

Coastal Care Inc.

310-543-3211

21707 Hawthorne Blvd., Suite 106
Torrance, CA 90503

24/7

Provides case management with skilled nursing and rehabilitation therapy as well as home care services including bathing, dressing, grooming, mobility assistance, meal preparation, shopping, transportation, medication reminder and, above all, caring and compassionate companions. Care is provided to all age groups, newborns to seniors, and their pets. Works with veteran's organizations to obtain additional benefits to which one may be entitled. Spanish spoken. Geographic area served: El Segundo to Long Beach. Also see Case Management category. Website: www.coastalcareinc.com

IN-HOME SERVICES

Davis In-Home Care, Inc.

310-297-9127

2627 Manhattan Beach Blvd., Suite 204
Redondo Beach, CA 90278

24/7

Provides free needs assessment visits for clients/family. Offers meal preparation, errand transportation, homemaking, personal care, Alzheimer's and dementia care and live-in services 24/7. Daily care reports by care giver. Pre-employment screening and caregiver training. Bonded, insured and provides Worker's Compensation. Minimum charge 4 hours. Languages spoken: Spanish and Tagalog. Members of Senior's Choice, the nation's largest network of independent senior care providers. Services the greater South Bay.

Website: www.davisinhomecare.com

First Light Home Care

424-704-5330

3655 Torrance Blvd., #300
Torrance, CA 90503

M-F, 9-5

Assists the local communities by providing in-home non-medical care to seniors or anyone over 18 yrs. Services include companion care, personal care, dementia care, case management, readmission rescue, financial consultations and referrals, transportation, caregiver education and assisting with the aging process. Personal Emergency Response Systems including Tele-med capabilities. Member of the Society of Senior Care Advisors, HIPAA compliant and open 24/7 for initial consultation. Also see Case Management category.

Website: www.southbayfirstlighthomecare.com

Golden Days Senior Care Services

310-667-6562

23505 Crenshaw Blvd., Ste. 244
Torrance, CA 90505

Golden Days Senior Care services caregivers give elderly clients professional care with a wide range of non-medical services for 4-24 hrs. Provides home support for clients requiring short and long-term care and those with special needs. Serves the South Bay, Los Angeles, Long Beach, Palos Verdes and West Covina. Languages spoken: English, Tagalog and Spanish.

Website: goldendaysinc.com

IN-HOME SERVICES

Hair Is Us

310-378-3327

4172 Pacific Coast Highway, #105
Torrance, CA 90505

Provides in-home beauty services, haircuts on Mondays - Friday, 10-2.

Call for appointment.

Website: none

Home Improvement Program – Torrance

310-618-2731

3031 Torrance Blvd.
Torrance, CA 90503

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see Hotline/Non-Urgent category.

Website: www.torranceca.gov/services/home-improvement-program

Home Instead Senior Care

310-542-0563

After-hours 310-408-9905

3625 Del Amo Blvd., Suite 105
Torrance, CA 90503

24/7

Providing companionship, meal preparation, light housekeeping, laundry, assistance with bathing and personal care, caregivers for hospice individuals, errands and incidental transportation from 3-24 hours, 7 days a week. Caregivers receive extensive training including care for persons with Alzheimer's. Quality assurance program in place. Accepts long-term care insurance policies. Serving the South Bay and Marina del Rey areas.

Bonded and insured. See also Alzheimer's category.

Website: www.homeinstead.com

IN-HOME SERVICES

HomeLife Partners

310-465-0100

23842 Hawthorne Blvd., Suite 201
Torrance, CA 90505

24/7

Provides non-medical, in-home care and Certified Geriatric Care Management exclusively for seniors living in the South Bay area. Provides hourly companionship to specialized services such as live-in, 24- hour care for dementia/Alzheimer's, chronic illness, stroke, hospice and other challenging situations for seniors who do not have family living locally or unavailable to help manage the transitioning levels of care. All-inclusive services range from light housekeeping, cooking, errands and driving to CNA's performing complete bed care and short-term surgical recovery care. Caregivers are employees of the company, fully insured and screened for job credentials, performance, criminal, medical and driving records with staff having worked for over 4 years with the company. Certified by the American Board of Home Care, National Association of Professional Geriatric Care Managers and Home Care Association of America member. See also Case Management category.

Website: www.homelifepartners.com

LivHOME

323-933-5880

5670 Wilshire Blvd., #500
Los Angeles, CA 90036

**M-F, 8-5
On-call 24/7**

LivHOME non-medical homecare is provided by caregivers and companions under the direct supervision of professional Life Care managers. Services focus on the specific needs of each client, providing a variety of personal care including Activities of Daily Living and Instrumental Activities of Daily Living as well as companionship and supervision to ensure safety. Specialized dementia care, socialization and life enhancement programs are also included. All caregivers are registered with the CA Dept. of Social Services having fingerprinting, background and DMV checks, skilled testing, bonded, Worker's Compensation, liability, and professional insurance. Also see Case Management category.

Website: www.livhome.com

IN-HOME SERVICES

Love Inc.

310-831-5683

P.O. Box 6442
San Pedro, CA 90734-6442

**M, 9-12 noon
T-F, 9-5**

Shopping for homebound, long-term food assistance programs, auto and appliance repair, tutoring, yard work, companionship, and counseling. Resource referrals. Also see Emergency Shelter/Food Programs, Employment, and Finances categories.

Website: www.facebook.com/LoveINCSouthBay

Physician's Choice

310-793-1616

3220 Sepulveda Blvd., Suite 100
Torrance, CA 90505

M-F, 9-5

Health care services providing case management, skilled nursing, private duty, medical social services, home based heart program, and rehabilitation therapy. Accepts Medicare, Medi-Cal, insurance and private pay patients. Spanish, Japanese, Chinese, and Korean spoken. Also see Case Management category.

Website: www.pchomehealth.com

Providence Little Company of Mary Home Health

310-543-3450

5315 Torrance Blvd., # B169
Torrance, CA 90503

M-Sun, 8-5

Doctor referral only for intermittent care by RN and LVN nurses. Provides case management, physical, occupational, speech therapies, medical social workers, home health aides and RN's specializing in psychiatry. Accepts Medicare, Medi-Cal through hospital only, and private insurance. Spanish also spoken.

Website: www.providence.org

IN-HOME SERVICES

Right at Home

310-574-2234

19146 Van Ness Ave.
Torrance, CA 90501

24/7

In-home caregiving offering companionship, help with everyday tasks that have been challenging, such as meal preparation, laundry, housekeeping, hygiene and grooming. Offers services with those special care situations caused by conditions such as Alzheimer's and Parkinson's. Gives educational presentations and large print books for those that would benefit. Serves the entire South Bay.

Website: www.rahlasb.com

Seniors Helping Seniors

310-878-2045

8939 S. Sepulveda Blvd., Suite 350
Los Angeles, CA 90045

24/7

Provides compassionate non-medical in-home care for seniors to help them continue living at home with comfort and safety. Services include Alzheimer's and dementia care, post-hospitalization care, companionship, meal preparation, light housekeeping, transportation and errands, yard work, personal care (bathing, dressing and toileting assistance) and pet care. Two-hour minimum required. Services South Bay and west of Los Angeles. French and Arabic spoken. All caregivers are trained, bonded, insured, Worker's Compensation covered and criminal background checks performed. Also see Alzheimer's category.

Website: inhomecarela.com

Torrance Home Improvement Program

310-618-2731

3031 Torrance Blvd.
Torrance, CA 90503

M-F, 7-3:30

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see Hotline/Non-urgent category.

Website: www.torranceca.gov/24075.htm

INSURANCE

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

**M-F, 9:00-12:30
1:00-4:15**

Free network of health-related resources and services for people 50 years and over. Free Medicare insurance consultation with a trained volunteer to assist with questions related to Medicare, Medicare supplement plans, Medicare HMO's, or prescription drug plan selection. Also see Discounts, Education, and Health Service categories.

Website: www.torrancememorial.org (search "Advantage Program" from home page)

California Department of Insurance

800-927-4357

300 S. Spring St., South Tower
Los Angeles, CA 90013

M-F, 8-5

Consumer hot-line providing brochures on all types of insurance for reporting fraud and injustice. Also see Complaints category.

Website: www.insurance.ca.gov

HICAP (Medicare Insurance Counseling)

800-824-0780

California Health Advocates
Center for Health Care Rights
520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-5

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program Thursdays 10 am-1 pm. Must call for appointment: 310-517-4666.

Also see Advocacy, Complaints, Health Services and Legal categories.

Website: www.cahealthadvocates.org

INSURANCE

HMOs – Medicare (LA County)

Aetna Medicare	800-832-2640
Anthem Blue Cross	877-811-3107
Blue Shield 65+	800-776-4466
Care More Heart	888-494-8280
Care 1 st Health Plan	800-544-0088
Health Net Medicare Programs	800-275-4737
Kaiser Permanente Senior Advantage	800-777-1238
SCAN Health Plan for Seniors	800-559-3500
United Health Care-Secure Horizons	800-357-0978

Long Term Care Insurance Information

818-597-3227

American Association for Long Term Care Insurance
3835 E. Thousand Oaks Blvd., Suite 336
Westlake Village, CA 91362

M-F, 9-5

The AALTCI is the national professional organization exclusively dedicated to promoting the importance of planning for long-term needs. Serves as a forum to members to meet, exchange information and support efforts to improve the marketplace for long-term care products.

Website: www.aaltci.org

Medi-Cal Information

800-541-5555

M-F, 8-5

A state and federally funded program providing health insurance to low-income individuals who meet eligibility requirements. Operated by the Department of Public Social Services. Also see Hotline/Non -Urgent category.

Website: www.medi-cal.ca.gov

Website: dpssbenefits.lacounty.gov

INSURANCE

Medi-Cal Managed Care Ombudsman

888-452-8609

M-F, 8-5

Assists with resolving problems with Medi-Cal managed care plans. The ombudsman solves the problems from a neutral standpoint to ensure members receive all medically necessary covered services for which plans are contractually responsible.

Website: www.dhcs.ca.gov

Medi-Cal Telephone Service Center

800-541-5555

M-F, 8-5

Assistance to those already enrolled in Medi-Cal. Answers questions, needs help or needs to report a problem/

Website: www.medi-cal.ca.gov

Medicare HMO Appeals Hotline

888-466-9050

Website: www.medicareinteractive.org
www.medicare.gov/appeals

**M-F, 10-3
EST**

Medicare Information

800-633-4227

24 hours

General Medicare information including: enrollment, Medicaid programs for low income, billing information, ordering of Medicare publications, and health plan choices. Also see Hotline/Non-Urgent and Insurance categories.

Website: www.medicare.gov

LEGAL

American Civil Liberties Union of Southern California

213-977-5253

1313 West 8th St..
Los Angeles, CA 90017

Information and handling of cases involving civil rights and liberties. Listen to messages for contact instructions. By appointment only.

Website: www.aclu-sc.org

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

**M-S, 8-4
Sun, 12:30-4**

Free legal advice available on the first and third Tuesday of each month. Call for appointment. The first Tuesday are phone consultations. They will start at 11 am. Please be near your phone at that time and have all paper work regarding your issue available for review. A Bartlett Center representative will call your earlier that morning to confirm the appointment. The third Tuesday sessions will begin at 2 pm at the Bartlett Center. Bring all paperwork regarding the issue to be discussed. Also see Meals/Nutrition and Senior Centers categories.

Website: www.torranceca.gov/Parks/6619.htm

Bet-Tzedek Legal Services

323-939-0506

3250 Wilshire Blvd., Floor 13
Los Angeles, CA 90010

**M-F, 9-5
Appointment only**

Legal team visits and assists needy people age 60 yr. and older, regardless of race or religion residing in L.A. County. Appointments only at the following Senior Centers:

Gardena, 310-217-9552 (every other month)

Hawthorne, 310-349-1650 (every other month)

Wilmington, 310-518-4533 (every other month)

Website: www.bettzedek.org

LEGAL

California Advocates for Nursing Home Reform (CANHR)

800-474-1116

650 Harrison St., 2nd floor
San Francisco, CA 94107

M-F, 9-5

Legal referrals for residents, rights violations, Medi-Cal, conservator ships, estate planning, wills, trusts, and durable power of attorney.

Website: www.canhr.org

California State Bar Attorney Complaint Line

800-843-9053

845 S. Figueroa St.
Los Angeles, CA 90017

**M-F, 8:45-5
Complaints, 9-4**

File a complaint or discuss a pending complaint. View a list of attorneys licensed to practice in the State. All information and services can be accessed on the website.

Website: www.calbar.ca.gov (go to “public” tab on homepage and select “attorney complaints”)

Cancer Legal Resource Center

213-736-1455

866-843-2572

256 S. Occidental Blvd., Suite B
Los Angeles, CA 90057

**M-Th, 9-5
F, 9-4**

Cancer Legal Resource Center is a joint program of the Disability Rights Legal Center providing free and confidential information and resources on cancer-related legal issues to cancer survivors, their families, friends, employers, health care professionals, and others coping with cancer. By appointment only.

Website: cancerlegalresources.org/

email: clrc@drlcenter.org/

LEGAL

Department of Consumer and Business Affairs - L.A. County

310-680-8613

Lennox Constituent Service Center
4343 Lennox Blvd.
Lennox, CA 90304

M, W, F, 9:30-4:30
Closed noon to 1pm

Assists with consumer complaints and tenant-landlord problems and has a small claims advisor program. Also assists with small claims applications at the South Bay County Court House (located at 825 Maple in Torrance) on Thursdays from 8:30-4:30. Main office for urgent issues: 800-593-8222. Also see Advocacy and Complaints categories.

Website: dcba.lacounty.gov

Disabilities Rights California

800-776-5746

213-213-8000

M-F, 9-5

Los Angeles Legal Office
350 S. Bixel St., Suite 290
Los Angeles, CA 90017

Disability Rights California works to bring about fairness and justice for people with disabilities. May file lawsuits on behalf of individuals or groups, investigate charges of abuse and neglect, build peer/self-advocacy groups, advocate for change in laws, regulations, public policy, and provide information to those who may not know about their rights. Also see Advocacy and Disabilities categories.

Website: www.disablilityrightsca.org

Disability Rights Legal Center

Intake number 213-736-1030

256 S. Occidental Blvd., Suite B
Los Angeles, CA 90057

M-F, 9-5

The Disability Rights Legal Center (formerly the Western Law Center for Disability Rights) provides legal and other assistance to the Southern California community, focusing on disability-related issues. Cases handled include disability civil rights issues, and mediation of disputes involving disability issues. Provides free information and resources on cancer-related legal issues. Lawyer referral service is available. Spanish also spoken. Also see Advocacy and Disabilities categories.

Website: www.disabilityrightsadvocacycenter.org

LEGAL

H.E.L.P.

310-533-1996

Healthcare and Elder Law Programs Corp.
1404 Cravens Ave.
Torrance, CA 90501

M-F, 9-5

Non-profit education and counseling center that provides impartial information to older adults and their families on several issues involving eldercare, law and finance.
Website: www.help4srs.org

HICAP (Medicare Insurance Counseling)

800-824-0780

California Health Advocates
Center for Health Care Rights
520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-5

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program Thursdays 10 am-1 pm. Must call for appointment: 310-517-4666.
Also see Advocacy, Complaints, Health Services and Insurance categories.
Website: www.cahealthadvocates.org

Immigration Legal Assistance Project (LACBA)

213-485-1873

300 N. Los Angeles St., Rm. 3107
Los Angeles, CA 90012

M-F, 8-12, 1-3

Fee-based service for assistance with immigration issues.
Website: www.lacba.org/give-back/immigration-legal-assistance-project

LEGAL

L.A. County Consumer and Business Affairs

Lennox Constituent Service Center
4343 Lennox Blvd.
Lennox, CA 90304

310-680-8613
M, W, F, 9:30-4:30
Closed, noon to 1 pm

Assists with consumer complaints and tenant-landlord problems and has a small claims advisor program. Also assists with small claims applications at the South Bay County Court House located at 825 Maple in Torrance on Thursdays from 8:30-4:30. Call main office for urgent issues: 800-593-8222. Also see Advocacy and Complaints categories. Website: dcba.lacounty.gov

Legal Aid Foundation of Los Angeles

Long Beach Office
601 Pacific Ave.
Long Beach, CA 90802

800-399-4529

M-F, 9-5

Free civil legal aid for low-income individuals in L.A. County. Offers a variety of legal help including defense against unjust evictions, restraining and custody orders for domestic violence survivors, assistance with obtaining or restoring governments benefits, and a variety of services for military veterans. Appointment required. Also see Veterans category.

Website: www.lafla.org

Legal Aid Foundation of Los Angeles

Self Help Legal Access Center
Torrance Court House
825 Maple Ave., Room 160
Torrance, CA 90503

No Phone

M-Th., 9-12, 1:30-4
F, 9-noon

A walk-in clinic offering individuals who are representing themselves, legal information, assistance in preparing legal forms, guidance on a variety of civil matters including evictions, divorces, and civil harassment. Referral to private attorney or legal services is provided as needed.

Website: lafla.org/self-help

LEGAL

NAELA

Website only

Mission of the National Academy of Elder Law Attorneys is to educate, inspire, serve, and provide community to attorneys with practice in elder and special needs law. Elder law and special needs planning includes helping such persons and their families with planning for incapacity and long-term care, Medicaid and Medicare coverage, health and long-term care insurance, and health care decision-making. It also includes drafting of special needs and other trusts, the selection of long-term care providers, home care and nursing home problem solving, retiree health and income benefits, retirement housing, and fiduciary services or representation.

Website: www.naela.org

National Organization of Veterans' Advocates

877-483-8238

1775 Eye St. NW, Ste. 1150
Washington, D.C. 20006

M-F, 9-5

A non-profit group maintains an excellent directory of lawyers who practice veterans law. The easy-to-navigate directory is organized by state. Also see Veterans category.

