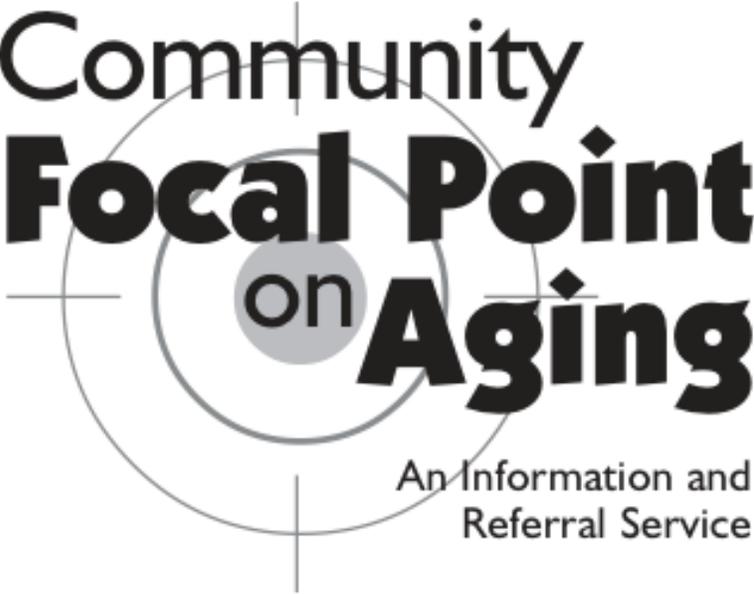


# *Service Directory*



Community  
**Focal Point**  
on **Aging**

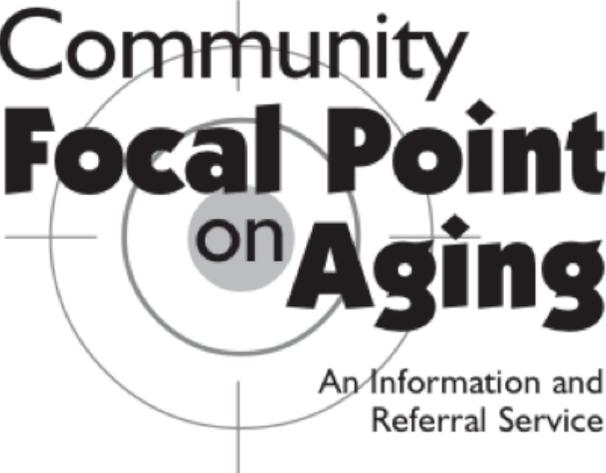
An Information and  
Referral Service

*Prepared by the*  
Focal Point Volunteer Staff

**May 2016-2017**

City of Torrance Community Services Department  
3031 Torrance Boulevard, Torrance, CA 90503





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 of community resources 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. It 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 of our Focal Point volunteers who are 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/parks/6619.htm](http://www.torranceca.gov/parks/6619.htm)



## **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.



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# ABUSE

## **Adult Protective Services**

**877-477-3646**

Community and Senior Services  
3333 Wilshire Blvd., Ste. 400  
Los Angeles, CA 90010

**24/7**

Investigates allegations of elder and dependent adult abuse, neglect, and self-neglect. The abuse can be financial, physical or mentally impaired and those endangered due to unsafe living conditions. Non-facility abuse. Serves L.A. County with a 24-hour hotline: 877-477-3646. See Elder Abuse Hotline in this category and Advocacy and Hotline/Urgent categories.  
Website: [www.css.lacounty.gov](http://www.css.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 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 financially and legal, assistance with filing a CA Victim Compensations Claim and victim's property return. Main focus is elder abuse. Also see Advocacy category.  
Website: [www.da.lacounty.gov/victims](http://www.da.lacounty.gov/victims)

## **Center for the Pacific-Asian Family**

**323-653-4045**  
**24 hr. 800-339-3940**  
**M-F, 8-5**

1102 Crenshaw Blvd.  
Los Angeles, CA 90019

Hotline for survivors of domestic violence and sexual abuse. Victim's advocacy, professional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. 24-hr. confidential hotline at 800-339-3940. Also see Advocacy and Hotline/Urgent categories.  
Website: [www.nurturingchange.org](http://www.nurturingchange.org)

# ABUSE

## **Elder Abuse Hotline**

**800-992-1660**

Emergency: 911

**24 hrs.**

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](http://da.lacounty.gov/seniors)

## **L.A. County Domestic Violence Hotline**

**800-978-3600**

**24 hrs.**

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](http://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](http://www.wiseandhealthyaging.org)

## **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 on a sliding scale. Also see Advocacy category.

Website: [www.ncaddsb.com](http://www.ncaddsb.com)

# ABUSE

## **Rainbow Services**

**310-547-9343**

453 W. 7<sup>th</sup> St.  
San Pedro, CA 90731

**24-hr. hotline**

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

# ADVOCACY

## **Adult Protective Services**

**877-477-3646**

Community and Senior Services  
3333 Wilshire Blvd., Ste. 400  
Los Angeles, CA 90010

**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. Serves L.A. County with a 24-hour hotline: 877-477-3646. Also see Abuse and Hotline/Urgent categories.

Website: [www.css.lacounty.gov](http://www.css.lacounty.gov)

## **Asian Community Service Center**

**310-217-7300**

14112 S. Kingsley Dr.  
Gardena, CA 90249

**M-F, 8-5**

A multipurpose center designed to enhance the needs of the community by offering educational, health related, human and social services. The center collaborates with health care providers, licensed social workers and job developers to meet families and individual basic needs. Staff provides information on Affordable Care Act, crisis intervention, information assistance, form assistance, short-term case management, emergency food assistance, and referrals to emergency and transitional housing programs, caregivers support groups, and linkage to appropriate government and community based organizations. L.A. Mental Health Clinic open daily. Call 310-217-7312 to make an appointment.

Website: [css.lacounty.gov](http://css.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](http://da.lacounty.gov/victims)

## ADVOCACY

### **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](http://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](http://projects.propublica.org/nursing-homes)

### **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](http://www.cancersupportredondobeach.org)

### **Caring Connections**

**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](http://www.caringinfo.org)

# ADVOCACY

## **Center for the Pacific-Asian Family**

1102 Crenshaw Blvd.  
Los Angeles, CA 90019

**323-653-4045**  
**24 hr. 800-339-3940**  
**M-F, 8-5**

Hotline for survivors of domestic violence and sexual abuse. Victim's advocacy, professional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. 24-hr. confidential hotline at 800-339-3940. Also see Abuse and Hotline/Urgent categories.

Website: [www.nurturingchange.org](http://www.nurturingchange.org)

## **Commission for Accreditation of Rehabilitation Services**

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

**888-281-6531**

**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, and supplies), and an Opioid Treatment Program.

Website: [www.carf.org](http://www.carf.org)

## **Consumer Financial Protection Bureau**

P.O. Box 4503  
Iowa City, Iowa 52244

**855-411-2372**

**M-F, 8-8**  
**ET**

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. Over 180 languages spoken.

Website: [www.consumerfinance.gov](http://www.consumerfinance.gov)

# ADVOCACY

## **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. Also provides assistance 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: [dcba.lacounty.gov](http://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 Disabilities and Legal categories.

Website: [www.disabilityrightsca.org](http://www.disabilityrightsca.org)

## **Disability Rights Legal Center**

**Intake number 213-736-1031**

**866-999-3752**

**M-F, 9-5**

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

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.disabilityrightslegalcenter.org](http://www.disabilityrightslegalcenter.org)

# ADVOCACY

## **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/Oxnard 310-615-3552.

Website: [www.dmv.ca.gov](http://www.dmv.ca.gov)

## **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](http://www.eldercare.gov)

## **Family Caregiver Alliance**

**800-445-8106**

705 Market Blvd., #750  
San Francisco, CA 94103

**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](http://www.caregiver.org)

# ADVOCACY

## **Fiduciaries Bureau, Professional**

**916-574-7340**

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](http://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 other 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](http://www.grandparentsasparents.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](http://www.ihsinfo.org)

# ADVOCACY

## **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](http://www.cahealthadvocates.org)

## **KEEP-SAFE Coalition**

**310-701-8118**

4733 Torrance Blvd., #555  
Torrance, CA 90503

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](http://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. Also provides assistance 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: [dcba.lacounty.gov](http://dcba.lacounty.gov)

# ADVOCACY

## **Little Tokyo Service Center**

231 E. 3<sup>rd</sup> St., Suite G-106  
Los Angeles, CA 90013

**213-473-3035**  
**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](http://www.ltsc.org)

## **Livanta Health Service Advisory Group**

6830 Oquendo Rd.  
Las Vegas, NV 89118

**877-588-1123**  
**5:30 am-8 pm**  
**7 days**

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](http://www.livanta.com)

## **Long Term Care Ombudsman**

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

**562-925-2346**  
**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](http://www.wiseandhealthyaging.org)

## **Medicare Hotline**

Website: [www.medicare.gov](http://www.medicare.gov)

**800-633-4227**

# ADVOCACY

## **Mobile Home Ombudsman**

**800-952-5275**

M-F, 9-11:30

1:30-4:00

2020 W. El Camino Ave.  
Sacramento, CA 95833

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](http://www.hcd.ca.gov) (search “mobile home ombudsman” in search field)

## **National Alliance on Mental Illness (NAMI)**

**310-533-0705**

P.O. Box 5295  
Torrance, CA 90501

**24/7**

A grass roots, self-help 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](http://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](http://www.nafc.org)

## ADVOCACY

### **National Council on Aging**

**202-479-1200**

251 18<sup>th</sup> 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](http://www.benefitscheckup.org) or [www.ncoa.org](http://www.ncoa.org)

### **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](http://www.ncaddsb.com)

### **Rainbow Services**

**310-547-9343**

453 W. 7<sup>th</sup> St.  
San Pedro, CA 90731

**24-hr. hotline**

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](http://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](http://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, 1-9:45**  
**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 locate self-help groups call: 877-742-7349.

Website: [www.shareselfhelp.org](http://www.shareselfhelp.org)

## **Speech-Language Pathology & Audiology & Hearing Aid Dispensers Board**

**916-263-2666**

2005 Evergreen St., Suite 2100  
Sacramento, CA 95815

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](http://www.speechandhearing.ca.gov)

## ADVOCACY

### **Stillman Sawyer Family Services Center**

**310-835-1986**

820 Lomita Blvd.  
Harbor City, CA 90710

**M-F, 9:30-12:30**

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. 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](http://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](http://www.vor.net)

## **ADVOCACY**

### **Westside Center for Independent Living (WCIL)**

**310-390-3611**

12901 Venice Blvd.  
Los Angeles, CA 90066

**M-F, 9-5**

Bilingual counseling, case management, information and referrals for the disabled.  
Sliding scale based on ability to pay. Also see Case Management, Disabilities,  
Employment, In Home Services and Social Security categories.  
Website: [www.wcil.org](http://www.wcil.org)

# 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](http://www.activecareliving.com)

## **Alternatives for Seniors**

**800-350-0770**  
**EST**

P.O. Box 833  
Southfield, MI 48037

Provides a senior housing and services resource publication. The directory 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](http://www.alternativesforseniors.com)

## **Always Best Care Senior Services**

**310-341-8500**

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, In Home Services and Retirement categories.