Website: www.vetadvocates.org

Public Counsel

800-870-8090

213-385-2977

610 S. Ardmore Ave.
Los Angeles, CA 90005

M-F, 9-12:30,
1:30-5:15

A law firm specializing in delivering a wide variety of pro bono legal services to low-income individuals and non-profits. Areas of assistance include government benefits, homelessness prevention, affordable housing advocacy, immigrants' rights, impact litigation, and legal representation for veterans. Does not handle criminal law matters or matters relating to personal injury, divorce or child custody. Free bankruptcy help through "Debtors Assistance Project", extension 704 on Tues. and Thurs. 10-12, 2-4 pm.

Appointment required and no walk-ins accepted. Also see Veterans category.

Website: www.publiccounsel.org

LEGAL

Public Guardian

213-974-0515

Conservatorships
320 W. Temple St.
Los Angeles, 90012

M-F, 8-5

Public Guardians are named by the court as conservators for those physically or mentally disabled. The fees are less than a private conservator. Useful information about conservatorships and resources to consider:

Websites: www.courts.ca.gov/self-help-conservatorship

Redondo Beach Senior and Family Services

310-318-0650

Senior Legal Aid Program
1922 Artesia Blvd.
Redondo Beach, CA 90278

M-Th, 7:30-5:30
Closed every other Friday

Free 15-minute appointment one time each month for legal matters. Must be an older adult or disabled. Appointment necessary. Also see Meals/Nutrition and Senior Center categories.

Website: www.redondo.org/senior

South Bay Bar Assn. Attorney Referral Service

310-325-4200

M-F, 9-5
Closed alternate Fridays

Referrals to local attorneys, either by phone or e-referral form. Do listen to the long recording.

Website: www.southbaybar.org (click on “Need a Lawyer?” link on home page for Certified Lawyer Referral Service)

LEGAL

South Bay Center for Dispute Resolution

310-376-7007

1015 4th Street
Hermosa Beach, CA 90254

Offers a variety of alternative dispute resolution services using conciliation and mediation. Conflict resolution techniques used to prevent, manage, settle and resolve disputes. Types of disputes include neighbors, landlord/tenants, business, consumer, domestic, homeowner's associations and workplace. Serves South Bay (Redondo Beach, Manhattan Beach, Hermosa Beach, Lawndale) and free to Torrance residents.

Website: www.sbcdcr.net

State Bar of California

800-843-9053

845 S. Figueroa St.
Los Angeles, CA 90017

M-F, 9-4

Takes complaints only. Also see Complaints category.

Website: www.calbar.ca.gov

United States Bankruptcy Court, Central District of California

213-894-3118

Edward Roybal Federal Bldg. and Court House
255 E. Temple St., Room 940
Los Angeles, CA 90012

M-F, 9-5

Online information about bankruptcy.

Website: www.cacb.uscourts.gov

U.S. Citizenship and Immigration Service (USCIS)

800-375-5283

Customer Service, 2nd level
300 N. Los Angeles St.
Los Angeles, CA 90012

M-F, 8-6

Assists with immigration problems including residency, obtaining U.S. citizenship or naturalization. Appointments are mandatory. To request forms call 800-870-3676 or download from website. To make an appointment, "Info Pass" must be obtained on the web site. Division of Homeland Security.

Website: www.uscis.gov

LEGAL

USC Family Caregiver Support Center

855-872-6060

3715 McClintock Ave.
Los Angeles, CA 90089

M-F, 8:30-5

Offers legal consultation, resource information, support groups and respite for caregivers to families of people with adult-onset brain impairment. Also see Advocacy and Alzheimer's categories.

Website: www.fcscgero.org

Wilmington Multipurpose Senior Center

310-518-4533

1371 N. Eubank (near Banning Park/PCH and Eubank)
Wilmington, CA 90744

M-F, 8-4:30

Free legal consultation every 2-3 months. Appointment necessary. Also see Case Management, Meals and Nutrition, Senior Centers and Transportation categories.

Website: www.laparks.org (search "Wilmington senior center" from home page)

LEGISLATION

Ben Allen, California State Senate, District 26

310-318-6994

2512 Artesia Blvd., #320
Redondo Beach, CA 90278

M-F, 9-5

Represents El Segundo, Manhattan Beach, Hermosa Beach, Redondo Beach, part of Torrance, Lomita, Palos Verdes Estates, Rolling Hills Estates, Rancho Palos Verdes, and Rolling Hills. Capitol address: State Capitol, Room 5072, Sacramento, CA 95814-4900. Term expires December 2018.
Website: sd26.senate.ca.gov

Nanette Barragan, Congressperson 44th District

310-831-1799

302 W. Fifth St., Suite 201
San Pedro, CA 90731

M-F, 8:30-5:30

Represents Rancho Dominguez, Compton, Carson, San Pedro and Wilmington. Washington address: 1320 Longworth House Office Bldg., Washington, DC 20515. Also has a district office in Carson. Term expires January 2019.
Website: www.barragan.house.gov

Autumn R. Burke, California State Assembly 62nd District

310-412-6400

One W. Manchester Blvd., #601
Inglewood, CA 90301

M-F, 9-5

Represents Inglewood, Hawthorne, El Segundo, Lawndale, Gardena (part), and Lennox. Capitol address: P.O. Box 942849, Room 5150, Sacramento, CA 94249-0062, phone (916) 319-2062. Term expires December 2018.
Website: asmcd.org/members/a62
E-mail: assemblymember.burke@assembly.ca.gov

LEGISLATION

California Senior Legislature

310-316-1013

530 Ave G, #15
Redondo Beach, CA 90277

Julia Rosenberg works with the regular elected legislature and represents older Californians in Los Angeles County to preserve and enhance their quality of life.

Website: 4csl.org

E-mail: jrosenberg@roadrunner.com

Diane Feinstein, US Senator, California

310-914-7300

11111 Santa Monica Blvd., Suite 915
Los Angeles, CA 90025

M-F, 9-5

Represents statewide. Washington address: 331 Hart Senate Office Building, Washington, D.C. 20510-0504. Phone: (202) 224-3841. Term expires January 2019.

Website: www.feinstein.senate.gov

Mike A. Gipson, California State Assembly District 64

310-324-6408

879 W. 190th St., #920
Gardena, CA 90248

M-F, 9-5

Represents Harbor City, Carson, West Compton, Harbor Gateway, Willowbrook, Wilmington, Torrance (part) and Gardena (part). Capitol office: P.O. Box 942849, Room 4164, Sacramento, CA 94249-0064, phone (916) 319-2064. Term expires December 2018.

E-mail: assemblymember.gibson@assembly.ca.gov

Website: www.asmdc.org/members/a64

LEGISLATION

Kamala Harris, US Senator, California

213-894-5000

312 N. Spring St., Suite 1748
Los Angeles, CA 90012

M-F, 8:30-5:30

Represents statewide. Washington address: 112 Hart Senate Office Building,
Washington, D.C. 20510. Phone: 202-224-3553. Term Expires January 2023.
Website: www.harris.senate.gov

Janice Hahn, County Supervisor 4th District

213-974-4444

822 Hall of Administration
500 W. Temple St.
Los Angeles, CA 90012

M-F, 8-5

Represents El Segundo, Redondo, Hermosa and Manhattan beaches, Torrance and Lomita. Mark Waronek, Field Deputy, is the local representative. Torrance office: 310-222-3015. Torrance Court House, 825 Maple, Room 150, Torrance, CA, 90503. Call for Torrance hours. Fax: 310-320-4058. Term expires December 2020.
Website: www.janicehahn.com

League of Women Voters of the Beach Cities

**310-379-6663
press 2**

629 19th St.
Manhattan Beach, CA 90266

Non-partisan organization providing study groups and voter services to promote political responsibility through informed and active participation of citizens in government. Covers the areas of Inglewood, Hawthorne, El Segundo, Manhattan, Hermosa and Redondo Beach.
Website: www.beachvoter.org

LEGISLATION

League of Women Voters of Palos Verdes Peninsula

310-784-7787

P.O. Box 2933
Palos Verdes Peninsula, CA 90274

Non-partisan organization providing study groups and voter services to promote political responsibility through informed and active participation of citizens in government. Covers the areas of Palos Verdes Estates, Rancho Palos Verdes, Rolling Hills, Rolling Hills Estates, and parts of San Pedro.

Website: www.lwvpalosverdes.org

League of Women Voters Torrance Area

310-223-6897

P.O. Box 964
Torrance, CA 90508

Non-partisan organization providing study groups and voter services to promote political responsibility through informed and active participation of citizens in government. Covers the areas of Gardena, Carson, Lomita, Torrance, and Harbor City.

Website: www.lwvtorrance.ca.org

Ted Lieu, U.S. Congressman 33rd District

310-321-7664

1600 Rosecrans Ave., 4th floor
Manhattan Beach, CA 90266

M-F, 9-5

Represents: El Segundo, Manhattan, Hermosa and Redondo Beaches, Torrance (West of Hawthorne Blvd.), Palos Verdes Estates, Rolling Hills, and Rolling Hills Estates.

Washington address: 236 Cannon House Office Building, Washington DC 20515.

Phone, 202-225-3976. Appointments necessary for Manhattan Beach. Term expires January 2019.

Website: lieu.house.gov

LEGISLATION

Al Muratsuchi, California State Assembly District 66

310-375-0691

23211 Hawthorne Blvd., Office 200A
Torrance, CA 90505

M-F, 9-5

Represents Manhattan Beach, Hermosa Beach, Redondo Beach, Gardena, Torrance, West Carson, Lomita, Palos Verdes Estates, Rolling Hills Estates, Rancho Palos Verdes, Rolling Hills, El Camino Village, Harbor Gateway, and Harbor City. Sacramento address: P.O. Box 942849, Room 2179, Sacramento, CA 94249-0066. Term expires December 2018.

E-Mail: assemblymember.muratsuchi@assembly.ca.gov

Website: A66.ASMDC.org

Patrick O'Donnell, California State Assembly District 70

310-548-6420

461 W. 6th St., #209
San Pedro, CA 90731

M-F, 9-5

Represents San Pedro. Capitol office: P.O. Box 942849, Room 2196, Sacramento, CA 94249-0070, phone (916) 319-2070. Term expires December 2018.

E-mail: assemblymember.odonnell@assembly.ca.gov

Website: asmdc.org/members/a70

Torrance City Hall

310-618-2801

3031 Torrance Blvd.
Torrance, CA 90503

Mayor and City Council members.

Website: www.torranceca.gov

Maxine Waters, U.S. Congresswoman 43rd District

323-757-8900

10124 S. Broadway, #1
Los Angeles, CA 90003

M-F, 9-5

Represents: Inglewood, Lennox, Gardena, El Camino Village, Hawthorne, Lawndale, Harbor City, Harbor Gateway, Torrance, (East of Hawthorne Blvd.) Lomita and West Carson. Washington address: 2221 Rayburn House Office Building, Washington, DC 20515. Term expires January 2019.

Website: waters.house.gov

LIBRARIES

Braille Institute of America

800-272-4553

741 N. Vermont Ave.
Los Angeles, CA 90029

M-F, 8:30-5

Free complete service center for the visually impaired. Talking books. All ages accepted.
Also see Disabilities category.
Website: www.brailleinstitute.org

Carson Public Library (County)

310-830-0901

151 East Carson St.
Carson, CA 90745
Website: www.colapublib.org

Dr. Martin Luther King Jr. Public Library (County)

310-327-4830

17906 S. Avalon Blvd.
Carson, CA 90746
Website: www.colapublib.org/libs/victoria

El Segundo Public Library

310-524-2722

111 W. Mariposa Ave.
El Segundo, CA 90245
Website: library.elsegundo.org

Gardena Mayme Dear Library (County)

310-323-6363

1731 W. Gardena Blvd.
Gardena, CA 90247
Website: www.colapublib.org/libs/gardena

Harbor City-Harbor Gateway Branch Library (L.A. City)

310-534-9520

24000 S. Western Ave.
Harbor City, CA 90710
Website: www.lapl.org/branches/harbor-city-harbor-gateway

LIBRARIES

Hawthorne Public Library (County)

310-679-8193

12700 S. Grevillea Ave.
Hawthorne, CA 90250
Website: www.colapublib.org/libs/hawthorne

Hawthorne Wiseburn Public Library (County)

310-643-8880

5335 W. 135th St.
Hawthorne, CA 90250
Website: www.colapublib.org/libs/wiseburn

Hermosa Beach Public Library (County)

310-379-8475

550 Pier Ave.
Hermosa Beach, CA 90254
Website: www.colapublib.org/libs/hermosa

Inglewood Public Library (County)

310-412-5380

Main Library
101 W. Manchester Blvd.
Inglewood, CA 90301
Website: www.cityofinglewood.org (search “library” on home page)

Inglewood Public Library (County)

310-412-5403

Crenshaw-Imperial Branch
11141 S. Crenshaw Blvd.
Inglewood, CA 90303
Website: www.cityofinglewood.org (search “library” on home page)

Lawndale Public Library (County)

310-676-0177

14615 Burin Ave.
Lawndale, CA 90260
Website: www.colapublib.org/libs/lawndale

LIBRARIES

Lennox Public Library (County)

310-674-0385

4359 Lennox Blvd.
Lennox, CA 90304
Website: www.colapublib.org/libs/lennox

Lomita Public Library (County)

310-539-4515

24200 Narbonne Ave.
Lomita, CA 90717
Closed for renovation as of 9/2015

Manhattan Beach Public Library (County)

310-545-8595

1320 Highland Ave.
Manhattan Beach, CA 90266
Website: www.colapublib.org/libs/manhattan

Masao W. Satow Library (County)

310-679-0638

14433 S. Crenshaw Blvd.
Gardena, CA 90249
Website: www.colapublib.org/libs/satow

Palos Verdes - Malaga Cove Plaza Library

310-377-9584
Ext. 551

2400 Via Campesina
Palos Verdes Estates, CA 90274
Website: www.pvld.org/locations/mc

Palos Verdes - Miraleste Library

310-377-9584
Ext. 452

29089 Palos Verdes Drive East
Rancho Palos Verdes, CA 90275
Website: www.pvld.org/locations/mir

LIBRARIES

Palos Verdes - Peninsula Center Library **310-377-9584**

701 Silver Spur Rd.
Rolling Hills Estates, CA 90274
Website: www.pvld.org/locations/pc

Redondo Beach - Main Library **310-318-0675**

303 N. Pacific Coast Highway
Redondo Beach, CA 90277
Website: www.redondo.org/depts/library/default.asp

Redondo Beach - North Branch Library **310-318-0677**

2000 Artesia Blvd.
Redondo Beach, CA 90278
Website: www.redondo.org/depts/library/default.asp

San Pedro Regional Branch Library (L.A. City) **310-548-7779**

931 S. Gaffey St.
San Pedro, CA 90731
Website: www.lapl.org/branches/san-pedro

Torrance - El Retiro Branch Library **310-375-0922**

126 Vista Del Parque
Redondo Beach, CA 90277
Website: www.torranceca.gov/5465.htm (click on “Hours and Locations” on left side of page)

Torrance - Henderson Branch Library **310-371-2075**

4805 Emerald Ave.
Torrance, CA 90503
Website: www.torranceca.gov/5465.htm (click on “Hours and Locations” on left side of page)

LIBRARIES

Torrance - North Branch Library

310-323-7200

3604 Artesia Blvd.

Torrance, CA 90504

Website: www.torranceca.gov/5465.htm (click on “Hours and Locations” on left side of page)

Torrance Public Library Katy Geissert Civic Center Library

310-618-5959

3301 Torrance Blvd.

Torrance, CA 90503

Reference and reader’s advisory services, public information, literary and cultural programming, books (including large print format), magazines, government documents, audiovisual materials, internet access, interlibrary loan, and delivery service (WOW) for individuals with disabilities. For full description of services refer to Disabilities category. Website: www.torranceca.gov/5465.htm (click on “Hours and Locations” on left side of page)

Torrance - Southeast Branch Library

310-530-5044

23115 S. Arlington Ave.

Torrance, CA 90501

Website: www.torranceca.gov/5465.htm (click on “Hours and Locations” on left side of page)

Torrance - WALTERIA Branch Library

310-375-8418

3815 W. 242nd St.

Torrance, CA 90505

Website: www.torranceca.gov/5465.htm (click on “Hours and Locations” on left side of page)

Wilmington Branch Library (L.A. City)

310-834-1082

1300 N. Avalon Blvd.

Wilmington, CA 90744

Website: www.lapl.org/branches/wilmington

LIBRARIES

Wisburn Library (County)

310-643-8880

5335 W. 135th St.

Hawthorne, CA 90250

Website: www.colapublib.org/libs/wisburn

LOCAL GOVERNMENT

Carson City Hall	310-830-7600	www.ci.carson.ca.us
El Segundo City Hall	310-524-2300	www.elsegundo.org
Gardena City Hall	310-217-9500	www.cityofgardena.org
Hawthorne City Hall	310-349-2900	www.cityofhawthorne.com
Hermosa Beach City Hall	310-318-0239	www.hermosabch.org
Inglewood City Hall	310-412-5111	www.cityofinglewood.org
Lawndale City Hall	310-973-3200	www.lawndalecity.org
Lomita City Hall	310-325-7110	www.lomita.com/cityhall
Los Angeles/Harbor Area	310-732-4515	www.la15th.com
Manhattan Beach City Hall	310-802-5000	www.citymb.info
Palos Verdes Estates City Hall	310-378-0383	www.pvestates.org
Rancho Palos Verdes City Hall	310-377-0360	www.rpvca.gov
Redondo Beach City Hall	310-372-1171	www.redondo.org
Rolling Hills City Hall	310-377-1521	www.rolling-hills.org
Rolling Hills Estates City Hall	310-377-1577	www.rollinghillsestatesca.gov
Torrance City Hall	310-328-5310	www.torranceca.gov

MEALS AND NUTRITION

Anderson Memorial Senior Center

310-548-7596

828 S. Mesa St.
San Pedro, CA 90731

M-F, 11-noon

The nutrition program serves hot, well -balanced meals in congregate dining centers M-F @ 11:00 for \$3. No pre-registration is necessary. Meals are served on a first come, first served basis. Also see Senior Centers category.