Website: [www.alwaysbesthomecare.com](http://www.alwaysbesthomecare.com)

# ALZHEIMER'S

## **Alzheimer's Association Care Consultation**

**323-938-3379**

Greater Los Angeles  
4221 Wilshire Blvd., Suite 400  
Los Angeles, CA 90010

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

One-on-one care consultation for patients/caregivers dealing with all aspects of dementia care. This free service includes home visits and assessments, consultation, care planning, information and referrals. Also see Case Management Category.

Website: [www.alzpla.org](http://www.alzpla.org)

## **Alzheimer's Association Greater Los Angeles**

**323-938-3379**

4221 Wilshire Blvd., Suite 400  
Los Angeles, CA 90010

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

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.alzpla.org](http://www.alzpla.org)

## **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 at all times.

Also see Hotline/Urgent category.

Website: [www.alz.org](http://www.alz.org)

## **Alzheimer's Disease Education and Referral Center (ADEAR)**

**800-438-4380**

P.O. Box 8057  
Gaithersburg, MD 20898

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

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](http://www.nia.nih.gov/alzheimers)

# ALZHEIMER'S

## Alzheimer's Disease Research Center, USC

323-442-7600

Memory and Aging Center  
1520 San Pablo St., HCCII, Suite 3000  
Los Angeles, CA 90033

M-F, 8-5

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](http://adrc.usc.edu)

## Alzheimer's Store

800-752-3238

420 Osierfield Dr.  
Fitzgerald, GA 31750

M-F, 8:30-5

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](http://www.alzstore.com)

## A Place for Mom

562-472-1468

Referral line  
24/7

Free resource for seniors and their families for placement in Alzheimer's/Dementia care, respite care communities, retirement, assisted living, and board and care. The advisors work closely with the senior and their family to assess level of care, location, social and budget needs. Also provides referrals for private caregivers. Languages spoken: English, Spanish, Tagalog and Filipino. Serves nationwide. Also see Board and Care and Retirement categories.

email: [longbeach@aplaceformom.com](mailto:longbeach@aplaceformom.com)

Website: [www.aplaceformom.com](http://www.aplaceformom.com)

# ALZHEIMER'S

## **Belmont Village**

**310-377-9977**

5701 Crestridge Rd.  
Rancho Palos Verdes, CA 90275

**24 hrs.**

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](http://www.belmontvillage.com)

## **C&C Carson Adult Day Health Care Center**

**310-354-0031**

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

**M-F, 8-5**

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.ccaduldayhealthcare.com](http://www.ccaduldayhealthcare.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

## **ALZHEIMER'S**

### **Carson Senior Assisted Living Center**

**310-830-4010**

345 E. Carson St.  
Carson, CA 90745

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](http://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. Medi-Cal and Medicare accepted.  
Website: [www.clearviewcare.com](http://www.clearviewcare.com)

### **Coast to Coast**

**800-526-9555**

Assisted living placement consultations. Client-centered one-on-one consultation; placement, referral and information are FREE of cost to clients and families. Facilities are only recommended if they are screened and rated. Homes are located in Los Angeles and Orange counties and include assisted living facilities and board and care homes, as well as Alzheimer's homes. Specializing in urgent placements, dementia/Alzheimer facilities and cultural considerations such as Spanish- and Japanese-speaking. Also see Board and Care and Retirement categories.  
Website: [www.coasttocoastsenior.com](http://www.coasttocoastsenior.com)

### **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 on 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](http://www.carehomefinders.com)

# ALZHEIMER'S

## **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](http://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](http://www.elcaminoadhcc.com)

## **ElderLink**

**800-613-5772**

Free senior referrals for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in the California.

Will find placement for SSI and Medi-Cal recipients. Emergency care on call 24 hours.

Licensed by the Department of Health Services. Also see Board and Care, Hospice, Retirement and Skilled Nursing categories.

Website: [www.elderlink.org](http://www.elderlink.org)

## **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, Tagalog, Chinese and Spanish spoken.

Also see Day Care category.

Website: [www.familyadhc.com](http://www.familyadhc.com)

### **Family Caregiver Alliance**

**800-445-8106**

705 Market St., Suite 750  
San Francisco, CA 94103

**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](http://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.ci.gardena.ca.us](http://www.ci.gardena.ca.us) (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 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](http://www.freeseniorplacements.com)

## **Get Together Adult Day Health Care**

**310-965-0110**

16636 S. Crenshaw Blvd.  
Torrance, CA 90504

**M-F, 9-2**

Adult day care services including organized daily activities in a community based setting offering transportation, meals, professional supervision, and respite care services.

Accepts private pay and Medi-Cal. Also see Day Care category.

Website: [www.adultdaycareredondobeach.com](http://www.adultdaycareredondobeach.com)

# ALZHEIMER'S

## **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](http://www.glenparkhealthyliving.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](http://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 them in order 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](http://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 private pay and Medi-Cal. Also see Day Care category.