Website: www.laparks.org/dos/senior/facility/andersonscc.htm

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

**M-S, 8-4
Sun, 12:30-4**

Hot lunch (\$2.50) for adults 50 years and older, M-F at 11:30 am. Reservations should be made 24 hours in advance. Also see Legal and Senior Centers categories.

Website: www.torranceca.gov/parks/6619.htm

Calvary Assembly of God (His Helping Hand)

310-326-2757

25501 Oak St.
Lomita, CA 90717

T-F, 9-4:30

Surplus food distribution for the needy Thursdays, 6-7 p.m. Also see Emergency Shelter/Food programs category.

Website: www.lomitachurch.org (go to Ministries” tab of page and select “food bank”)

Calvary Light Christian Center

310-830-3043

1101 N. Lakme Ave.
Wilmington, CA 90744

M-F, 7-3

Food distribution for the needy. Hot lunch, 12 noon Wednesday and groceries 2-3:30 pm. Also see Emergency Shelter/Food Programs categories.

Website: calvarylightchristiancenter.org

MEALS AND NUTRITION

Calvary Presbyterian Church

310-676-1144
Office: W-F, 7-3

13560 Hawthorne Blvd.
Hawthorne, CA 90250

Food distribution for the needy the first Saturday of the month 11:30 am-12 noon. Also see Emergency Shelter/Food Programs.
Website: www.calvaryhawthorne.org

Carson Senior Social Services

310-835-0212

801 E. Carson St.
Carson, CA 90745

Hot lunch \$3.50 provided by the YMCA for seniors on Monday-Friday @ 11:30 am. Sack lunches delivered to Carson residents only on the weekends costing \$3.75. Reservations required. Also see Case Management and Senior Centers categories.
Website: ci.carson.ca.us (search “senior social services” from home page)

First United Methodist Church of Redondo Beach

310-372-8445

243 So. Broadway
Redondo Beach, CA 90277

Hot meals on Wednesday, 6-7 pm. Hygiene items and clothes when available.
Website: www.beachfaith.com

First United Methodist Church of Torrance

310-328-3242

1551 El Prado
Torrance, CA 90501

Hot meals served the 4th Saturday of the month at 11 am.
Website: www.firstumctorrance.org

MEALS AND NUTRITION

Food Stamps (Cal Fresh)

211
877-597-4777

Department of Public Social Services, L.A. County

Offers services and resources for food assistance.

Website: www.benefitcal.org

Gardena Senior Citizens Bureau

310-217-9552

1670 W. 162nd St.
Gardena, CA 90247

M-F, 8-5

Lunch program M-F, 12:30-1 p.m. Cost \$2.75 for adults 60 yrs. and older; reservations needed 24 hr. ahead of time. Has home-delivered meals. Also see Case Management and Senior Centers category.

Website: www.cityofgardena.org (Search “senior citizen’s bureau” from the home page)

Gardena Valley Japanese Cultural Institute (JCI)

310-324-6611

1964 W. 162nd St.
Gardena, CA 90247

M-F, 9-5

Japanese box lunches, \$3.25. Reserve by Wednesday noon of prior week. Eat in or at home. Call for time. Also see Senior Centers category.

Website: www.cityofgardena.org

Harbor Gateway Torrance Outreach

310-713-1372

1435 Del Amo Blvd.
Torrance, CA 90501

Provides food items for families on the 2nd and 4th Tuesday of every month at 10:15 am or until the food runs out. Bringing bags for food is appreciated. No discrimination for age; should be low income.

Website: none

MEALS AND NUTRITION

Hawthorne Senior Center

310-349-1650

3901 W. El Segundo Blvd.
Hawthorne, CA 90250

M-F, 9-4

Meals served at 12 noon, \$2 donation and \$3 for non-seniors. Also see Senior Centers category.

Website: www.cityofhawthorne.org (search "Senior center" in search box at bottom of home page)

Hope In Action

310-374-4673

Hope Chapel
2420 Pacific Coast Highway
Hermosa Beach, CA 90254

Closed 12 noon -1 pm

Once a month food items distributed 9 and 11 am to residents of South Bay cities including Inglewood, Hawthorne, Torrance and the Beach Cities. For church members, food is available after services Friday at 7 pm, Saturday at 6 pm, Sunday at 9 and 11 am. Requires proof of residence. Church non-members can pick up a free bag of a week's worth of food once a month. Distribution takes place Wednesday and Friday, 9-12 and 1-4. Individuals must provide proof of residency in the South Bay to be eligible for free food.

Website: www.hopechapel.org (click "Helping" link at top of home page, then "local" and "Hope in Action")

House of Yahweh

310-675-1384

4046 W. Marine Ave.
Lawndale, CA 90260

**M-F, 10-4
Sat, 10-3**

Provides emergency food distribution once a month, home delivery for special needs, and Food Outreach Program. Clients must undergo a personal screening to qualify. Also see Emergency Shelter/Food Programs.

Website: www.hoy-southbay.org

MEALS AND NUTRITION

Inglewood Senior Center

310-412-5338

1111 N. Locust St.
Inglewood, CA 90301

Lunch served Monday to Friday from 12 noon to 12:30 pm. Home delivered meals also served. Suggested donation \$2. Also see Case Management and Senior Centers categories. Website: www.cityofinglewood.org (Search “senior center” on home page)

Japanese Cultural Institute (JCI)

310-324-6611

1964 W. 162nd St.
Gardena, CA 90247

Japanese lunch box for pick up, M-F, 9-11:45 am for \$4.50. Reservations required 3 days before 9-11:45 am.
Website: www.jci-gardena.org

L.A. Regional Food Bank

323-234-3030

M-F, 8-5

Also refer to Emergency Shelter/Food Programs category. Log in and use a zip code to search for nearest food bank.

Website: www.lafoodbank.org. On home page scroll down to “Get Help” and click “learn more” to find resources in your area.

MEALS AND NUTRITION

Lawndale Community Center-Senior Services

310-973-3270

14700 Burin Ave.
Lawndale, CA 90260

M-Th, 7 am-8 pm
F, 7-4
Sat, 10-2

Lunch served (\$2.25 donation) Monday-Friday from 12 noon to 1 pm, sign up required ahead of time. Also see Case Management and Senior Centers categories.
Website: www.lawndalecity.org (after clicking “Services” tab at top of home page, select “Daily Senior Activities Schedule”)

Meals on Wheels

Hot meals delivered to homes of housebound seniors or disabled. Call for details.

Carson – 310-835-0212, ext. 1487

El Segundo – 310-322-9033

Gardena – 310-217-9552 - www.ci.gardena.ca.us (search “home delivered meals” from home page)

Harbor City – 310-518-4533 – serves 1 meal/day (lunch)

Harbor Gateway – 310-518-4533 – serves 1 meal/day (lunch)

Hawthorne – 310-412-4380- www.cityofhawthorne.org/senior-activities

Inglewood – 310-412-5338 - www.cityofinglewood.org (search for “senior services” on home page, and click on first link for senior services information)

Lawndale – 310-973-3270 – www.lawndalecity.org (search “meals on wheels” from home page and click on link called “Programs and Services”) Or leave a voicemail to request more information.

Lennox – 310-412-5338 - www.cityofinglewood.org (search for “senior services” on home page, and click on first link for senior services information)

Manhattan, Redondo, Hermosa Beaches – 310-318-2827 - www.salvationarmy-socal.org (search using city name on home page)

Palos Verdes – 310-318-2827 (east of Hawthorne only)

San Pedro – 310-518-4533 – only 1 meal/day

San Pedro – 310-832-7335, **SAN PEDRO RESIDENTS ONLY**, serves 2 meals/day

Torrance/Lomita – 310-542-3434 (M-F, 8:30-2:30) – www.tlmow.org

Wilmington – 310-518-4533 – serves 1 meal/day (lunch)

MEALS AND NUTRITION

Nakaoka Community Center

310-217-9552

Senior Citizens Bureau
1670 W. 162nd St.
Gardena, CA 90247

Hot meals served Monday to Friday at 12:30, \$2.75 suggested donation for seniors and provides home delivered meals @ \$2.25 suggested donation. Also see Senior Centers category.

www.ci.gardena.ca.us (Search “senior citizens bureau” from home page.)

Perry Park Senior Center

424-247-8142

North Redondo Senior Club
2308 Rockefeller Lane
Redondo Beach, CA 90278

Lunch program on Monday, Wednesday, and Friday at 12 noon with reservations required 24 hours ahead of time. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information. Also see Senior Centers category.

Website: www.redondo.org/senior

Redondo Beach Senior and Family Services

310-318-0650

1922 Artesia Blvd.
Redondo Beach, CA 90278

M-F, 7:30-5:30

YMCA sponsored lunches, \$3.00 senior donation served Tuesday and Thursday at Veterans Park, and Monday, Wednesday, and Friday at Perry Park. For more information call Senior and Family Services. Also see Legal and Senior Center categories.

Website: www.redondo.org/senior

Riviera United Methodist Church

310-378-9273

375 Palos Verdes Blvd.
Redondo Beach, CA 90277

Every 5th Saturday of each month, 11-1 pm, for low income and homeless is provided a “Loaves and Fish” lunch that serves a full course home cooked meal. Brown bag sandwich meals, socks and toiletries are available to take as a person leaves.

Website: www.rivieraumc.com

MEALS AND NUTRITION

Rock Solid Christian Assembly

310-832-2788

867 W. 10th St.
San Pedro, CA 90731

Distribution of food every Sunday of each month, 12:30-1:30 pm; after church. Also see Emergency Shelter/Food category.
Website: www.rocksolidspanpedro.org

Salvation Army

310-318-2827

125 W. Beryl St.
Redondo Beach CA 90277

Delivers hot meals for those who cannot prepare for themselves. Service covers Beach Cities, Torrance (west of Hawthorne), Palos Verdes Peninsula and Lawndale. Special diets available. Hot meals during the week and frozen meals on weekends.
Website: salvationarmy-socal.org

San Pedro Service Center

310-519-6091

769 W. Third St.
San Pedro, CA 90731

M-F, 8-5

Senior nutrition site with hot lunch meal for \$3 (suggested donation) at 11:30 am on a first come first served. Call for more information and reservations. Also see Case Management, and Senior Centers categories.
Website: www.wdacs.lacounty.gov (Click on “Service Locations” tab at top of home page and select “Community and Senior Centers Locator.”)

San Pedro Temple Corp.

310-832-7228

Salvation Army
138 S. Bandini
San Pedro, CA 90731

Food distribution for the needy, Friday, 9-12, 2-3 pm. Also see Emergency Shelter/Food Programs.
Website: salvationarmy.org

MEALS AND NUTRITION

Senior Normandale Nutrition

310-328-3689

Normandale Recreation Distribution Site
22400 S. Halldale Ave.
Torrance, CA 90501

Provides food items for homeless persons over 18, and low-income families on the 4th Tuesday of the month at 10:15 am. Bringing bags for food is appreciated. Served the communities of Torrance, Lomita, Gardena, Carson, and Harbor City. Also see Emergency Shelter/Food Programs category.

Website: none

South Bay Community Church of the Brethren/Tree of Life

310-371-0411

2761 190th St.
Redondo Beach, CA 90278

Hot meals served on Thursday from 6:30-8 pm.

Website: www.brethren.org/church/32330-South-Bay.html

St. Andrews Episcopal Church

310-328-3781

1432 Engracia Ave.
Torrance, CA 90501

Hot meals served the 3rd Saturday of the month. No charge for meals. Serving starts at 11:00 am and continues until all food is gone.

Website: www.saintandrewstorrance.org

St. Andrews Presbyterian Church

310-540-5252

301 Ave D
Redondo Beach, CA 90277

T-Th, 9-3
Fri., 9-1

Hot lunches are provided from 12 noon – 1 pm on Tuesday and Thursday. Canned food, hygiene, bedding items and used clothing given when available.

Website: www.sntandrews.org

MEALS AND NUTRITION

St. Catherine Laboure Catholic Church

310-329-0993

3846 Redondo Beach Blvd.
Torrance, CA 90504

Food distribution for the needy on the last Saturday of the month, 11 am -1 pm. Also see Emergency Shelter/Food Programs category.

Website: www.stcatchurch.com

St. James Catholic Church

310-372-5228

415 Vincent St.
Redondo Beach, CA 90277

Sack lunches are provided from 1 pm-2 pm on Monday, Wednesday, and Friday Part of “Feed the Needy” program.

Website: www.stjameschurch.org

St. John Evangelical Lutheran Church

310-676-8804

14517 Crenshaw Blvd.
Gardena, CA 90249

Hot meals served Monday and Friday at 6:00 pm. Dinner served every 4th Saturday each month at 4 pm. Sack lunches are served Sunday at 12 noon.

Website: none

St. Joseph Catholic Church

310-679-1139

11886 S. Acacia Ave.
Hawthorne, CA 90250

M-F, 9 am-8:15 pm
Sat, Sun., 9-2:45

Distribution of food on the 2nd Sunday of each month, 8 am-12:30 pm. Spanish spoken.

Website: www.stjoseph-haw.org

MEALS AND NUTRITION

St. Lawrence Martyr Church

310-540-0329

1900 S. Prospect
Redondo Beach, CA 90277

Food pantry (canned and dry food) with food distribution to residents of South Redondo Beach and South Torrance. Proof of residency required. Food distributed Saturday, 9-10 am.

Website: www.stlm.org

St. Margaret Mary Catholic Church

**310-326-3364
Ext. 15**

25511 Eshelman Ave.
Lomita, CA 90717

Weekly distribution of food on Wednesday, 8:30-10:00 am. Spanish also spoken.

Website: www.stmargaretmarylomita.org

St. Paul's United Methodist Church

310-370-4319

2600 Nelson Ave.
Redondo Beach, CA 90278

Hot supper served at church from 6-7 pm on Tuesday. Food pantry is open from 9-11 am on the 1st and 3rd Thursday of the month. Clothing available at both events.

e-mail: projectneedsrb@gmail.com

Website: www.stpaulrb.org

Torrance 1st Baptist Church

310-328-5030

2118 W. Carson St.
Torrance, CA 90501

Hot meal served on the first Saturday of each month, 11 am -1 pm.

Website: www.tfbclife.org

MEALS AND NUTRITION

Torrance YMCA Senior Center

310-325-5885
Ext. 2732

2900 W. Sepulveda Blvd.
Torrance, CA 90505

Nutritious lunch M-F, at 12 noon for seniors 60 years and older. No membership required for lunch. Reservations required 24 hours in advance by 11 am the prior day. Donation of \$2.75 for lunch. Also see Senior Centers category.

Website: www.ymcala.org/t56

Veterans Park Senior Center

424-247-8517

Redondo Beach Senior Club
301 Esplanade (corner of Catalina and Torrance Blvd.)
Redondo Beach, CA 90277

Lunch program on Tuesday and Thursdays at 12 noon with reservations required 24 hr. ahead of time. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information or go to website. Also see Senior Centers category.

Website: www.redondo.org/senior

Walteria United Methodist Church

310-375-0622

3646 Newton St.
Torrance, CA 90505

Full hot meal served the 2nd Saturday of each month from 11am-1pm for the needy and homeless.

Website: www.walteriaumc.org

Wilmington Multipurpose Senior Center

310-518-4533

1371 Eubank (Banning Park)
Wilmington, CA 90744

Hot meal served at 12 noon for \$3 for seniors 60 yrs. and over. Call for more information and reservations. Also see Case Management, Legal, Senior Centers and Transportation categories.

Website: www.wilmingtonjcfoundation.yolasite.com

MEALS AND NUTRITION

Yvonne Burke Senior and Community Center

323-298-7075

4750 W. 62nd St.
Los Angeles 90056

M-F, 8-8
Sat, 9-6

Senior Nutrition Program serving lunch Monday to Friday, 12 noon – 12:30 pm.
Suggested donation \$2. On site is Meals on Wheels. Also see Senior Centers category.
Website: cityofinglewood.org (search “Yvonne Burke” from home page and click on “Senior congregate meals” in the results)

POLICE AND FIRE

Carson	Sheriff's Department	310-830-1123
	LA County Fire Department	323-881-6156
El Segundo	Police Department	310-524-2200
	Fire Department	310-524-2269
Gardena	Police Department	310-217-6148
	LA County Fire Department	323-881-6156
Harbor City	LA City Police Department	310-726-7700
	LA City Fire Department	310-548-7585
Harbor Gateway	LA City Police Department	310-726-7700
	LA City Fire Department	310-548-7579
Hawthorne	Police Department	310-675-4443
	LA County Fire Department	323-881-6156
Hermosa Beach	Police Department	310-318-0360
	Fire Department	310-376-2479
Inglewood	Police Department	310-412-5211
	LA County Fire Department	323-881-6156
Lawndale	Sheriff's Department	323-820-6700
	LA County Fire Department	323-881-6156
Lomita	Sheriff's Department	310-539-1661
	LA County Fire Department	323-881-6156
Manhattan Beach	Police Department	310-802-5140
	Fire Department	310-802-5200
Palos Verdes Estates	Police Department	310-378-4211
	LA County Fire Department	323-881-6156
Rancho Palos Verdes	Sheriff's Department	310-539-1661
	LA County Fire Department	323-881-6156
Redondo Beach	Police Department	310-379-2477
	Fire Department	310-318-0663
Rolling Hills	Sheriff's Department	310-539-1661
	LA County Fire Department	323-881-6156
Rolling Hills Estates	Sheriff's Department	310-539-1661
	LA County Fire Department	323-881-6156

POLICE AND FIRE

San Pedro	LA City Police Department	310-726-7700
	LA City Fire Department	310-548-2836
Torrance	Police Department	310-618-5641
	Community Affairs	310-618-6391
	Fire Department	310-781-7042
Wilmington	LA City Police Department	310-726-7700
	LA City Fire Department	310-548-7538

RETIREMENT

DISCLAIMER

The following providers are listed here as referrals only and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability for this list of referrals. We suggest that you or a friend carefully investigate the resources.

Alternatives for Seniors

800-350-0770

P.O. Box 77072
Charlotte, NC 28271

Provides a senior housing and services resource publication. The magazine includes continuing care, retirement communities, independent and assisted living, residential care, Alzheimer/dementia resources, nursing/rehabilitation centers and home care. Also see Alzheimer's and Board and Care categories.

Website: www.alternativesforseniors.com

Always Best Care Senior Services

310-792-8666

21250 Hawthorne Blvd., Suite 500
Torrance, CA 90503

M-F, 9-5

Provides seniors and families with information and referrals to independent living, assisted living and board and care communities, as well as Alzheimer's homes. Each community is individually toured and evaluated. Seniors are personally matched to appropriate communities based on care needed, budget and location. Families are then escorted to each location, bringing clarity and wisdom to a most important family decision. Service is FREE. Also see Alzheimer's, Board and Care, Case Management, and In-Home Services categories.

Website: www.alwaysbesthomecare.com

RETIREMENT

Belmont Village

310-377-9977

5701 Crestridge Rd.
Rancho Palos Verdes, CA 90275

24/7

An upscale assisted living community for adults 60 years and older, providing personal care, medication management through a licensed nurse, fitness and social activities, water aerobics in the Spring and Summer, transportation to and from doctors' appointments, Circle of Friends Memory Enrichment Program, physical therapy, private residences, companion room options, and chef-prepared meals. Facility has an Alzheimer's secured environment, offers short-term respite and hospice, and 24 hr. licensed nurses around the clock. Also see Alzheimer's category.
Website: www.belmontvillage.com

Bixby Knolls Towers

562-426-6123

3737 Atlantic Ave.
Long Beach, CA 90807

24/7

A non-profit Retirement Housing Foundation community offering affordable senior housing with independent, assisted living, skilled nursing and rehabilitation. Provides 3 meals/day and social activities, excursions, laundry services, beauty shop and weekly housekeeping. The full service senior apartments accept 55 yr. and older, and skilled nursing is provided for 62 yrs. and older.
Website: www.bixbyknollstowers.org

Brookdale South Bay

310-543-1174

5481 Torrance Blvd.
Torrance, CA 90503

Accepts active adults 62 years and older, providing studios, 1 and 2 bedroom units, 3 meals a day, and weekly housekeeping. Staff is available 24 hours. Transportation for medical appointments and shopping.
Website: www.brookdaleliving.com (search for "Torrance, CA" on home page)

RETIREMENT

Canterbury, The

310-541-2410

5801 W. Crestridge Rd.
Rancho Palos Verdes, CA 90275

24/7

Retirement facility providing independent living, assisted living, memory care unit and skilled nursing. Supervised activities and transportation for medical care.
Website: www.thecanterbury.org

Carson Senior Assisted Living Center

310-830-4010

345 E. Carson St.
Carson, CA 90745

24/7

Some SSI, 3 meals a day. Arbor Hall for Alzheimer's and dementia. Respite care available. Also see Alzheimer's category.
Website: www.carsonassistedliving.net

Connections Referral Service

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referrals for board and care, retirement, assisted living and skilled nursing facilities, as well as Alzheimer's homes. All services are free. Also see Alzheimer's, Board and Care and Skilled Nursing categories.
Website: www.carehomefinders.com

Gardena Retirement Center

310-327-4091

14741 South Vermont Ave.
Gardena, CA 90247

M-F, 9-5

65 years and older, providing 3 meals a day. Offers activities, outings, Japanese arts and crafts and exercise program. Will accept those using walkers and canes. Serves Japanese and American food.
Website: www.gardenaretirement.com

RETIREMENT

Geriatric Solutions Unlimited

310-403-3499

1601 N. Sepulveda Blvd., #136
Manhattan Beach, CA 90266

24/7

Specializes in providing personalized free resources and information to seniors and families looking for alternative options in transitioning their love one. Assist in process to find the right assisted living, memory care/Alzheimer's care communities, residential board and care, respite care, and retirement communities, that will fit individual needs. The focus is to understand and personalize the best resource solution. Specializes in giving resources for VA veteran's, Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate and assess care needs, establish location, which is comfortable for client and family. Establish what client's social and personal interest and their budget. Serves South Bay, Beach cities, Los Angeles, Orange, Ventura and San Diego counties and throughout California. English, Spanish and Tagalog spoken. Also see Alzheimer's, Case Management, Board and Care, and Veteran's categories.

Website: www.freeseniorplacements.com

Glen Park at Long Beach

562-432-7468

1046 E. Fourth St.
Long Beach, CA 90802

M-Sun, 8-5

A State licensed assisted living facility serving the physical, social, emotional and spiritual needs of seniors. Provides 3 meals a day, health and wellness programs, full time activity directory, chapel with non-denominational services, and an internet/computer room. A secured facility with 40 beds for Alzheimer's/dementia individuals as well as respite care for families. Also see Alzheimer's category.

Website: www.glenparkhealthyliving.com/glen-park-at-long-beach/

Harbor Terrace Retirement Center

310-547-0090

435 W. 8th St.
San Pedro, CA 90731

24/7

87-person capacity for 60 years and older, providing 3 meals a day, studio and one bedroom with utilities included. Ambulatory patients only. No wheelchairs. Dietitian meets with each new resident. 24-hour full-service and medical transportation provided.

Website: www.harborterraceretirement.com

RETIREMENT

Heart Light Referral Service

310-490-6511

Heart Light Referral Service is a no-cost boutique style referral and placement service. Provided is a personalized, hands on service for seniors and their families looking for quality residential care communities, including independent living, assisted living, memory care, home care/home health, board and care, respite stays and consultations in the South Bay and Greater Los Angeles. Established in 1996. Also see Board and Care category.

Website: www.heartlightonline.com

Huntington Retirement Hotel

310-370-5828

20920 Earl St.

24/7

Torrance, CA 90503

60 years and older; accepts disabled. Provides 3 meals a day. Independent/assisted living as well as care for those with dementia, Alzheimer's and the non-ambulatory. Social and recreational programs. No skilled nursing. Transportation to and from medical appointments and shopping. In-house beauty shop. Also see Alzheimer's category.

Website: www.huntingtonretirement.com

New LifeStyles

800-869-9549

4144 N. Central

Expressway #1000

Dallas, TX 75204

Provides a complete list of state licensed facilities in the United States. Includes guides to senior living, senior care, assisted living facilities, retirement communities, Alzheimer's care and hospice care. See also Alzheimer's, Board and Care and Hospice categories.

Website: www.newlifestyles.com

Palos Verdes Villa

310-547-9941

29661 S. Western Ave.

24/7

Rancho Palos Verdes, CA 90275

60 years and older with 73 private and semi-private rooms providing 24-hour caregiving, assisted living, activities and 3 meals a day plus snacks. Transportation to appointments.

Website: www.palosverdesvilla.com

RETIREMENT

Rosecrans Villa

310-675-9163
24/7

14110 Cordary Ave.
Hawthorne, CA 90250

Retirement and board and care facility for 60 yr. and older, providing 3 meals a day plus snacks. Transportation to and from medical appointments, art classes, and adult education classes. Individuals must be able to transfer from bed to wheelchair without assistance. Accepts disabled and SSI.
Website: www.rosecransvilla.com

South Bay Senior Living

310-320-3318

Formally Sunnyside Retirement Center
22711 S. Vermont
Torrance, CA 90502

24/7

70 semi -private and private rooms for 62 yr. and older. Provides assisted living and 3 meals a day. Does not accept Alzheimer patients or those in wheelchairs. Transportation, activities, housekeeping, laundry, and medication supervision. Variety of activities, including outings, entertainment, educational, health and wellness programs.
Website: www.southbaysl.com

Spring Senior Assisted Living

310-370-3594

20900 Earl St.
Torrance, CA 90503

M-F, 9-5

Retirement, assisted living providing 3 levels of care and 3 meals a day for 65 yr. and older. Semi and private rooms, wheelchairs okay. Transportation to appointments. No Alzheimer patients accepted.
Website: www.geneshihcc.com/springassistedliving

RETIREMENT

Sunrise Assisted Living of Hermosa Beach

310-937-0959

1837 Pacific Coast Highway
Hermosa Beach, CA 90254

60 yr. and older offering three levels of assisted living, three meals a day, laundry services, housekeeping, scheduled transportation, and care for persons with dementia/Alzheimer's disease or other types of memory impairment. See also Alzheimer's category.

Website: www.sunriseseniorliving.com (search "Hermosa Beach, CA" from home page.)

Sunrise at Palos Verdes

310-377-7425

25535 Hawthorne Blvd.
Torrance, CA 90505

60 yrs. and older offering assisted living, memory care, and coordination of hospice. Daily physical fitness, creative, social, learning and spiritual activities. Scheduled transportation, laundry services, housekeeping and 3 meals a day. Memory Care services for individuals with memory impairment. Trained staff available 24 hrs./day.

Website: www.sunriseseniorliving.com. (Search "Palos Verdes, CA" from home page)

The Canterbury

310-541-2410

5801 W. Crestridge Rd.
Rancho Palos Verdes, CA 90275

24/7

Retirement facility providing independent living, assisted living, memory care unit, and skilled nursing. Supervised activities and transportation for medical care.

Website: www.thecanterbury.org

Villa Sorrento

310-539-6826

23450 Madison St.
Torrance, CA 90505

24/7

62 years and older, 108 units, studio and 1-bedroom with 3 meals a day. Limited wheelchairs. Mild cognitive impairment accepted. Transportation and activities. Pets allowed.

Website: www.villasorrentoretirement.com

RETIREMENT

Welbrook Senior Living South Bay

310-997-0838

3210 W. Sepulveda Blvd.
Torrance, CA 90505

Assisted living and Memory Care for 65 yr. and older and disabled. Studio, one-bedroom and two bedroom options. Pet friendly. Services include dining, scheduled transportation, state-of-the-art emergency call system, housekeeping, laundry, utilities, and recreation. Amenities include coffee bar, movie theatre, beauty salon, game room, multi-purpose room, and large courtyard with putting green and gardening. Private pay only. Also see Alzheimer's category.

Website: www.welbrooksouthbay.com

SENIOR CENTERS

Anderson Memorial Senior Center

310-548-7596

828 S. Mesa St.
San Pedro, CA 90731

M-F, 8:30-4

Exercise classes, bingo, sewing, art classes, ceramic classes and guitar. Applications for City Ride program available. Hot lunches M-F for \$3, \$5 non-seniors at 11:30 am. Also see Meals/ Nutrition category.

Website: www.laparks.org/dos/senior/facility/andersonscc.htm

Anderson Park Senior Center

310-318-0650

North Park Senior Club
3007 Vail Ave.
Redondo Beach, CA 90278

Bridge, exercise, Tai Chi, trips, tours, potluck and bingo. Adaptive mobility post-stroke class and support group staffed by Beach Cities Health District. Nutrition program serves hot, well-balanced meals in congregate dining center M-F @ 11:30 for \$2. Adult Day Care Center staffed by Easter Seals open Monday through Friday, 7:30-5:30 pm. Call Easter Seals at 310-214-6963 for more information. Also see Alzheimer's and Disabilities categories.

Website: www.redondo.org/senior

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

**M-Sat, 8-4
Sun, 12:30-4**

5-0 And on the Go! Promoting fitness, fun and friendships.

M-F lunches for \$2.50 at 11:30 am for adults 50 yr. and over. Reservations are recommended 24 hrs. in advance. Open daily and provides a full range of programs and services. Activities include special events and interest classes; exercise classes, chair aerobics, bridge, canasta, pinochle, dances, shuffleboard, billiards, crafts, free movie matinees, ceramics, beadwork, lapidary, free legal appointments, and Health Insurance Counseling Advocacy Program (HICAP). Also see Insurance, Legal and Meals/Nutrition categories.

Website: www.torranceca.gov/parks/6619.htm

SENIOR CENTERS

Carson Senior Social Services

310-835-0212

Ext. 1775

M-F, 7 -6

801 E. Carson St.
Carson, CA 90745

Hot lunches Monday-Friday, reservations at 310-835-0212, Ext. 1487. Exercise classes, Polynesian, square and line dancing, monthly dances, bingo, tax help, Medicare advice, Stroke Center, legal referrals, geriatric aid program, senior clubs, Glee Club, Tai Chi, health programs and transportation. Also see Case Management and Meals/Nutrition categories.

Website: ci.carson.ca.us (search “senior social services” from home page.)

El Segundo Joslyn Center

310-529-2706

339 Sheldon St.
El Segundo, CA 90245

M-Th, 8 am-9 pm

F, 8-5

Sat, varies

Arts and crafts, stained glass, exercise classes, Saturday dances, bingo, pool, and movies on Thursday. Monthly trips and potluck. Delivered meals (El Segundo residents only) by Outreach Program, 310-529-2706. Dial-a-Ride for El Segundo residents. Call for reservations and operating hours.

Website: www.elsegundo.org (search “Joslyn center” from home page.)

Gardena Senior Citizens Bureau

310-217-9552

1670 W. 162nd St.
Gardena, CA 90247

M-F, 8-5

Case management, information and referral, health clinics, escort and shopping services, socialization, recreation programs, exercise, music therapy, education programs, in-home supportive help for low-income seniors, home delivered meals and transportation in Gardena. Lunch program M-F, 12:30-1 p.m. Bilingual (Spanish). Also see Case Management and Meals/Nutrition categories.

Website: www.ci.gardena.ca.us (Search “senior citizens bureau” from home page.)

SENIOR CENTERS

Gardena Valley Japanese Cultural Institute (JCI)

310-324-6611

1964 W. 162nd St.
Gardena, CA 90247

M-F, 9-5

Crafts, line dancing, ballroom dancing, martial arts, and adult school classes. Japanese language school on Saturday, 9 am -12:30 pm. Japanese box lunches, \$3.25. Reserve 3 days in advance. Eat in or at home. Also see Meals/Nutrition category.

Website: www.jci-gardena.org

Hawthorne Senior Center

310-349-1650

3901 W. El Segundo Blvd.
Hawthorne, CA 90250

M-F, 9-4

Meals served at 12 noon, (\$2 donation, \$3 non-senior). Reservations required. Transportation, sewing, knitting, crocheting, cards, bingo, legal appointments, Tai-Chi, dances, pool, field trips, games, line dancing, movies and computer lab. Free monthly blood pressure checks. AARP driving class; call for information. Also see Meals/Nutrition category.

Website: www.cityofhawthorne.org (search “senior center” in box at bottom of home page.)

Herma Tillim Senior Center

310-329-1889

3614 W. Artesia Blvd.
Torrance, CA 90504

T, W, Th, 9-4

5-0 And on the Go! Promoting fitness, fun and friendships.

Bridge, pinochle, table games, bingo, crafts, gentle fitness, chair dancing, quilting workshop, exercise, and movie matinee. Greeting Card workshop the 1st Tuesday of the month. Wire Wrapping workshop the 2nd and 4th Tuesdays of the month.

Website: www.torranceca.gov/parks/6619.htm

SENIOR CENTERS

Hermosa Five-0 Senior Activity Center

310-318-0280

710 Pier Ave.
Hermosa Beach, CA 90254

Bingo, lectures, trips, art classes, computer help, movies, ping pong, yoga, Tai Chi, brain fitness and physical fitness classes. Call for times.

Website: www.hermosabch.org (search "seniors" from home page.)

Inglewood Senior Center

310-412-5338

1111N. Locust St.
Inglewood, CA 90301

M-F, 8-5

Information and referral, lunch served on site as well as home delivered meals, care and case management, transportation, caregiver support services, diabetic support group, senior Tai Chi classes, trips and excursions. Also see Case Management and Meals/Nutrition categories.

Website: www.cityofinglewood.org (search "senior center" on home page)

Jewish Community Center

310-214-4999

1003 N. Sepulveda Blvd.
Manhattan Beach, CA 90266

Th, 11-1

Speakers on topics from current Jewish events to taxes and medical issues; presentations, games, music and outings. Call for current schedule. Fee of \$5 per program. Light lunch is served.

Website: www.jccmb.com (click "Community Programs" tab at top of home page and select "Senior Club.")

SENIOR CENTERS

Ken Miller Recreation Center

310-320-5918

310-618-6396

3341 Torrance Blvd. (behind Benstead Plunge)
Torrance, CA 90503

F, 8-3

5-0 And on the Go! Promoting fitness, fun and friendships.

Classes offered: Beginning and intermediate cardio salsa dance. Registration required. Classes offered in cooperating with Torrance Adult School Older Adult Program. Call for more information at 310-533-4689. Class fee \$45.00.

Website: www.torranceca.gov/parks/6619.htm

Lawndale Community Center-Senior Services

310-973-3270

14700 Burin Ave.
Lawndale, CA 90260

M-Th, 7 am-8 pm

Fri, 7-4

Sat, 10-2

Multipurpose senior center offering information and referral, case management, transportation, meals on wheels, and legal services. Social and recreational activities include Bunco, scrapbooking, movies, art and internet classes, small bus excursions, lunch program at noon, Monday through Friday, sign up required ahead of time. See also Case Management and Meals/Nutrition categories.

Website: www.lawndalecity.org (search "senior services" from home page.)

Lomita Recreation Center

310-326-0140

24428 Eshelman Ave.
Lomita, CA 90717

M-F, 9-8:30

Lomita "Goodtimers" meets on Thursdays from 10:30 am to 3:00 pm. Bingo starts around 12:30 pm. Exercise/aerobic classes offered Tuesdays and Thursdays; 8-week classes; \$16 fee. Chair Yoga on Mondays, 10 am to 10:50 am; 8-week class: \$40 residents/\$45 non-residents. Badminton games Tuesdays, 10:30 am-1:30 pm and Thursdays, 10:30-12:30 pm; fee \$10 per 10-week period.

Website: www.lomita.com/cityhall (search "seniors" from home page.)