Website: none

## **MedicAlert Foundation**

**800-432-5378**

2323 Colorado Ave.  
Turlock, CA 95382

**M-F, 6 am-5 pm  
Sat, 8-5**

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](http://www.medicalert.org).

## **MedicAlert+Safe Return**

**888-572-8566**

**24 hrs.**

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](http://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](http://www.newlifestyles.com).

# ALZHEIMER'S

## **Return Home Registry (Torrance)**

**310-618-6391**  
**M-Th, 8-5**  
**310-328-3456**  
**24 hrs.**

Torrance Police Department  
3300 Civic Center Dr.  
Torrance, CA 90503

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](http://www.torranceca.gov) (go to city departments, police, community affairs)

## **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 provided 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](http://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 French and Arabic. Also see In Home Services category.

Website: [www.inhomecarela.com](http://www.inhomecarela.com)

# ALZHEIMER'S

## **Silverado Live Chat and Hotline**

866-522-8125

24 hrs.

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](http://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.

Website: [www.silveradocare.com](http://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](http://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](http://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](http://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](http://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](http://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](http://www.animalcare.lacounty.gov)

## **Animal Cruelty Tip Line**

**800-540-7722**

Website: [www.spcala.com](http://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](http://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](http://www.spcala.com)

## **Spay Neuter Project of LA**

**310-241-0768**

**888-937-7295**

957 N. Gaffey St.  
San Pedro, CA 90731

**Wed-Sat, 10-4**

**Wellness Clinic, Sunday, 10-4**

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.  
Website: [www.snpla.org](http://www.snpla.org)

## **Torrance Animal Control**

**310-618-3850**

2200 Jefferson St.  
Torrance, CA 90501

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

**Field Service M-F, 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 \$27,700/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](http://www.torranceca.gov) (search "animal license" from home page)

## **Western Veterinary Group**

**310-539-3112**

24260 Crenshaw Blvd.  
Torrance, CA 90505

**M-F, 7am-7pm**

**Sat, 8-4**

Full-service vet offering orthopedic surgeries, dental services and low cost spay and neuter and vaccinations.

Website: [www.westernvetgroup.com](http://www.westernvetgroup.com)

## **BOARD AND CARE**

### **Alternatives for Seniors**

**800-350-0770**  
**EST**

P.O. Box 833  
Southfield, MI 48037

Provides a senior housing and services resource publication. The directory 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](http://www.alternativesforseniors.com)

### **Always Best Care Senior Services**

**310-341-8500**

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, In Home Services and Retirement categories.  
Website: [www.alwaysbesthomecare.com](http://www.alwaysbesthomecare.com)

### **A Place for Mom**

**Referral line, 562-472-1468**

**24/7**

Free resource for seniors and their families for placement in Alzheimer's/dementia care, respite care communities, retirement, assisted living, and board and care. The advisors work closely with the senior and their family to assess level of care, location, social and budget needs. Also provides referrals for private caregivers. Languages spoken: English, Spanish, Tagalog and Filipino. Serves nationwide. Also see Alzheimer's and Retirement categories.  
email: [longbeach@aplaceformom.com](mailto:longbeach@aplaceformom.com)  
Website: [www.aplaceformom.com](http://www.aplaceformom.com)

## **BOARD AND CARE**

### **Coast to Coast**

**800-526-9555**

Assisted living placement consultations. Client-centered one-on-one consultation; placement, referral and information are FREE of cost to clients and families. Facilities are only recommended if they are screened and rated. Homes are located in Los Angeles and Orange counties and include assisted living facilities and board and care homes, as well as Alzheimer's homes. Specializing in urgent placements, dementia/Alzheimer facilities and cultural considerations such as Spanish and Japanese speaking. Also see Alzheimer's and Retirement categories.

Website: [www.coasttocoastsenior.com](http://www.coasttocoastsenior.com)

### **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 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, Retirement and Skilled Nursing categories.

Website: [www.carehomefinders.com](http://www.carehomefinders.com)

### **ElderLink**

**800-613-5772**

P.O. Box 5202  
Santa Monica, CA 90409

**M-F, 8-5**

Free senior referrals for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in the State of California. Will find placement for SSI and Medi-Cal recipients. Emergency care on call 24 hours. Licensed by the Department of Health Services. Also see Alzheimer's, Hospice, Retirement and Skilled Nursing categories.

Website: [www.elderlink.org](http://www.elderlink.org)

## **BOARD AND CARE**

### **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 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](http://www.freeseniorplacements.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, Hospice and Retirement categories.

Website: [www.newlifestyles.com](http://www.newlifestyles.com)

## CASE MANAGEMENT

### **Alta Home Care**

**310-593-0901**

3655 Torrance Blvd., Suite 300  
Torrance, CA 90503

**24/7**

A Care Manager oversees the care of the client doing home visits and communicates with family members. Clients are provided assistance with activities of daily living including bathing, dressing, meal preparation, range of motion exercises, medication reminders, light housekeeping, incontinent care, transportation for doctor appointments and errands, and companionship. Extensive screening, background checks and drug testing are done on caregivers. Alta Home Care is licensed and bonded and a member of the American Board of Home Care and the National Private Duty Association. Caregivers are covered by liability and Workers Compensation insurance. Geographic areas served are L.A., Orange, and Riverside Counties. Languages spoken: Farsi, Spanish, French, Russian, Filipino, Tagalog and Portuguese. Also see In Home Services category.