SENIOR CENTERS

Long Beach Senior Center

562-570-3500

1150 E. 4th St.
Long Beach, CA 90802

**M-F, 8-4
Sat, 10-4**

Coffee shop, lunches, billiards, ballroom and dance classes, fitness center, arts and crafts, bingo, lapidary, library, movies, trips, senior nutrition program, tours, sewing program, woodcarving, weaving, knitting and crocheting programs, stretch classes, thrift and gift shop, theater group, karaoke, variety band, tap dance classes, computer classes, Tai Chi, and income tax preparation. Information, referral and assistance call 562-570-3533 or 562-570-3534.

Website: www.longbeach.gov (search “senior citizen program” from home page.)

Manhattan Beach Older Adults program

310-802-5430

Joslyn Community Center
1601 Valley Dr.
Manhattan Beach, CA 90266

**M-F, 8:30-5
Sat, Sun, 10-4**

Educational programs, ping pong, horse shoes, line dancing, shuffle board, dances, Woman to Woman discussion groups, book club, poetry reading, movies, bingo, games, cards, trips, social gatherings, and potlucks.

Website: www.citymb.info (search “older adults program” from home page.)

Nakaoka Community Center

310-217-9552

Senior Citizens Bureau of Gardena
1670 W. 162nd St.
Gardena, CA 90247

M-F, 8-5

Hot lunches on site M-F, (\$2.75 for seniors), and home-delivered meals. Bingo, exercise classes, legal advice, movies, day trips, candlelight dinners, and special transit for 60 years and older and disabled. behavior modification. Also see Meals/Nutrition category.

Website: www.ci.gardena.ca.us (search “senior citizens bureau” from home page.)

SENIOR CENTERS

Peninsula Seniors

310-377-3003

30928 Hawthorne Blvd.
Rancho Palos Verdes, CA 90275

M-F, 10-4

Legal appointments, tours, lectures, bridge, scrabble, Mahjong classes and games; call for information, bingo monthly, movies, writers group, AARP driving classes, Peninsula Veterans monthly luncheon, Hess Park lectures weekly, income tax service, podiatrist, caregivers' support group, chair Yoga, and exercise classes. Travel programs and lectures. Website: www.pvseniors.org

Perry Park Senior Center

424-247-8142

North Redondo Senior Club
2308 Rockefeller Lane
Redondo Beach, CA 90278

Arthritis Foundation exercise classes, cards, bingo, needlework, computer learning, art and hobbies. Lunch program on Monday, Wednesday, and Friday at 12 noon with reservations required 24 hours ahead of time. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information. Also see Meals/Nutrition category. Website: www.redondo.org/senior

Redondo Beach Senior and Family Services

310-318-0650

1922 Artesia Blvd.
Redondo Beach, CA 90278

M-Th, 7:30-5:30
Closed every other Friday

Information and referral for seniors and disabled adults. Transportation, legal services, and cultural trips. YMCA sponsored lunches; \$3.00 senior donation and served Tuesday and Thursday at Veterans Park; Monday, Wednesday, Friday at Perry Park. See also Legal and Meals/Nutrition categories. Website: www.redondo.org/senior

SENIOR CENTERS

Rosenberg Cultural Center

**310-316-8444
Ext. 5**

Temple Menorah
1101 Camino Real
Redondo Beach, CA 90277

W, 11-3

Field trips, movies, lunch, spiritual/intellectual and exercise classes, speakers and enrichment programs. A daily charge of \$14 for members, \$16 for non-members, covers all activities. See website for current programming and schedules.

Website: www.templemenorah.org (click on “Community” tab at top of home page and select “Rosenberg Cultural Center.”)

San Pedro Service Center

310-519-6091

769 W. Third St.
San Pedro, CA 90731

M-F, 8-5

Multi-purpose facility with a wide range of educational, social and recreational activities and programs for seniors 60 yr. and older. Services offered are case management, assistance with Medicare/Medi-Cal forms (call for times), emergency food distribution, as well as bread, fruit and vegetables distribution programs; arts and crafts, sewing, dance classes, beginner’s computer training, senior nutrition site with hot lunch meal for \$3 (suggested donation). Also see Case Management and Meals/Nutrition categories.

Website: www.wdacs.lacounty.gov (click on “Service Locations” tab at top of home page and select “Community and Senior Centers Locator.”)

Torrance YMCA Senior Center

**310-325-5885
Ext. 2732**

2900 W. Sepulveda Blvd.
Torrance, CA 90505

M-F, 9-11, 2-4

Daily lunches (donation \$2.75) M-F, 12 noon with reservations required. Wellness and nutrition, fitness, exercise, line dance, bridge, bingo, parties, travel tours, AARP 55 Alive Mature Driving Program, and volunteer opportunities. Membership in YMCA not required. Also see Meals/Nutrition and Volunteer categories.

Website: www.ymcala.org/torrance-south-bay (search “active older adults” by clicking on magnifying glass icon on home page.)

SENIOR CENTERS

Veterans Park Senior Center

424-247-8517

Redondo Beach Senior Club, Inc.
301 Esplanade (corner of Catalina and Torrance Blvd.)
Redondo Beach, CA 90277

Exercise, weight loss, square dance, cards, potlucks, theater group, line dancing, knitting, book club, Tai Chi, bridge, yoga, computer tutoring class. Lunch program on Tuesday and Thursdays at 12 noon with reservations required 24 hr. ahead of time. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information or go to website. Also see Meals/Nutrition category.
Website: www.redondo.org/senior

Walteria Park Senior Citizens Center

310-320-5918

3855 W. 242nd St.
Torrance, CA 90505

M, 12-4
Th, 12-4

Monday – Pinochle, board games, 12-4.

Thursday – Bridge, table games, 12-4.
Website: www.torranceca.gov/parks/6619.htm

Wilmington Multipurpose Senior Center

310-518-4533

1371 N. Eubank
Wilmington, CA 90744

M-F, 8-4:30

Multipurpose center offering classes in arts/crafts, sewing, exercise, and nutrition. Lunch served at 12 noon for \$3 for seniors 60 yrs. and older. Transportation available for residents of Wilmington, Harbor City, LA Strip and San Pedro. Health screening, case management, information and referral, social services, legal aid, and meal delivery (if eligible). Registry for in-home services. Also see Case Management, Legal, Meals/Nutrition and Transportation categories.
Website: www.laparks.org (search “Wilmington senior center” from home page)

SENIOR CENTERS

Yvonne Burke Community Center

323-298-6038

4750 W. 62nd St.
Los Angeles 90056

M-F, 8-6
Sat, 9-6

Multipurpose center offering computer and exercise classes, education workshops, lunch on site, Meals on Wheels, and movies. HICAP representative to assist with Medicare insurance health plans. Also see Meals/Nutrition category.

Website: cityofinglewood.org (search “Yvonne Burke” from home page and click on “Senior congregate meals” in the results)

SENIOR CLUBS

Banning Manor Senior Club

310-548-7776

1331 Eubank St.
Wilmington, CA 90744

M, 9-12

Activities include trips, potlucks, and social events.
Website: none

Carson V.I.P. Senior Club

310-835-0212
Ext. 1475 or 1478

Carson Community Center
Dominguez Room
801 E. Carson St.
Carson, CA 90745

Club operates under auspices of the senior recreation programs. Activities include bingo, games, cards, dance, exercises, dance, stroke rehabilitation, music, potluck dinners, holiday activities, excursions, birthday parties, etc. Membership is required. Call for information on meeting days.

Website: ci.carson.ca.us (on home page, click on "Departments" tab at top of page, then select "Community Services," then "Human Services," and finally "Senior Recreation.")

Hi Neighbors Senior Club

310-328-6367

Harbor Recreational Center
24901 Frampton Ave.
Harbor City, CA 90710

Tuesday, 10:30-2

Bingo and card games. The club also celebrates birthday, anniversary and special celebrations. Bring brown bag lunch. Contact person: Madeleine Bozin.

Website: none

Normandale Center Senior Club

310-328-3689

22400 S. Halldale Ave.
Torrance, CA 90501

M-F, 9-12:30

General meeting, bingo, dance, crafts, computer classes, nutrition program, trips, and gardening program. Also see Meals and Nutrition category.

Website: none

SENIOR CLUBS

North Park Senior Club

310-318-0650

Anderson Park Senior Center
3007 Vail Ave.
Redondo Beach, CA 90278

Call for current programming.

Website: ci.carson.ca.us (on home page, click on “Departments” tab at top of page, then select “Community Services,” then “Human Services,” and finally “Senior Recreation.”)

North Redondo Senior Club

310-318-0650

Perry Park Senior Center
2308 Rockefeller Lane
Redondo Beach, CA 90278

Call for current programming.

Website: www.redondo.org (search “senior clubs” from home page.)

Peck Park Seniors

310-548-7580

560 N. Western Ave.
San Pedro, CA 90732

Monday, 10-1

Plays bingo, planned day trips, tours, and provides lunch once a month.

Website: laparks.org

Redondo Beach Senior Club

310-318-0650

Veterans Park Senior Club
301 Esplanade
Redondo Beach, CA 90277

Call for current programming.

Website: www.redondo.org (search “senior clubs” from home page.)

SENIOR CLUBS

Roaring 90's Club

310-542-6081

Solutions for Senior Living
P.O. Box 465
Redondo Beach, CA 90277

A social and educational club for those 90 yr. and older, to meet and enjoy fellowship with their peers. Those 85 yr. and older are invited to join as "Trainees". The South Bay chapter boasts over 150 members. Contact person: Lynn Brennan.

email: lynn@solutionsforseniorliving.com

Website: www.solutionsforseniorliving.com (select "Roaring 90's Club" from links on left side of home page.)

Sea-Aire Senior Citizens Golf Club

310-543-4653

22730 Lupine Drive
Torrance, CA 90505

F, 8-11

Seniors meet at 9-hole golf course every Friday 8:00-11 am.

Website: www.torranceca.gov/Parks/10153.htm

Sunshine Seniors

310-834-2312

VFW Hall
1130 Anaheim St.
Wilmington, CA 90744

Offers bingo and fun trips. Dancing the 3rd Sunday of each month. Meets in the VFW room at 11 am on the 1st and 3rd Tuesday of the month. Special project making blankets for wounded soldiers meet at 9 am every 2nd and 4th Tuesday of the month.

Website: none

Toberman Seniors Club

310-547-9266

Toberman Center
131 N. Grand Ave.
San Pedro, CA 90731

Wednesday, 11:30-2

Weekly meetings, birthday celebrations, and trips. Must be a resident of San Pedro, Wilmington, or Harbor City. Contact person, Diana Bejarano.

Website: none

SKILLED NURSING

DISCLAIMER

The following providers are listed here as referrals only and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability for this list of referrals. We suggest that you or a friend or family member carefully investigate the resources.

Bay Crest Care Center

310-371-2431

3750 Garnet St.
Torrance, CA 90503

24/7

78 beds. Medicare and Medi-Cal accepted. Skilled nursing, rehabilitative services, hospice and custodial care.

Website: www.genesis.hcc.com

Connections Care Home Referrals

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referrals on board and care, retirement, assisted living and skilled nursing facilities, as well as Alzheimer's homes. All services are free. Also see Alzheimer's, Board and Care and Retirement categories.

Website: www.carehomefinders.com

Del Amo Gardens Care Center

310-378-4233

22419 Kent Ave.
Torrance, CA 90505

24/7

94 beds in facility. Services include skilled nursing, wound care, pain management, rehabilitation therapies, hospice, and respite care. Accepts Medicare, Medi-Cal, private and managed care plans.

Website: www.delamogardens.com

SKILLED NURSING

Driftwood Healthcare Center

310-371-4628

4109 Emerald St.
Torrance, CA 90503

99 beds in facility. Services include rehabilitation, hospice and custodial care in addition to skilled nursing. Accepts Medicare, Medi-Cal, and private pay.
Website: www.driftwoodhealthcare.com

Earlwood Care Center

310-371-1228

20820 Earl St.
Torrance, CA 90503

82 beds in facility. Various levels of care depending on condition of patient. Has an Express Recovery Unit. Medicare and Medi-Cal accepted.
Website: www.earlwoodcarecenter.com

Gardena Convalescent Center

310-532-9460

14819 S. Vermont Ave.
Gardena, CA 90247

74 beds in facility. Services include skilled nursing, pain management care, rehabilitation therapies, hospice and respite care. American and Japanese food served. Accepts private pay, Medicare, Medi-Cal, and managed care plans.
Website: www.gardenaconvalescentcenter.com

Greenfield Care Center of Gardena

310-329-9929

16530 S. Broadway
Gardena, CA 90248

24/7

50 beds in facility. Must qualify for skilled nursing by referral from doctor. 50 beds.
Medicare and Medi-Cal accepted.
Website: none

SKILLED NURSING

Harbor Post-Acute Care Center

310-320-0961

21521 S. Vermont Ave.
Torrance, CA 90502

24/7

127 beds in facility. Provides 24 hr. skilled nursing care, wound and pain management, hospice and respite care, intravenous therapy and renal dialysis. Accepts Medicare, Medi-Cal, and HMO's.

Website: www.harborcarecenter.com

Heritage Rehabilitation Center

310-320-8714

21414 S. Vermont Ave.
Torrance, CA 90502

140-bed skilled nursing facility with physical, occupational, and speech therapies as well as hospice and respite care. Medicare, Medi-Cal, HMO's and private pay accepted.

Website: www.heritagerehabcenter.com

Kei-Ai Healthcare Center

310-532-0700

15115 S. Vermont Ave.
Gardena, CA 90247

24/7

98 beds accepting Medicare, Medi-Cal, private and long-term insurance. Skilled nursing, rehabilitation, and short-term, temporary use for respite and hospice care available.

Website: www.kei-ai-southbay.com

Lomita Post-Acute Care Center

310-325-1970

1955 W. Lomita Blvd.
Lomita, CA 90717

24/7

68 beds in facility specializing in geriatric rehabilitation and wound care. In-house rehabilitation services consisting of physical, occupational, and speech therapies, pain management, pharmacy, lab and x-ray, psychiatry and psychological services offered. Social services are available as well as recreational programs. Medicare and private pay accepted.

Website: www.lomitacare.com

SKILLED NURSING

New Lifestyles

800-869-9549

4144 N. Central
Expressway #1000
Dallas, TX 75204

Provides a complete list of state licensed facilities in the United States. Includes guides to senior living, senior care, assisted living facilities, retirement communities, Alzheimer's care and hospice care. See also Alzheimer's, Hospice and Retirement categories.

Website: www.newlifestyles.com

Primrose Post-Acute

310-674-4500

515 Centinela Ave.
Inglewood, CA 90302

24/7

68 beds in facility. Accepts Medicare, Medi-Cal, HMO's, and private pay.

Websites: www.primrosepostacute.com

Providence Little Company of Mary Sub-Acute Care Center

310-732-6700

1322 W. 6th St.
San Pedro, CA 90732

24/7

125 beds in facility. Skilled nursing providing care for patients with tracheostomies and ventilators. For more information call the Resource Center at 888-432-5464. Accepts Medi-Cal, Medicare and all insurance plans.

Website: california.providence.org/sanpedro

Providence Little Company of Mary Transitional Care Center

310-303-5900

4320 Maricopa St.
Torrance, CA 90503

24/7

80-bed short-term facility and rehabilitation center. For more information call the Resource Center at 888-432-5464. Medicare and Medi-Cal accepted.

Website: california.providence.org/torrance

SKILLED NURSING

Sunnyside Nursing Center

310-320-4130

22617 S. Vermont Ave.
Torrance, CA 90502

24/7

300 beds providing skilled nursing, custodial and hospice care. Medicare and Medi-Cal accepted.

Website: www.sunnysidenursing.com

Vermont Health Care Center

310-328-0812

22035 S. Vermont Ave.
Torrance, CA 90502

200 beds providing skilled nursing and rehabilitation services and accepts individuals with Alzheimer's. Medicare, Medi-Cal, private pay, and some HMO's are accepted. Also see Alzheimer's category.

Website: none

SOCIAL SECURITY

Disability Community Resource Center

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Must have physical or mental disability. Bilingual counseling, case management, assistance with employment, and information and referrals. Also see Advocacy, Disabilities and Case Management.

Website: www.dcrc.co

Social Security Administration

800-772-1213

TTY 800-325-0778

22600 Crenshaw Blvd.
Torrance, CA 90505

M-F, 9-4

Information and referral on Social Security, Medicare, SSI and retirement benefits for seniors, survivors and disability insurance. Also see Hotline/Non-urgent and Veterans categories.

Website: www.ssa.gov (search “fraud” from the home page)

Social Security Fraud Hotline

800-269-0271

**M-F, 10-4
EST**

Report fraud, waste, or abuse within the Social Security programs such as retirement, disability, survivors and supplemental security income. Report persons who are buying or selling social security numbers. Also see Complaints and Hotline/Urgent categories.

Website: www.ssa.gov (search “submit a fraud report” from the home page)

TAX ASSISTANCE

Income Tax Filing Assistance

310-618-2724

**Recorded message
for hours, days**

The AARP Foundation in conjunction with the IRS provides free tax return preparation and counseling to all by certified volunteers, with special attention for ages 60 and older with low or moderate income. Program operates February 1 through April 15, Monday through Friday, 9-2:30 pm (including city holidays) in Torrance on a first come, first served basis; no appointments available. Bring last year's returns, all forms, W-2s, and 1099s. Tax-Aide also has sites in other South Bay cities. For full details about the Torrance and other city sites go to www.taxaide-southbay.org

Internal Revenue Service

Federal Tax Forms, 800-829-3676
National Tax Payer Advocate Hotline, 877-777-4778
Website: www.irs.gov

L.A. County Treasurer and Tax Collector

**888-807-2111
213-974-2111
M-F, 8-5**

Kenneth Hall of Administration
225 N. Hill St.
Los Angeles, CA 90012

U.S. government responsible for tax collection and tax law enforcement. Website contains downloadable forms, instructions and publications. To order tax forms and material call 800-829-3676. Live telephone assistance is available M-F, 7 am–10 pm to ask questions, help prepare a tax return and inquire about a notice received.

Website: ttc.lacounty.gov

TRANSPORTATION

Access Services, Inc.