Website: [www.altahomecare.com](http://www.altahomecare.com)

### **Alzheimer's Association Family Consultation**

**323-938-3379**

Greater Los Angeles  
4221 Wilshire Blvd., Suite 400  
Los Angeles, CA 90036

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

One-on-one care consultation for patients/caregivers dealing with all aspects of dementia care. This free service includes home visits and assessments, consultation, care planning, information and referrals. Also see Alzheimer's category.

Website: [www.alzpla.org](http://www.alzpla.org)

## 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 providing assistance 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 In Home Services category. Website: [www.attentivehomecare.com](http://www.attentivehomecare.com)

### **Beach Cities Health District**

**310-374-3426  
Ext. 256  
(Ask for Officer of the Day)  
M-F, 9--5**

514 N. Prospect Ave., 3<sup>rd</sup> 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, wellness classes, and support groups. Also see Education, Health Services and Volunteering categories.

Website: [www.bchd.org](http://www.bchd.org)

### **Carson Senior Social Services**

**310-952-1775  
ext. 1471**

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. Serves Carson and surrounding areas. Stroke Center open to residents and non-residents. Also see Senior Center category. Website: [ci.carson.ca.us](http://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 hrs.**

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](http://www.coastalcareinc.com)

### **First Light Home Care**

**424-704-5330**

3655 Torrance Blvd., #300  
Torrance, CA 90503

**M-F, 9-5**

Offers assistance and guidance in all areas of case management and the aging process. A member of the Society for Senior Care Advisors assistance can be given 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.firstlighthomecare.com/home-healthcare-torrance](http://www.firstlighthomecare.com/home-healthcare-torrance)

### **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](http://www.ci.gardena.ca.us) (search "senior citizen bureau from the home page")

## CASE MANAGEMENT

### **Genesis**

**213-351-7284**

550 S. Vermont Ave., 6<sup>th</sup> 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 Health Services category.

Website: <http://www.la4seniors.com/genesis.htm>

### **Gentle Transitions**

**310-937-1023**

**800-619-3049**

**M-F, 9-6**

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 and insured; references provided. Also see Hotline/Non-Urgent category.

Website: [www.gentletransitions.com](http://www.gentletransitions.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 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](http://www.freeseniorplacements.com)

## CASE MANAGEMENT

### **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](http://www.homelifepartners.com)

### **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](http://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](http://www.cityofinglewood.org) (Search “senior center” on home page)

## CASE MANAGEMENT

### **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 and Nutrition and Senior Centers categories.

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

### **Little Tokyo Service Center**

**213-473-3035**

231 E. 3<sup>rd</sup> 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](http://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](http://www.livhome.com)

## CASE MANAGEMENT

### **Oxford Health Care**

**310-538-5400**

280 Atlantic Ave.  
Long Beach, CA 90802

**M-F, 8-6**

Case management providing skilled nursing, respite care, RN's, LVN's, companion care and homemaker services in the South Bay. Spanish and Tagalog also spoken. Also see In Home Services and Veterans categories.

Website: [www.oxfordhealthcare.net](http://www.oxfordhealthcare.net)

### **Physicians Choice**

**310-793-1616**

3220 Sepulveda Blvd., Suite 100  
Torrance, CA 90505

**M-F, 9-5**

Case management, home health services providing skilled nursing, private duty, companion care, medical social services, home-based heart program, and rehabilitation therapy. Provides assisted living placement consultation. Accepts Medicare, Medi-Cal insurance and private pay patients. Spanish, Japanese, Korean, Chinese spoken. Also see In Home Services category.

Website: [www.pchomehealth.com](http://www.pchomehealth.com)

### **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](http://california.providence.org/torrance/pages/homesvcs.aspx)

## CASE MANAGEMENT

### **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, English as a second language course, 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.css.lacounty.gov](http://www.css.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](http://www.toberman.org)

### **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](http://www.ourparents.com/torrancememorialhomehealth)

## **CASE MANAGEMENT**

### **Westside Center for Independent Living (WCIL)**

**310-390-3611**

12901 Venice Blvd.  
Los Angeles, CA 90066

**M-F, 9-5**

Bilingual counseling, case management, information and referrals for disabled and elderly. Sliding scale based on ability to pay. Also see Advocacy, Disabilities, Employment, In- Home Services and Social Security categories.  
Website: [www.wcil.org](http://www.wcil.org)

### **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](http://www.laparks.org) (Search “Wilmington senior center” from home page)

# COMPLAINTS

## **Business Consumer Alliance**

**800-834-1119**

6125 Washington Blvd., 3<sup>rd</sup> floor  
Culver City, CA 90232

**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](http://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](http://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](http://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](http://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](http://www.dmhc.ca.gov)

## **Cemetery and Funeral Bureau**

**916-574-7870**

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

**M-F, 8-5**

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](http://www.cfb.ca.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 to 1**  
**pm**

Assists with consumer complaints and tenant-landlord problems, and has a small claims advisor program. Also provides assistance 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 Legal category.

Website: [dcba.lacounty.gov](http://dcba.lacounty.gov)

# COMPLAINTS

## **Dental Board of California**

**877-729-7789**

2005 Evergreen St., Suite 1550  
Sacramento, CA 95815

**M-F, 8-5**

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

Website: [www.dbc.ca.gov](http://www.dbc.ca.gov)

## **Department of Fair Employment and Housing**

**800-884-1684**

**M-F, 8-4**

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

Website: [www.dfeh.ca.gov](http://www.dfeh.ca.gov)

## **Federal Trade Commission**

**877-382-4357**

Western Region Office  
10877 Wilshire Blvd., #700  
Los Angeles, CA 90024

**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](http://www.ftc.gov)

# 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](http://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. Also provides assistance 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 Legal categories.  
Website: [dcba.lacounty.gov](http://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](http://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](http://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, dispensing opticians, physician's assistants, psychologists, podiatrists, and licensed midwives.