800-827-0829

Services all L.A. County

**M-F, 8-5
office hours**

Serves the disabled, who cannot board, ride or exit a public bus or train. Wheelchair accessibility. Call for eligibility requirements. There are also services offered by local transportation offices. Operates 7 days a week. Also see Disabilities category.

Website: www.accessla.org

Amtrak

800-872-7245

Website: www.amtrak.com

Beach Cities Transit

**Information – 310-802-7686
Wave dispatch – 310-802-7684
Wave hours daily, 6 am-9 pm**

The Wave
415 Diamond
Redondo Beach, CA 90277

Provides registered Redondo Beach and Hermosa Beach residents 62 years and older or disabled any age with curb-to-curb transportation. Must register at 310-937-6660. Fare is \$1 each way, 7 days a week, M-F, 6 am-9 pm, Sat., Sun. 8 am-9 pm. Need to have exact change. Lift vehicles available. Transportation is provided within Hermosa and Redondo Beach, as well as satellite locations, which includes several health care facilities, El Camino Community College, Manhattan Beach Social Security office, Providence Little Company of Mary Hospital and Torrance Memorial hospitals.

Website: www.redondo.org (search “BCT monthly pass” from home page)

Carson Circuit

310-225-2545

M-F, 5:30 am-6 pm

Bus services in Carson. Monthly Carson Circuit Pass \$30. Standard ride costs \$1. Seniors 60 yrs. and older are free. Call for route information and hours. Connects to other South Bay services.

Website: www.ci.carson.ca.us (click on “Residents” link at top of home page and click on “Transportation.”)

TRANSPORTATION

Carson Dial-a-Ride

310-835-0212
Ext. 1489
M-Th, 7-6

Services residents of Carson seniors 60 years and older, and/or disabled. Provides taxi cards for rides within the city and satellite destinations.

Website: www.ci.carson.ca.us (click on “Residents” link at top of home page and click on “Transportation.”)

Department of Motor Vehicles (DMV)

800-777-0133

1785 W. 220th St.
Torrance, CA 90501

M, T, Th, F, 8-5
Wed, 9-5

Issues drivers and vehicle licenses and identification cards. Torrance location is south of Carson St. near Abalone. For faster service, call for appointment or use website. Other locations: Hawthorne, 3700 W. El Segundo Blvd., San Pedro, 1511 N. Gaffey St. Also see Advocacy category listing DMV Senior Driver Ombudsman Program.

Website: www.dmv.ca.gov

Dial-A-Taxi, Torrance

310-618-2536

West Annex, Torrance City Hall
3031 Torrance Blvd.
Torrance, CA

M-Th., 10-noon, 1-4

Special service for disabled citizens who are unable to access regular modes of public transportation for residents of Torrance. Ticket price \$1 regardless of income. Call to determine eligibility. Reservations must be made 24 hr. in advance. Also see Torrance Community Transit Program in this category.

Website: www.torrancetransit.org (search “dial a taxi” from home page.)

El Segundo Dial-a-Ride

310-524-2704

M-F, 9-3
Sat, 11-3

Door-to-door service for senior adults 60 yrs. and older and disabled. El Segundo residents only. Call for appointments and hours.

Website: www.elsegundo.org

TRANSPORTATION

Gardena Special Transit

310-965-8848

For senior residents 60 years and older, or physically disabled for Gardena, Hawthorne and certain parts of LA County (Calendar Park and Del Aire). Must register at Gardena Senior Citizens Bureau, 1670 W. 162nd St., Gardena. Goes to selected malls and medical facilities outside of Gardena. Fare is 75 cents. Call for hours of operation.

Website: ridegrtrans.com (search “special transit” from home page.)

Hermosa Beach Dial-a-Taxi

Office 310-318-0251

Order service 800-829-4378

Service available 24/7

Provides taxi vouchers for seniors 62 years and older, and/or disabled for Hermosa Beach residents. The boundaries are: El Segundo (north), Crenshaw Blvd. (east), and Pacific Coast Highway (south). Taxi service operates 24 hours. Must apply for pass from MTA (866-827-8646) first, before going to City Hall for vouchers. Application forma can be obtained at Hermosa Beach Finance cashier office at 1315 Valley Dr., Hermosa Beach. Need current utility bill to prove residency.

Website: www.hermosabch.org (go to “About Us” tab at top of home page and select “Senior Programs & Services, Senior Programs.”)

Lawndale Senior Transit

310-973-3270

M-F, 8-3

Curb-to-curb transportation service available for disabled and seniors, age 60 and over residing in Lawndale. Free of charge to residents. Pick-ups are made anywhere within the incorporated boundaries of Lawndale. The transit is available for medical, dental, banking, shopping, hairdressing and recreation activities. For more information, leave a voice message at 310-973-3287 or call 562-257-9911. A 48- hour advance notice is required (Monday thru Friday only).

Website: www.lawndalecity.org (Search “senior transit” from home page)

TRANSPORTATION

Lomita Dial-A-Ride

310-325-7110

Ext. 102

866-424-1678

M-F. 8-3

24300 Narbonne Ave.

Lomita, CA 90717

Lomita residents only, 65 years and older or disabled of any age. Provides around the clock transportation within service area and 6 satellite points: Harbor UCLA Hospital, Farmers Market, Torrance, Kaiser Foundation, Carson, Providence Little Company of Mary, Torrance and San Pedro, and Beach Cities Health District. Service area bound by Hawthorne, Vermont, Sepulveda, and Pacific Coast Highway, and Palos Verdes Drive North between Western and Narbonne. Any destination past the boundaries requires an additional fee. Initial registration at Lomita City Hall. Swipe card system used.

Website: www.lomita.com (search for “dial a ride” from home page)

Lomita Dial-A-Taxi

310-325-7110

Ext. 102

866-424-1678

M-Th, 7:30-5:30

Alternate Fridays 8-5

24300 Narbonne Ave.

Lomita, CA 90717

Lomita residents who are disabled/wheelchair bound. No age restriction. Service to Lomita and Torrance and several South Bay medical facilities and colleges. Swipe card system used.

Website: www.lomita.com (search for “dial-a-taxi” from home page)

Manhattan Beach Dial-a-Ride

310-545-3500

M-F, 6:30 am-5:30 pm

Sat., Sun, 8-5

Closed noon to 1 pm daily

Curb-to-curb transportation service for seniors 55 years and older and/or disabled of any age, within city boundaries, and designated satellite locations in Hermosa Beach, Redondo Beach, and Torrance.

Website: www.citymb.info (search for “dial a ride” from home page.)

TRANSPORTATION

Metropolitan Transit Authority (MTA)

323-466-3876

One Gateway Plaza
Los Angeles, CA 90012-2952

M-F, 6:30 am-7:00 pm
Sat/Sun, 8-4:30

Information on a Metro System offering 200 bus lines and 4 rail lines. For senior-disabled discount, call 213-680-0054, the Reduce Fare Office, M-F, 8-4. Riders with hearing or speech impairments, use the CA Relay Service, 711, and then dial phone number you need. Wheelchair Lift Hotline: 800-621-7828. Frequent bus riders should obtain a TAP card. Metro rail only accepts TAP cards. Information available for the counties of L.A., Orange, Riverside, San Bernardino and Ventura. Operating hours, M-F, 6 am – 8:30 pm, Sat/Sun, 8 am – 6 pm.

Website: www.commutessmart.info (route information)

Website: www.metro.net (Using the Metro system)

Website: www.metro.net/riding/senior-tips (senior tips for riding Metro)

Peninsula Transit Authority Dial a Ride

38 Crest Road West
Rolling Hills, CA 90274

Service- 800-400-2924
PV Transit office- 310-544-7108
M-F, 11-4
Office hours

For seniors 60 years and older or disabled. Services Peninsula area with curb-to-curb service. Will provide transportation to doctor's offices, medical buildings and hospitals in Torrance, Harbor City, San Pedro, Lomita, and Redondo Beach. For ambulatory person's service is available 24/7 and 24 hr. notice must be given. Can transport persons in wheelchairs, M-F, 6 am – 6 pm. For general information call 310-544-7108.

Pre-registration is required. The program uses prepaid swipe cards.

Website: www.palosverdes.com/pvtransit/

Public Transportation

South Bay Region

All South Bay cities' transportation departments provide discounts for seniors and disabled riders. Refer to Transportation section of this directory. Also see Discounts category.

TRANSPORTATION

Taxi Operators

Companies accepting Torrance Senior Taxi Program tickets:

All Yellow Taxi, 310-807-8888

South Bay Yellow Cab/United Checker Co-op, 866-400-4103

Bell Cab, 800-999-9977

Torrance Community Transit Program

310-618-2536

Torrance City Hall, West Annex

3031 Torrance Blvd.

Torrance, CA 90503

M-Th, 10-1 and 2-5

Closed alternate Fridays

Senior Taxi is for Torrance residents 65 yr. or older who reside west of Western Avenue. First time riders must register in person at the City Hall West Annex Transit Center. To register bring proof of age, residency (utility bill), and income tax return. Tickets are renewed by mail thereafter. Swipe card system is used. Taxi tickets cost \$1, \$3, or \$5 and have a value of \$13. Any ride over \$13 the participants are required to pay the difference. Tickets can be used for travel outside of Torrance boundaries. To inquire about taxi tickets balance on the swipe card call 855-932-4245. The Dial-A-Taxi provides service for disabled citizens who are unable to access regular modes of public transportation. Ticket price \$1 regardless of income. Call to determine eligibility. Enrollment is only Dial-a-Taxi **or** Dial-a-Ride. Wilmington Transportation Department provides service east of Western Ave. For information call, 310-518-4533.

Website: www.transit.torranceca.gov

Wilmington Multipurpose Senior Center

310-518-4533

1371 Eubank

Wilmington, CA 90744

M-F, 8-4:30

Transportation for Wilmington, San Pedro and Harbor City residents who are 60 years and older, or disabled. Van services zips: 90744, 90731, 90732, 90710, 90501, 90502, (east of Western Ave, Torrance). Information on CITYRIDE and L.A. City transport program (Para-transit) available by calling Maribel in the Transportation Department. Payment for the services is only cash. Also see Case Management, Legal, Meals/Nutrition and Senior Centers categories.

Website: www.laparks.org (search "Wilmington senior center" from home page)

VETERANS

1736 Family Crisis Center

866-249-3350

Supportive Services for Veterans Families Program
1044 Figueroa St.
Wilmington, CA 90744

Supportive services for veterans help veterans through outreach, permanent housing placement and case management. The program is VA funded and designed to prevent homelessness and/or rapidly house single veterans and/or veterans with families. These services are available to veterans throughout the Los Angeles and Orange County. Call for an eligibility screening over the phone. Outreach coordinator, Cliff Gardner, phone 323-770-2529 or cgardner@1736fcc.org.
Website: www.1736familycrisiscenter.org

Amada Senior Care

310-953-0440

3812 Sepulveda Blvd., Suite 200
Torrance, CA 90505

M-F, 8:30-5:30
On call 24/7

As a contractor with the Veterans' Administration, Amada Senior Care provides VA subsidized in home care to veterans who can qualify for these benefits. They will conduct a complimentary assessment of eligibility under both the Aid and Attendance and Homemaker/Home Health programs and guide you through the process of getting the Veterans Administration to pay for services to assist with personal care, errands, light housekeeping, etc. Amada will help qualify for the benefit and provide the caregivers who assist you. Also see Board and Care, Case Management and In- Home Services categories.
www.amadaslosangeles.com

VETERANS

California Department of Veteran Affairs

213-620-2755

Los Angeles District Office
11000 Wilshire Blvd., #5203
Los Angeles, CA 90024

**M-Th, 8-3:30
F, 8-noon**

Provides California veterans and their families with compensation and pension benefits, beneficial opportunities through low-cost loans, and rehabilitative, residential, and medical care and services at the California Veterans Homes.

Veterans Affairs resources:

Education Assistance 888-442-4551

Veterans Health Administration 877-222-8387

Homeless Vets Hotline 877-424-3838

VA Insurance Services 800-669-8477

Dept. of Veterans Affairs Telephone Assistance Service 800-827-1000

Women Veterans 855-829-6636, 8 am-10 pm EST Mon-Sat

All other benefits, press #3 for pensions, disability compensation, education, G.I. Bill, home loan, insurance and more.

Website: www.calvet.ca.gov

Century Villages at Cabrillo

562-388-8000

Property manager

562-388-8107

2001 River Ave.
Long Beach, CA 90810

M-F, 8:30-12, 1-5:30

The U.S. Veterans Initiative administers the facility. A residential community offering transitional housing for homeless veterans and families. Services include a residential addiction treatment program, a residential job re-entry program, long-term supported housing for veterans, and rental assistance housing for senior and disabled veterans. All programs offer food, supportive services and employment assistance to veterans. The VA Health Clinic provides comprehensive veterans' medical care at 5901 E. Seventh St., Long Beach, CA 90822, phone 562-826-8000, ext. 8414.

For housing appointments call 562-388-8000.

Website: www.centuryvillages.org

VETERANS

Defense Finance and Accounting Services (DFAS)

800-321-1080

Customer Care Center

**M-F, 8-5
EST**

DFAS provides finance, accounting, and annuity payment services for veterans and their dependents including survivor benefits. The survivor benefit plan provides eligible beneficiaries with a monthly payment based on a percentage of the deceased retirees pay. For eligibility and related personal questions contact the agency directly. For general information access the website.

Website: www.dfas.mil

Employment Development Department

310-782-2101

1220 Engracia Ave.
Torrance, CA 90501

M-F, 8-5

Operated by the state of California providing a comprehensive range of employment and training services which would benefit job seekers, laid off workers, individuals currently working, veterans, and people with disabilities. On site is the South Bay Professional Association-Experience unlimited for mature workers. Veteran Employment Service assists with job search for veterans. Also see Employment category.

Website: www.edd.ca.gov

First Light Home Care

424-704-5330

3655 Torrance Blvd., #300
Torrance, CA 90503

M-F, 9-5

Veteran owned agency knowledgeable on VA benefits and their surviving spouse including Veterans Aid and Attendance program. Open 24/7 for consultation. Free in home assessment available. Also see Case Management and In-Home Services categories.

Website: www.southbayfirstlighthomecare.com

VETERANS

Geriatric Solutions Unlimited

310-403-3499

1601 N. Sepulveda Blvd., #136
Manhattan Beach, CA 90266

24/7

Specializes in providing personalized free resources and information to seniors and families looking for alternative options in transitioning their love one. Assist in process to find the right assisted living, memory care/Alzheimer's care communities, residential board and care, respite care, and retirement communities, that will fit individual needs. The focus is to understand and personalize the best resource solution. Specializes in giving resources for VA veteran's, Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate and assess care needs, establish location, which is comfortable for client and family. Establish what client's social and personal interest and their budget. Serves South Bay, Beach cities, Los Angeles, Orange, Ventura and San Diego counties and throughout California. English, Spanish and Tagalog spoken. Also see Alzheimer's, Case Management, Board and Care, and Retirement categories.

Website: www.freeseniorplacements.com

Legal Aid Foundation of Los Angeles

800-399-4529

Long Beach Office
601 Pacific Ave.
Long Beach, CA 90802

M-F, 9-5

Free civil legal aid for low-income individuals in L.A. County. Offers a variety of legal help including defense against unjust evictions, restraining and custody orders for domestic violence survivors, assistance with obtaining or restoring governments benefits, and a variety of services for military veterans. Appointment required. Also see Legal category.

Website: www.lafla.org

VETERANS

National Coalition for Homeless Veterans

800-838-4357

1730 M Street NW, #705
Washington, DC 20036

M-F, 9-5 EST
Veterans in Crisis: 800-838-4357 24/7

The organization is the resource and technical assistance center for a national network of community-based service providers and local, state and federal agencies that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support for homeless veterans.

Website: www.nchv.org (click on “Help for veterans” tab at top of home page, then select “Locate organization.”)

National Organization of Veterans’ Advocates

877-483-8238

1775 Eye Street NW, Ste. 1150
Washington, D.C. 20006

A non-profit group maintains an excellent directory of lawyers who practice veterans law. The easy-to-navigate directory is organized by state. See also Legal category.

Website: www.vetadvocates.org

Pacific Gateway Workforce Investment Network

310-732-5700

1851 N. Gaffey St., Suite F
San Pedro, CA 90731

M-Th, 7-6

A comprehensive One Stop Career Center providing a full range of job seeker and employer services. Offers a variety of self-service job-seeking resources including free workshops to help with employment searches, free use of equipment such as computers, fax, copiers, phones, internet and resume writer computers on site. Veteran and employment representatives are available on an appointment basis. Also see Employment category.

Website: www.pacific-gateway.org/veterans

VETERANS

Public Counsel

610 S. Ardmore Ave.
Los Angeles, CA 90005

800-870-8090
213-385-2977
M-F, 9-12:30,
1:30-5:15

A law firm specializing in delivering a wide variety of pro bono legal services to low-income individuals and non-profits. Areas of assistance include government benefits, homelessness prevention, affordable housing advocacy, immigrants' rights, impact litigation, and legal representation for veterans. Does not handle criminal law matters or matters relating to personal injury, divorce or child custody. Free bankruptcy help through "Debtors Assistance Project", extension 704 on Tues. and Thurs. 10-12, 2-4 pm. Appointment required and no walk-ins accepted. Also see Legal category.
Website: www.publiccounsel.org

Social Security Administration

22600 Crenshaw Blvd.
Torrance, CA 90505

800-772-1213
TTY 800-325-0778
M, Tu, Th, F, 9-4
Wed., 9-noon

Information and referral. Handles Social Security benefits, Medicare, Supplemental Security Income (SSI), retirement, survivors, and disability insurance. Also see Hotline/Urgent and Social Security categories.
Website: www.ssa.gov

U.S. Veterans Center, Gardena

Gardena Medical Plaza
1045 W. Redondo Beach Blvd., Suite 150
Gardena, CA 90247

310-767-1221
M, Tu, Th, 8-8
W, F, 9-4:30

Counseling for veterans Monday through Thursday. Representative Armand Assayag, assists veterans with veterans' benefits and filling out applications for benefits. This service is only available on Fridays where walk-ins are available but appointments preferred. After hours, weekends and holidays: 877-927-8387.
Website: www.va.gov (search "Los Angeles Vet Center" from home page.)