Website: [www.mbc.ca.gov](http://www.mbc.ca.gov)

## **Medi-Cal Fraud Hotline**

**800-822-6222**

Dept. of Health and Care Services

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

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

Website: [www.dhcs.ca.gov](http://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](http://oig.hhs.gov/fraud/report-fraud)

# COMPLAINTS

## **Mobile Home Ombudsman**

**800-952-5275**

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](http://www.hcd.ca.gov)

## **Public Utilities Commission (Calif.)**

**800-649-7570**

**213-576-7000**

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

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](http://www.cpuc.ca.gov)

## **Social Security Fraud Hotline**

**800-269-0271**

P.O. Box 17785  
Baltimore, Maryland 21235

**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](http://www.ssa.gov) (search "fraud" from the home page)

## **State Bar of California**

**800-843-9053**

845 S. Figueroa St.  
Los Angeles, CA 90017

**M-F, 9-4**

Takes complaints only. Also see Legal category.

Website: [www.calbar.ca.gov](http://www.calbar.ca.gov)

## COMPLAINTS

### **Utility Reform Network (TURN)**

**800-355-8876**

785 Market St., Suite 1400  
San Francisco, CA 94103

**M-F, 9-5**

Gives information on your rights as California residential energy and natural gas customers, and provides explanations of electricity deregulation and telecommunications information. Accepts complaints about unreasonable utility charges.

Website: [www.turn.org](http://www.turn.org)

# 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](http://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](http://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](http://www.fda.gov). and [www.vaers.hhs.gov](http://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 Carson Adult Day Health Care Center**

**310-354-0031**

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

**M-F, 8-5**

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.ccaduldayhealthcare.com](http://www.ccaduldayhealthcare.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](http://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**

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](http://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, Tagalog, Chinese and Spanish spoken. Also see Alzheimer's category.  
Website: [www.familyadhcc.com](http://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.ci.gardena.ca.us](http://www.ci.gardena.ca.us) (search "senior citizens bureau" from the home page)

## DAY CARE

### **Get Together Adult Day Health Care**

**310-965-0110**

16636 S. Crenshaw Blvd.  
Torrance, CA 90504

**M-F, 9-2**

Adult day care services including organized daily activities in a community based setting offering transportation, meals, professional supervision, and respite care services.

Accepts private pay and Medi-Cal. Also see Alzheimer's category.

Website: [www.adultdaycareredondobeach.com](http://www.adultdaycareredondobeach.com)

### **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 private pay and Medi-Cal. 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 3<sup>rd</sup> Wednesday of the month from 5:30 pm -7 pm.

Transportation provided to residents of Carson, Harbor City, Lomita, Wilmington, San Pedro and Palos Verdes Peninsula cities. Also see Alzheimer's category.

Website: [www.salvationarmy-socal.org/southern-california/sage-house](http://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.

Website: [www.dbc.ca.gov](http://www.dbc.ca.gov)

### **Dental Lifeline Network**

877-357-8660

Donated Dental Services  
P.O. Box 13749  
Sacramento, CA 95853-4749

M-Th, 8-4

Volunteer dental professionals provide care for the at-risk population of elderly or disabled people who cannot afford dental treatment nor get public aid. Serves people whose dental needs have been neglected for a long time and need comprehensive treatment. A person must be 65 yr. or older and not employable. Has long waiting list. Not provided are emergency services or care for those who need only routine checkups and cleanings. Also see Disabilities category.

Website: [www.dentallifeline.org](http://www.dentallifeline.org)

### **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](http://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

# DENTAL

## **Herman Ostrow School of Dentistry**

**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. Emergency walk ins are accepted from 7:30 am-9 am every Monday to Friday. Must bring California ID. Rates are 10-30% less than private practice.  
Website: [www.dentistry.usc.edu](http://www.dentistry.usc.edu)

## **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](http://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. 223<sup>rd</sup> St., and Gardena, 742 W. Gardena Blvd. Also see Health Services category.  
Website: [www.sbfhc.org](http://www.sbfhc.org)

## DENTAL

### **UCLA School of Dentistry**

**310-206-3904**

10833 Le Conte Ave.  
Los Angeles, CA 90095

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

Offers services significantly lower than private practice rates. Faculty dentists perform initial consultations and students complete subsequent work. Charitable donation forms can be requested.

Website: [www.dentistry.ucla.edu/patient-care/venice](http://www.dentistry.ucla.edu/patient-care/venice)

### **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](http://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](http://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](mailto:bill@access-able.com)

Website: [www.access-able.com](http://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](http://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](http://www.aao.org/eyecare-america)

### **American Foundation for the Blind**

**800-232-5463**

2 Penn Plaza, Suite 1102  
New York, NY 10121

**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](http://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](http://www.amramp.com/laoc)

### **Anderson Park Senior Center (Beach Cities Health District)**

**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](http://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](http://www.ocgoodwill.org/changinglives/assistive-technology-exchange-center)

### **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](http://www.betterhearing.org)

### **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](http://www.brailleinstitute.org)

## DISABILITIES

### **CA Department of Rehabilitation**

**310-217-6955**

1149 W. 190<sup>th</sup> 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](http://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/](http://www.caaquatictherapy.com/)

### **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](http://www.californiaphones.org)

## DISABILITIES

### **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](http://dhs.lacounty.gov/wps/portal/dhs/rancho)

### **Center for the Partially Sighted**

**310- 988-1970**

6101 W. Centinela Ave., Suite 150  
Culver City, CA 90230

**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](http://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](http://www.comfortclothing.com)

## DISABILITIES

### **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](http://www.ddtp.cpuc.ca.gov)

### **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](http://www.delamohospital.com)

### **Dental Lifeline Network**

877-357-8660

P.O. Box 994705  
Redding, CA 96099

M-Th, 8-4

Volunteer dental professionals provide care for the at-risk population of elderly or disabled people who cannot afford dental treatment nor get public aid. Serves people whose dental needs have been neglected for a long time and need comprehensive treatment. A person must be 65 yr. or older and not employable. Has long waiting list. Not provided are emergency services or care for those who need only routine checkups and cleanings. Also see Disabilities category.

Website: [www.dentallifeline.org](http://www.dentallifeline.org)

### **Department of Mental Health, L.A. County**

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 categories.

Website: [www.dmh.lacounty.gov](http://www.dmh.lacounty.gov)

## DISABILITIES

### **Department of Rehabilitation, CA**

**310-217-6955**

1149 W. 190<sup>th</sup> 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](http://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](http://www.didihirsch.org)

### **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](http://www.disability.gov)

# DISABILITIES

## **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](http://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](http://www.disability-resource.com)

## **Disability 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 Legal categories.  
Website: [www.disabilityrightsca.org](http://www.disabilityrightsca.org)

## **DISABILITIES**

### **Disability Rights Legal Center**

**Intake number 213-736-1334  
866-999-3752**

Loyola Law School Public Interest Law Center  
800 S. Figueroa St., Suite 1120  
Los Angeles, CA 90017

**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.disabilityrightslegalcenter.org](http://www.disabilityrightslegalcenter.org)

### **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 Discounts category.  
Website: [www.parks.ca.gov](http://www.parks.ca.gov) (search “disabled” from home page).

### **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](http://www.enhancedvision.com)

## DISABILITIES

### **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](http://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 as they meet together 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](http://www.first-serve.org)

### **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](http://www.flyingwheelstravel.com)

## DISABILITIES

### **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](http://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](http://www.functionalliving.com)

### **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](http://www.goldviolin.com)

## DISABILITIES

### **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](http://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/](http://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](http://www.hdis.com)

### **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](http://www.ihsinfo.org)

## DISABILITIES

### **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 In-Home Services and Hotline/Non-urgent. Website: [www.torranceca.gov/24075.htm](http://www.torranceca.gov/24075.htm)

### **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](http://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. These features make dressing a much easier task.  
Website: [www.clothingsolutions.com](http://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](http://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](http://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 makes arrangements to pick up the chair or pay shipping charges.

Website: [www.lifennets.org/wheelchair](http://www.lifennets.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](http://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](http://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](http://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](http://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.

Website: [www.macsliftgate.com](http://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](http://www.make-life-easier.com)

### **MaxiAids**

**800-522-6294**

42 Executive Blvd.  
Farmingdale, NY 11735

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

Supplies more than 500 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](http://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](http://www.sce.com)

## DISABILITIES

### **NAMI South Bay (National Alliance on Mental Illness)**

**310-533-0705**

P.O. Box 5295  
Torrance, CA 90510

**24/7**

A grass roots, self-help 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.

HOTLINE: 800-950-6264 [www.nami.org](http://www.nami.org)

Website: [www.namisouthbay.com](http://www.namisouthbay.com)

### **National Rehabilitation Information Center**

**800-346-2742**

8400 Corporate Dr., #500  
Landover, MD 20785

**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](http://www.naric.com)

### **New Directions Travel**

**888-967-2841**

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

**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](http://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](http://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](http://www.pattersonmedical.com)

### **Providence Little Company of Mary Medical Center San Pedro Rehabcentre**

**310-832-3311**

1300 W. 7<sup>th</sup> 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/](http://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

Torrance Police Department  
3300 Civic Center Dr.  
Torrance, CA 90503

**310-328-3456**

24 hrs.

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](http://www.torranceca.gov) (go to city departments, police, community affairs)

### **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](http://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](http://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](http://www.mobilitycare.com)

### **Speech-Language Pathology & Audiology & Hearing Aid Dispensers Board**

**916-263-2666**

2005 Evergreen St., Suite 2100  
Sacramento, CA 95815

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

Website: [www.speechandhearing.ca.gov](http://www.speechandhearing.ca.gov)

### **St. Mary's Low Vision Center**

**562-491-9275**

Parr Health Enhancement Center, 2<sup>nd</sup> 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](http://www.dignityhealth.org/stmarymedical) (search for "low vision" from home page)

## DISABILITIES

### **Torrance Home Improvement Program**

**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 In-Home Services and Hotline/Non-urgent. Website: [www.torranceca.gov/24075.htm](http://www.torranceca.gov/24075.htm)

### **Torrance Public Library Katy Geissert Civic Center Library**

**310-618-5959**  
**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](http://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 \$29,700 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, Business License Dept. Also see Discounts category.