VETERANS

V.A. Caregiver Support Line

855-260-3274

5 am-5 pm PST

Assistance in finding the appropriate support services for the veteran.
Website: www.caregiver.va.gov

V.A. Long Beach Health Care System

562-826-8000

5901 E. 7th Street, Rm. 217
Long Beach, CA 90822

M-F, 8-4

A teaching hospital providing full range of patient care services as well as education and research. Telephone prompts are given for prescription refills and medicine questions, appointments or nurse calls, applying for V.A. healthcare or eligibility and contacting community based out-patient clinics.
Website: www.longbeach.va.gov

V.A. Greater Los Angeles Healthcare System

310-478-3711

Ext. 49711

11301 Wilshire Blvd.
Los Angeles, CA 90073

M-F, 8-4

Services provided for veterans: homeless programs, health care services, transitional housing programs, benefits counseling and mental health outpatient care. Contact Juma Rafiki, a veteran's outreach worker, for questions and assistance.
Website: www.losangeles.va.gov/

Veterans Affairs, California Department of

800-952-5626

Federal Building
11000 Wilshire Blvd.
Los Angeles, CA 90024

M-Th, 8-5

Provides California veterans and their families with compensation and pension benefits, beneficial opportunities through low-cost loans, and rehabilitative, residential, and medical care and services at the California Veterans Homes.
Website: www.cdva.ca.gov

VETERANS

Veterans Crisis Line

800-273-8255

Ext. 1

Suicide Prevention Hotline

24/7

A free hotline set up by the Veterans Health Administration giving 24/7 access to trained counselors who know what a veteran is going through. Provides support for veterans in crisis and their family and friends. All calls are confidential. Also see Hotline/Urgent category.

Website: www.veteranscrisisline.net

West Los Angeles Worksource

310-309-6000

Ext. 282

5446 Sepulveda Blvd.

Culver City, CA 90230

Jewish Vocational Service of Southern California

M-F. 8:00-5

Veterans First program provides career coaching to veterans, helping navigate the civilian business world. Will help assess job skills and, if needed, will help get additional education and training. The veteran must be under employed with honorable discharge or general under honorable conditions. Open to all faiths and must live in the Los Angeles area. Also see Employment category.

Website: www.jvs-socal.org

VOLUNTEERING

American Red Cross

800-445-8210

3150 E. 29th St.
Long Beach, CA 90806

CPR, First Aid, and instruction in disaster preparedness. Also see Education and Health Services categories.

Website: www.redcross.org

Beach Cities Health District

310-374-3426

Ext. 256

M-F, 9-5

510 N. Prospect Ave., 3rd floor
Redondo Beach, CA 90277

Volunteers needed for the wellness programs, Conversation Companions, Peer Counseling Program, Errand Volunteer Program, support line, Move-Well in-home exercise program, community events, fitness programs, office help, and working with children. Also see Case Management, Education and Health Services categories.

Website: www.bchd.org

Focal Point on Aging

310-320-1300

1339 Post Ave.
Torrance, CA 90501

M-F, 9-3

Provides free information and referrals for services in the community for seniors, caregivers, and family members. Volunteer commitment is a 3 hour shift each week.

Website: www.torranceca.gov/parks/6619.htm

James Armstrong Theater

310-618-6339

3330 Civic Center Drive
Torrance, CA 90503

Volunteers needed to serve as ushers and ticket takers.

Website: www.torranceca.gov/9028.htm

VOLUNTEERING

Providence Little Company of Mary Medical Center, Torrance

310-303-5805

4101 Torrance Blvd.
Torrance, CA 90503

Wide range of volunteer opportunities throughout the hospital and its affiliated sites.
Website: www.providence.org/southbay

South Bay Botanic Garden

310-544-1847

26300 Crenshaw Blvd.
Palos Verdes Peninsula, CA 90274

7 days, 9-5

Volunteers needed as tour guides, garden maintenance jobs, gift shop, and craft workshops.

Website: www.southcoastbotanicgarden.org

South Bay Literacy Council

310-373-7003

18436 Hawthorne Blvd., Unit 110
Torrance, CA 90504

Teach adult students 18 years and older to read, write and speak English. The Council also teaches basic literacy to native-born students. Will train prospective tutors. Knowledge of another language or teaching degree not necessary. Also see Education category.

Website: www.southbayliteracy.org

Torrance Memorial Medical Center

310-325-9110

Ext. 4752

3330 Lomita Blvd.
Torrance, CA 90505

A variety of volunteer positions available at the medical center all days and times. Orientation is conducted five times per year and training is provided.

Website: www.torrancememorial.org

VOLUNTEERING

Torrance Volunteer Programs

310-618-5965

Volunteers participate in many city programs, working 4 to 40 hours a week in a variety of jobs such as City Cable, Finance, Fire Department, General Services, Library, Community Services Department, Police Department, Madrona Marsh, sports programs, cultural arts center and street services.

Website: www.torrnet.com/VolunteerProgram.htm

Torrance YMCA

310-325-5885

2900 W. Sepulveda Blvd.
Torrance, CA 90505

Volunteer positions available.

Website: www.ymcala.org

Volunteer Center

310-212-5009

1230 Cravens Ave.
Torrance, CA 90501

Serves South Bay, Harbor, and Long Beach areas. Will provide volunteer referral to over 600 agencies.

Website: volcenter.org

APPENDIX: Successful Aging Reading List

Becoming a Life Change Artist: 7 Creative Skills to Reinvent Yourself at Any Stage of Life by Fred Mandell and Kathleen Jordan (Avery, 2010).

Boundless Potential: Transform your Brain, Unleash Your Talents, Reinvent your Work in Midlife and Beyond by Mark S. Walton (McGraw Hill, 2012).

Don't Retire, Rewire by Jerry Sedlar and Rick Miner (Penguin 2003). Updated paperback version: *Don't Retire, Rewire, Second Edition* (2008).

Encore: Find Work That Matters in the Second Half of Life by Marc Freedman (Public Affairs, 2007).

Great Jobs for Everyone 50+ by Kerry Hannon (John Wiley & Sons, 2012).

Legacies of the Heart: Living the Life that Matter by Meg Newhouse. MA:EbookBakery Books, 2016.

Live Long, Die Short: A Guide to Authentic Health and Successful Aging by Roger Landry, MD (Greenleaf Book Group Press, 2014).

Live Smart After 50: The Experts' Guide to Life Planning for Uncertain Times (Life Planning Network, 2012).

My Time: Making the Most of the Rest of Your Life by Abigail Trafford (Basic Books, 2004).

Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America by Marc Freedman (Public Affairs, 1999)

Project Renewment: The First Retirement Model for Career Women by Bernice Bratter and Helen Dennis (Scribner, 2008).

Second Wind: Navigating the Passage to a Slower, Deeper and More Connected Life by Bill Thomas, M.D., (Simon & Schuster, 2014).

Something to Live For: Finding Your Way in the Second Half of Life by Richard J. Leider and David A. Shapiro (Berrett-Keohler Publishers, 2008).

The Big Shift - Navigating the New Stage Beyond Midlife by Marc Freedman (Public Affairs, 2011).

APPENDIX: Successful Aging Reading List

The Creative Age: Awakening Human Potential in the Second Half of Life by Gene D. Cohen, M.D., Ph.D. (Harper Collins, 2000).

The Couple's Retirement Puzzle: 10 Must Have Conversations for Creating an Amazing New Life Together by Roberta K. Taylor and Dorian Mintzer (2014, Sourcebooks, Inc.).

The Encore Career Handbook by Marci Alboher (Workman Publishing, 2013).

The Mature Mind: The Positive Power of the Aging Brain by Gene D. Cohen, M.D., Ph.D. (Basic Books, 2005).

The Memory Bible: An Innovative Strategy for Keeping Your Brain Young by Gary Small, M.D. (Hyperion, 2002).

The Memory Prescription: Dr. Gary Small's 14-Day Plan to Keep your Brain and Body Young by Gary Small, M.D. (Hyperion, 2004).

The Roadmap to 100: The Breakthrough Science of Living a Long and Healthy Life by Walter M. Bortz II, M.D. (Palgrave Macmillan, 2010).

The Upside of Aging: How Long Life is Changing the World of Health, Work, Innovation, Policy & Purpose by Paul Irving (Wiley, 2014).

Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Bing, Wisdom and Wonder by Arianna Huffington (Harmony, 2014).

Unretirement: How Baby Boomers are Changing the Way We Think About Work, Community and the Good life. Chris Farrell (Bloombury Press, 2014).

Your Life Calling: Reimagining the Rest of Your Life by Jane Pauley (Simon & Schuster, 2014).

INDEX

- 1736 Family Crisis Center, 144, 245
211 L.A. County, 93, 103, 136, 144
24 Hr HomeCare, 164
911 Emergency Service, 144
A, 1
AARP, 78
Ability Tools (California Foundation for Independent Living Centers), 56
Academy of Nutrition and Dietetics, 107
Access Services, Inc., 56, 239
Access-Able Travel Source, LLC, 56
ActivCare at Brittany House, 16
ADT Security Services, 136
Adult Protective Services, 1, 4, 144
ADVANTAGE Program, 78, 84, 114, 172
Aging Life Care Association, 114
Al Muratsuchi, California State Assembly District 66, 188
Alcoholics Anonymous, 107
ALS Association (Amyotrophic Lateral Sclerosis), 107
Alternatives for Seniors, 16, 31, 211
Always Best Care Senior Services, 16, 31, 34, 164, 211
Always Right Home Care, 165
Alzheimer's Association, 107
Alzheimer's Association 24/7 Helpline, 17, 145
Alzheimer's Disease Education and Referral Center (ADEAR), 17
Alzheimer's Disease Research Center, USC, 17
Alzheimer's Greater Los Angeles, 17
Alzheimer's Store, 18
Amada Senior Care, 31, 34, 245
American Academy of Ophthalmology Eye Care America, 57
American Board of Home Care (ABHC), 84
American Brain Tumor Association, 107
American Cancer Society, 107, 114
American Cancer Society, Road To Recovery, 115
American Chronic Pain Association, 107
American Civil Liberties Union of Southern California, 175
American Council of the Blind, 107
American Dental Association, 107
American Diabetes Association, 108
American Foundation for the Blind, 57, 115
American Heart Association, 84, 108
American Liver Foundation, 108
American Lung Association, 108
American Macular Degeneration Foundation, 108
American Medical ID, 136, 163
American Red Cross, 115, 253
American Society on Aging, 108
American Speech-Language-Hearing Association (ASHA), 108
American Stroke Association, 108
American Tinnitus Association, 108
American Trauma Society, 109
American Urological Association Foundation, 109
Amputee Coalition, 109
Amramp, 57
Amtrak, 239
Anatomical Gift Program, 116, 129
Anderson Memorial Senior Center, 196, 219
Anderson Park Senior Center, 57, 219
Animal Care and Control, 29
Animal Cruelty Tip Line, 29
Animal Licenses, 29, 78
Animal Safety Net Information and Hot line, 29
Arthritis Foundation, 109, 116

INDEX

- Assistance in Home Care, 165
Asthma and Allergy Foundation of America, 109
At Home With Care, 165
ATEC (Assistive Technology Exchange), 58
Attentive Home Care, 35, 166
Autumn R. Burke, California State Assembly 62nd District, 184
Avalon Courtyard, 156
Banning Manor Senior Club, 229
Bartlett Senior Citizens Center, 175, 196, 219
Bay Crest Care Center, 232
Bayside Terrace, 152
Beach Cities Health District, 35, 116, 253
Beach Cities Transit, 239
Beacon House, 58
Beacon Light Mission, 93
Belmont Village, 18, 212
Ben Allen, California State Senate, District 26, 184
Benefits Check Up (National Council on Aging), 103, 117
Better Hearing Institute, 58, 109
Bet-Tzedek Legal Services, 175
Bixby Knolls Towers, 212
Bodyguard I.D. Tags, LLC, 136, 163
Braille Institute, 59
Braille Institute of America, 59, 189
Brain Injury Association of America, 109
Brookdale South Bay, 212
Bureau of Victim Services, 1, 4
Business Consumer Alliance, 43
C&C Adult Day Health Care Center, 19, 50
CA Department of Rehabilitation, 59
California Advocates for Nursing Home Reform, 4
California Advocates for Nursing Home Reform (CANHR), 176
California Aquatic Therapy and Wellness Center, 59
California Bureau of Automotive Repair, 43
California Contractors State License Board, 43
California Department of Insurance, 43, 172
California Department of Managed Health Care, 137
California Department of Managed Health Care, 44
California Department of Veteran Affairs, 246
California Phones (California Telephone Access Program), 60
California Poison Control System, 145
California Senior Legislature, 185
California State Bar Attorney Complaint Line, 176
California Voter Hotline, 137
CalQualityCare, 117
Calvary Assembly of God (His Helping Hand), 93, 196
Calvary Light Christian Center, 93, 196
Calvary Presbyterian Church, 94, 197
Camino Village Senior Complex, 152, 156
Cancer Legal Resource Center, 176
Cancer Resource Center, 118
Cancer Support Community, 5, 84, 118
CancerCare, 117
Canterbury, The, 18, 213
Care Solutions for Elders, 118
Caregiver Action Network (CAN), 109
Caring House, 129
Carson Adult Day Health Care Center, 19, 50
Carson Circuit, 239
Carson City Hall, 195
Carson Dial-a-Ride, 240

INDEX

- Carson Garden Senior Community, 156
- Carson Public Library (County), 189
- Carson Senior Assisted Living Center, 19, 213
- Carson Senior Social Services, 35, 197, 220
- Carson Sheriff's Station, L.A. County, 209
- Carson Terrace Senior Apartments, 152, 156
- Carson V.I.P. Senior Club, 229
- CART (Center for Applied Rehabilitation Technology), 60
- Casa De Los Amigos, 157
- Cemetery and Funeral Bureau, 44
- Center for Optimal Aging, 119
- Center for the Pacific-Asian Family, 1, 5, 145
- Center for the Partially Sighted, 61
- Centinela Hospital Medical Center, 134
- Century Villages at Cabrillo, 246
- Christopher and Dana Reeve Foundation, 109
- Clear Point Credit Counseling Solutions, 103
- Clearview Alzheimer's Care Facilities, 19
- Clutters Anonymous, 119
- Coastal Care Inc., 36, 166
- Coleman Court, 157
- Comfort Clothing, 61
- Commission for Accreditation of Rehabilitation Services, 5
- Community Helpline, 145
- Community Services Department, City of Torrance, 85
- Connections Care Home Referrals, 232
- Connections Referral Service, 20, 32, 213
- Consumer Financial Protective Bureau, 6
- Credit Reporting Agencies, 104
- Davis In-Home Care, Inc., 167
- Deaf and Disabled Telecommunications Program (California Relay Service-CRS), 61
- Defense Finance and Accounting Services (DFAS), 247
- Del Amo Behavior Health System, 134
- Del Amo Gardens Care Center, 232
- Del Amo Hospital, 62
- Dental Board of California, 44, 53
- Department of Consumer and Business Affairs – L.A. County, 6, 45
- Department of Consumer and Business Affairs-L.A. County, 177
- Department of Fair Employment and Housing, 45
- Department of Mental Health, L.A. County, 62
- Department of Motor Vehicles (DMV), 240
- Department of Public Health, L.A. County, 146
- Department of Public Social Services, Los Angeles, 94, 104, 137, 146
- Department of Rehabilitation, 99
- Department of Rehabilitation, CA, 62
- Dial-A-Taxi, Torrance, 240
- Diane Feinstein, US Senator, California, 185
- Didi Hirsch Mental Health Services, 62
- Didi Hirsh Mental Health Services, 119
- Disabilities Rights California, 6, 177
- Disability Community Resource Center, 7, 36, 63, 102, 237
- Disability Products, 63
- Disability Resource Directory, 63
- Disability Rights California, 64

INDEX

- Disability Rights Legal Center, 7, 64, 177
Disability.gov, 63
Disabled Discount Pass Program, CA State Parks, 64, 79
DMV Senior Driver Ombudsman Program, 7
Don Senior Apartments, 153, 157
Doors of Hope Women's Shelter, 94
Dr. Martin Luther King Jr. Public Library (County), 189
Driftwood Healthcare Center, 233
Drug Digest, 120
Earlwood Care Center, 233
Easter Seals Redondo Senior Program, 20, 50
El Camino Adult Day Health Care Center, 20, 51
El Camino College, 85
El Segundo City Hall, 195
El Segundo Dial-a-Ride, 240
El Segundo Joslyn Center, 220
El Segundo Police, 209
El Segundo Public Library, 189
Elder Abuse Hotline, 2, 146
Eldercare Locator, 8
Emergency Response Systems, 137
Employment Development Department, 99, 247
Energy Assistance Fund (Southern California Edison), 79
Enhanced Vision, 65
Enrichment Through Employment, Inc., 65, 99
Epilepsy Foundation, 110
Eviction Defense Hotline (Legal Aid Foundation of Los Angeles), 147
Family Adult Day Health Care Center, 21, 51
Family Caregiver Alliance, 8, 21
Federal Trade Commission, 45
Fiduciaries Bureau, Professional, 8
First Light Home Care, 36, 167, 247
First Serve Community Services of the South Bay, Inc., 53, 65, 130
First United Methodist Church of Redondo Beach, 197
First United Methodist Church of Torrance, 197
Flying Wheels Travel, 66
Focal Point on Aging, 253
Food Stamps (CalFresh), 198
Fox Drug of Torrance, 79
Fraud.org, 138
Free Mailing Services for the Blind and Visually Impaired (U.S. Postal Service), 66, 80
Functional Living, 66
Gardena City Hall, 195
Gardena Convalescent Center, 233
Gardena Mayme Dear Library (County), 189
Gardena One-Stop Employment, 100
Gardena Police, 209
Gardena Retirement Center, 213
Gardena Senior Citizens Bureau, 37, 198, 220
Gardena Senior Citizens Day Care Center, 21, 51
Gardena Special Transit, 241
Gardena Valley Japanese Cultural Institute (JCI), 198, 221
Gardena Valley Towers, 157
Gateway, The, 158
Gathering Place, The, 130
Genesis, 37, 120
Gentle Transitions, 37, 138
Geriatric Solutions Unlimited, 22, 32, 38, 214, 248
Glaucoma Foundation, The, 110
Glen Park at Long Beach, 22, 214
Gold Violin, 67
Golden Days Senior Care Services, 167
Grandparents as Parents, 8
Greenfield Care Center of Gardena, 233

INDEX

- Guide Dogs for the Blind, Inc., 67
H.E.L.P., 178
Hair Is Us, 168
Harbor City, 209
Harbor City-Harbor Gateway Branch Library (L.A. City), 189
Harbor Community Clinic, 120
Harbor Gateway, 209
Harbor Gateway Torrance Outreach, 198
Harbor Interfaith Services, 95
Harbor Post-Acute Care Center, 234
Harbor Terrace Retirement Center, 214
Harbor Towers, 158
Harbor UCLA Dental Clinic, 53
Harbor-UCLA Medical Center, 134
Harbor-UCLA Medical Center Psychiatric Emergency Room, 67, 147
Harmony Court Apartments, 153, 158
Hawthorne City Hall, 195
Hawthorne Police, 209
Hawthorne Public Library (County), 190
Hawthorne Senior Center, 199, 221
Hawthorne Wiseburn Public Library (County), 190
Health and Healing Center, 121, 127
Health Consumer Alliance, 9, 121
Health Fair (City of Redondo Beach Community Services Dept.), 121
Health Links- Torrance Memorial Medical Center, 85, 122
Health Resources (County of L.A. Public Library), 86
Hearing Aid Help Line, 9, 68
Heart Light Referral Service, 32, 215
Help Yourself, Help Others., 122
Heritage Point Apartments, 153, 158
Heritage Rehabilitation Center, 234
Herma Tillim Senior Center, 221
Herman Ostrow School of Dentistry USC, 53
Hermosa Beach City Hall, 195
Hermosa Beach Dial-a-Taxi, 241
Hermosa Beach Police, 209
Hermosa Beach Public Library (County), 190
Hermosa Five-0 Senior Activity Center, 222
Hi Neighbors Senior Club, 229
HICAP (Medicare Insurance Counseling), 9, 46, 122, 172, 178
HMOs – Medicare (LA County), 173
Hoarding Hotline (GENESIS Program), 138
Home Delivery Incontinence Supplies, 67
Home Health Depot Medical Equipment & Supplies, 123
Home Improvement Program - Torrance, 68, 139, 168
Home Instead Senior Care, 23, 168
HomeLife Partners, 38, 169
Homeownership Preservation Foundation, 105
Hope In Action, 199
Hospice Foundation of America, 110, 130
House of Yahweh, 95, 199
Household Hazardous Waste Recycling (L.A. County), 138
Housing Authority of the County of Los Angeles, 159
Humanware, 68
Huntington Disease Society of America, 110
Huntington Retirement Hotel, 23, 215
ICare Clothing Solutions USA Inc., 68
Identity Theft Hotline, 147
Immigration Legal Assistance Project (LACBA), 178
Income Tax Filing Assistance, 238
Independence at Home, 39
Inglewood, 209
Inglewood City Hall, 195

INDEX

- Inglewood Public Library (County), 190
- Inglewood Senior Center, 39, 200
- Inglewood Service Center, 222
- Internal Revenue Service, 238
- International Bird Rescue, 29
- International Hearing Society, 110
- James Armstrong Theater, 253
- Janice Hahn, County Supervisor 4th District, 186
- Japanese Cultural Institute (JCI), 200
- Jewish Community Center, 222
- Jewish Free Loan Association, 105
- Joseph B. O'Neal Jr. and Mary Ann Stroke Center, 69
- Kaiser Permanente Harbor City, 134
- Kamala Harris, US Senator, California, 186
- KEEP-SAFE Coalition, 10, 86
- Kei-Ai Healthcare Center, 234
- Ken Miller Recreation Center, 223
- Kindred Hospital South Bay, 134
- L.A. County Consumer and Business Affairs, 10, 46, 179
- L.A. County Department of Mental Health, 69
- L.A. County Dept. of Mental Health, 123, 147
- L.A. County Domestic Violence Hotline, 2, 148
- L.A. County Registrar Recorder, 139
- L.A. County Treasurer and Tax Collector, 238
- L.A. Regional Food Bank, 95, 200
- LA County Department of Public Health, 46
- Lawndale City Hall, 195
- Lawndale Community Center-Senior Services, 39, 201, 223
- Lawndale Medical and Mental Health Services, 123
- Lawndale Police, 209
- Lawndale Public Library (County), 190
- Lawndale Senior Transit, 241
- League of Women Voters of Palos Verdes Peninsula, 187
- League of Women Voters of the Beach Cities, 186
- League of Women Voters Torrance Area, 187
- Legal Aid Foundation of Los Angeles, 179, 248
- Lennox Library (County), 191
- Leukemia & Lymphoma Society, 110
- Life Alert, 139
- LifeFone Medical Alert System and Medical Alarm, 140
- LifeNets Wheelchair Project, 69
- Lifetime Learning Center (Long Beach City College), 86
- Lighthouse Guild Vision + Health, 69
- Lions Clubs International, 70
- Little Tokyo Service Center, 10, 40
- Livanta Health Service Advisory Group, 11
- Live Oak, 23
- LivHOME, 40, 169
- Lomita Adult Day Health Care Center, 24, 52
- Lomita City Hall, 195
- Lomita Dial-A-Ride, 242
- Lomita Dial-A-Taxi, 242
- Lomita Post-Acute Care Center, 234
- Lomita Public Library (County), 191
- Lomita Recreation Center, 223
- Lomita Sheriff, 209
- Long Beach Artificial Limb Company, Inc., 70
- Long Beach Senior Center, 224
- Long Term Care Insurance Information, 173
- Long Term Care Ombudsman, 2, 11, 47, 148

INDEX

- Los Angeles Homeless Services Authority, 95
Los Angeles/Harbor Area, 195
Love Inc., 96, 100, 105, 170
LS&S, 70
Lupus Foundation of America, 110
Mac's Lift Gate, Inc., 70
MAGNUM
 The National Migraine Association, 110
Make Life Easier, 71
Manhattan Beach City Hall, 195
Manhattan Beach Dial-a-Ride, 242
Manhattan Beach Older Adults Program, 224
Manhattan Beach Police, 209
Manhattan Beach Public Library (County), 191
Manhattan Village Senior Villas, 153
Marina Del Rey Hospital, 134
Masao W. Satow Library (County), 191
MaxiAids, 71
Maxine Waters, U.S. Congresswoman 43rd District, 188
Meadow Lark Manor, 159
Meals on Wheels, 201
Medic Alert Foundation, 24, 140, 163
Medical Baseline Program, 71
Medical Board of California, 47
Medi-Cal Fraud Hotline, 47, 148
Medi-Cal Information, 140, 173
Medi-Cal Managed Care Ombudsman, 174
Medi-Cal Telephone Service Center, 174
MedicAlert+Safe Return, 24, 140
Medicare Fraud Hotline, 47, 148
Medicare HMO Appeals Hotline, 174
Medicare Information, 141, 174
Memorial Hospital of Gardena, 135
Mental Health America, 110
Metropolitan Transit Authority (MTA), 243
Mike A. Gipson, California State Assembly District 64, 185
Milestone Hospice, Inc., 130
Mirandela Senior Apartments, 159
Mobile Home Assistant Center, 48
Mobile Home Ombudsman, 11
Mobile Homes Association, 154
Motor Vehicles, Department of, (DMV), 163
Muscular Dystrophy Association, 111
NAELA, 180
Nakaoka Community Center, 202, 224
Nanette Barragan, Congressperson 44th District, 184
National "Do Not Call" Registry, 141
National Alliance n Mental Illness-NAMI, 72
National Alliance on Mental Illness (NAMI), 12, 111
National Association for Continenence, 12, 111
National Cancer Institute, 124
National Center for Complementary and Integrative Health, 87
National Coalition for Homeless Veterans, 249
National Council on Aging, 12, 106, 111, 124
National Council on Alcoholism and Drug Dependence, 2, 13
National Eye Institute (NEI), 111
National Headache Foundation, 111
National Heart, Lung, and Blood Institute – Info Center, 111
National Hospice and Palliative Care Organization, 13, 111, 131
National Institute of Neurological Disorders and Stroke, 111
National Institute on Aging, 87
National Kidney Foundation, 112
National Multiple Sclerosis Society, 112

INDEX

- National Organization of Veterans' Advocates, 180, 249
National Osteoporosis Foundation, 112
National Parkinson Foundation, 112
National Psoriasis Foundation, 112
National Rehabilitation Information Center, 72
National Sleep Foundation, 112
National Stroke Association, 112
National Suicide Prevention Lifeline, 149
New Directions Travel, 72
New Lifestyles, 235
New LifeStyles, 24, 33, 131, 215
Normandale Center Senior Club, 229
North Coast Medical, Inc., 73
North Park Senior Club, 230
North Redondo Senior Club, 230
Northeast Community Clinic, 124
Ocean Terrace, 154, 159
OLLI (Osher Lifelong Learning Institute), 87
Omnilore CA State University, Dominguez Hills), 88
Pacific Gateway Workforce Investment Network, 100, 249
Palos Verdes - Malaga Cove Plaza Library, 191
Palos Verdes - Miraleste Library, 191
Palos Verdes - Peninsula Center Library, 192
Palos Verdes Estates City Hall, 195
Palos Verdes Estates Police, 209
Palos Verdes Villa, 215
Park Pacific Tower, 160
Partnership for Prescription Assistance, 80
PATH, 96
Patrick O'Donnell, California State Assembly District 70, 188
Patterson Medical, 73
Peck Park Seniors, 230
Peninsula Seniors, 225
Peninsula Transit Authority Dial a Ride, 243
Perry Park Senior Center, 202, 225
Physician's Choice, 40, 170
Plymouth West, 160
Postal Solutions, 80
Primrose Post-Acute, 235
Providence Little Company of Mary Health Resource Center, 88, 125
Providence Little Company of Mary Home Health, 41, 170
Providence Little Company of Mary Medical Center San Pedro Rehabcentre, 73
Providence Little Company of Mary Medical Center, San Pedro, 135
Providence Little Company of Mary Medical Center, Torrance, 135, 254
Providence Little Company of Mary San Pedro Recovery Center Chemical Dependency Rehabilitation, 125
Providence Little Company of Mary Sub-Acute Care Center, 235
Providence Little Company of Mary Transitional Care Center, 235
Providence Trinity Care Hospice, 131
Public Counsel, 180, 250
Public Guardian, 181
Public Social Services, Department of, 96, 106, 141, 149
Public Transportation, 73, 80, 243
Public Utilities Commission (Calif.), 48
RA911 Rescue Alert, 141
Rainbow Services, 3, 13, 149
Rancho Palos Verdes City Hall, 195
Rancho Palos Verdes Police, 209
Redondo Beach - Main Library, 192
Redondo Beach - North Branch Library, 192
Redondo Beach City Hall, 195
Redondo Beach Police, 209
Redondo Beach Senior and Family Services, 181, 202, 225

INDEX

- Redondo Beach Senior Club, 230
- Remedy Pharm, The, 81
- Rescue Alert of CA, Inc., 142
- Research for Life, 88, 125, 132
- Return Home Registry (Torrance), 25, 74, 150
- Right at Home, 171
- Riviera United Methodist Church, 202
- Road Scholar (formally Elderhostel), 89
- Roaring 90's Club, 231
- Rock Solid Christian Assembly, 96, 203
- Roland R. Mindeman Senior Residence, 154
- Rolling Hills, 209
- Rolling Hills City Hall, 195
- Rolling Hills Estates, 209
- Rolling Hills Estates City Hall, 195
- Rosecrans Villa, 216
- Rosenberg Cultural Center, 226
- Ross Manhattan Terrace, 154
- Rx Savings Plus Prescription Discount Program, 81
- S.H.A.R.E.! (Self Help and Recovery Exchange), 14
- Saban Community Clinic, 54
- Sage House (Salvation Army), 25, 52
- Salvation Army, 203
- San Pedro, 210
- San Pedro Regional Branch Library (L.A. City), 192
- San Pedro Service Center, 41, 203, 226
- San Pedro Temple Corp., 203
- San Pedro Temple Corps Community Center, 97
- SBCC Thrive LA, 74, 126
- Sea-Aire Senior Citizens Golf Club, 231
- Seaside Villa, 155, 160
- Seasons Senior Apartments, 155, 160
- Self-Help Group Sourcebook Online, 125
- Senior Gateway, 14
- Senior Normandale Nutrition, 97, 204
- Senior Parking Passes (L.A. County Beaches), 81
- Seniors Helping Seniors, 25, 171
- Silverado Hospice, 132
- Silverado Live Chat and Hotline, 26, 150
- Silverado Senior Living, 26
- Skin Cancer Foundation, 112
- Smarthome, 74
- SoCal Roc, 89, 101
- Social Security Administration, 142, 237, 250
- Social Security Fraud Hotline, 48, 150, 237
- South Bay Bar Assn. Attorney Referral Service, 181
- South Bay Botanic Garden, 254
- South Bay Center for Dispute Resolution, 182
- South Bay Community Church of the Brethran/Tree of Life, 204
- South Bay Co-op, 161
- South Bay Family Health Care Center, 54, 126
- South Bay Home Health Care, 75, 126
- South Bay Literacy Council, 89, 254
- South Bay Professional Association, 101
- South Bay Senior Living, 216
- South Bay SPCA - L.A. Pet Adoption Center, 30
- South Park Manor, 161
- Southern California Edison Co., 82
- Southern California Gas Co., 82, 142
- Spay Neuter Project of LA, 30
- Speech-Language Pathology & Audiology & Hearing Aid Dispensers Board, 75
- Speech-Language Pathology, Audiology & Hearing Aid Dispensers Board, 14

INDEX

- Spring Senior Assisted Living, 216
St. Andrews Episcopal Church, 204
St. Andrews Presbyterian Church, 204
St. Catherine Laboure Catholic Church, 97, 205
St. James Catholic Church, 205
St. John Evangelical Lutheran Church, 205
St. Joseph Catholic Church, 205
St. Lawrence Martyr Church, 206
St. Margaret Mary Catholic Church, 206
St. Margaret's Center, 97
St. Mary's Low Vision Center, 75
St. Mary's Tower, 161
St. Paul's United Methodist Church, 206
State Bar of California, 48, 182
Stillman Sawyer Family Services Center, 15, 98
Stroke Association of Southern California, 112
Suicide Prevention Center, 151
Sunnyside Nursing Center, 236
Sunrise Assisted Living of Hermosa Beach, 26, 217
Sunrise at Palos Verdes, 26, 217
Sunshine Seniors, 231
Superior Mobility, 127
Taxi Operators, 244
Ted Lieu, U.S. Congressman 33rd District, 187
Telacu Senior Housing, 161
The Canterbury, 217
The Gateway, 162
The Gathering Place, 132
The Remedy Pharm, 83
The U.S. Food and Drug Administration, 49
Toberman Center, 41
Toberman Seniors Club, 231
Torrance - El Retiro Branch Library, 192
Torrance - Henderson Branch Library, 192
Torrance - North Branch Library, 193
Torrance - Southeast Branch Library, 193
Torrance - Walteria Branch Library, 193
Torrance 1st Baptist Church, 206
Torrance Adult School, 90
Torrance Animal Control, 30
Torrance City Hall, 188, 195
Torrance Community Transit Program, 244
Torrance Health Center, 127
Torrance Home Improvement Program, 76, 143, 171
Torrance Housing Office, 162
Torrance Memorial Home Health, 42
Torrance Memorial Home Health and Hospice, 133
Torrance Memorial Medical Center, 135, 254
Torrance Memorial Medical Center – Health Links, 91, 128
Torrance Memorial Medical Center – Woman to Woman Image Enhancement, 128
Torrance Police, 210
Torrance Public Library Katy Geissert Civic Center Library, 76, 91, 193
Torrance Volunteer Programs, 255
Torrance YMCA, 255
Torrance YMCA Senior Center, 207, 226
U.S. Citizenship and Immigration Service (USCIS), 182
U.S. Veterans Center, Gardena, 250
UCLA - Venice Dental Clinic, 55
UCLA Longevity Center, 92
UCLA School of Dentistry, 54
United Spinal Association – Spinal Cord Resource Center, 113

INDEX

- United States Bankruptcy Court,
Central District of California, 182**
- Universal Lifeline Telephone Service,
83**
- USC Family Caregiver Support
Center, 15, 27, 183**
- Utility Users Tax Exemption
(Torrance), 77, 83**
- V.A. Caregiver Support Line, 251**
- V.A. Long Beach Health Care System,
251**
- VA Greater Los Angeles Healthcare
System, 251**
- Vermont Health Care Center, 27, 236**
- Vestibular Disorders Association, 113**
- Veterans Affairs, California
Department of, 251**
- Veterans Crisis Line, 151**
- Veterans Park Senior Center, 207, 227**
- Villa Sorrento, 217**
- Villagio Apartments, 162**
- Vista Lee Rosa, 162**
- Vitas Hospice Healthcare, 133**
- Volunteer Center, 255**
- VOR, 15, 77**
- W.O.W. (Words on Wheels), 77**
- Walteria Park Senior Citizens Center,
227**
- Walteria United Methodist Church,
207**
- Welbrook Senior Living South Bay,
27, 218**
- Western Veterinary Group, 30**
- Wilmington Branch Library (L.A.
City), 193**
- Wilmington Multipurpose Senior
Center, 42, 183, 207, 227, 244**
- Wilmington Police, 210**
- Windsor Gardens of Hawthorne, 28**
- Wisburn Library (County), 194**
- Yvonne Burke Community Center,
228**
- Yvonne Burke Senior and Community
Center, 208**