Website: [www.torranceca.gov](http://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](http://www.vor.net)

### **Wardrobe Wagon**

**800-992-2737**

3737 Domestic Ave., Suite 3  
Naples, FL 34104

**M-F, 9-4**

Adaptive traditional clothing and footwear made for individuals with special needs.

Website: [www.wardrobewagon.com](http://www.wardrobewagon.com)

### **Westside Center for Independent Living (WCIL)**

**310-390-3611**

12910 Venice Blvd.  
Los Angeles, CA 90066

**M-F, 9-5**

Bilingual counseling, case management, information and referrals for disabled and elderly. Sliding scale based on ability to pay. Also see Advocacy, Case Management, Employment, In- Home Services and Social Security categories.

Website: [www.wcil.org](http://www.wcil.org)

## DISABILITIES

### 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](http://torranceca.gov/Library/5555.htm)

# DISCOUNTS

## AARP

California 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](http://www.aarp.org)

AARP programs:

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

Medicare Rx Plan 888-867-5512  
Supplemental Insurance 800-506-7651

## 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](http://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](http://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](http://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](http://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 20 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](http://www.foxdrugoftorrance.com)

# DISCOUNTS

## **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 Disabilities category.

Website: [www.usps.com](http://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](http://www.pparx.org)

## **Postal Solutions**

310-371-7184

4733 Torrance Blvd.  
Torrance, CA 90503

**M-F, 9-6  
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 \$10 per signature, \$5 per signature if person mentions Focal Point. No appointment needed for notary.

Website: [www.postalsolutionsinc.com](http://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](http://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](http://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](http://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](http://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](http://www.socalgas.com/medical)

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](http://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](http://www.att.com), [www.verizon.com](http://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 \$29,700 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, Business License Dept. Also see Disabilities category.

Website: [www.torranceca.gov](http://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](http://www.torrancememorial.org) (search "Advantage Program" from home page)

### **American Board of Home Care (ABHC)**

**877-436-5259**

**949-482-0232**

32565 B Golden Lantern, Suite 134  
Dana Point, CA 92629

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

Website: [www.americanboardofhomecare.org](http://www.americanboardofhomecare.org)

### **American Heart Association**

**Website**

"Heart Insight"

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](http://www.heartinsight.com)

### **American Red Cross**

**800-445-8210**

3150 E. 29<sup>th</sup> 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 Health Services and Volunteering categories.

Website: [www.redcross.org](http://www.redcross.org)

## EDUCATION

### **Beach Cities Health District**

**310-374-3426**

**Ext. 256**

**(Ask for Officer of the Day)**

**M-F, 9-5**

514 N. Prospect Ave.  
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, errands, classes on fall prevention, managing chronic illness, early stage Alzheimer's disease and caregiver classes. Exercise classes, yoga and Pilates for seniors, Silver Sneakers, and support groups. Also see Case Management, Health Services and Volunteering categories.

Website: [www.bchd.org](http://www.bchd.org)

### **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 program. Serves South Bay area and Long Beach. Also see Advocacy and Health Services categories.

Website: [www.cancersupportredondobeach.org](http://www.cancersupportredondobeach.org)

### **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, exercise, etc.

Web site: [www.torranceca.gov/3737.htm](http://www.torranceca.gov/3737.htm)

## EDUCATION

### **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](http://www.eccommunityed.com)

### **Griffith Adult Center**

**310-533-4689**

2291 Washington Ave.  
Torrance, CA 90501

**Ext. 8300**  
**M-Th, 8-9**  
**F, 8-4**

Information and referral for adult education classes in the Torrance Unified School District.  
Website: [www.tastusd.org](http://www.tastusd.org)

### **Hamilton Adult Education Center**

**310-533-4689**

2606 W. 182nd St.  
Torrance, CA 90504

**Ext. 8400**

Courses in English as a second language, citizenship, computers, and many other areas.  
Website: [www.tastusd.org](http://www.tastusd.org)

## EDUCATION

### **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 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](mailto:healthlinks@tmmc.com). Also see Torrance Memorial Medical Center in this category.

Website: [www.torrancememorial.org/healthlinks](http://www.torrancememorial.org/healthlinks)

### **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, 8:30-7**

**Sat, 8-5**

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, 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](http://www.colapublib.org/health)

### **KEEP-SAFE Coalition**

**310-701-8118**

4733 Torrance Blvd., #555  
Torrance, CA 90503

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](http://www.keep-safe.org)

## EDUCATION

### **National Center for Complementary and Integrative Health**

**888-644-6226**

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

**M-F, 8:30-5  
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](http://www.nccih.nih.gov)

### **National Institute on Aging**

**800-222-2225**

Information Center  
P.O. Box 8057  
Gaithersburg, Maryland 20898

**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](http://www.nia.nih.gov)

### **Omnilore CA State University, Dominguez Hills**

**310-243-3208**

“Learning in Retirement” organization affiliated with division of extended education of CA State University. Program centered on study discussion groups and held at the Edison Center, 3401 Inglewood Ave., Redondo Beach.

Website: [www.omnilore.org](http://www.omnilore.org)

## EDUCATION

### **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. It includes physician referral, education programs, as well as brochures on a variety of health-related topics. Also see Health Services.

Website: [California.providence.org](http://California.providence.org)

### **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 Health Services and Hospice categories.

Website: [www.researchforlife.org](http://www.researchforlife.org)

### **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](http://www.roadscholar.org)

### **Senior Studies Center (Long Beach City College)**

**562-938-3047**

1305 E. Pacific Coast Highway, Room FF108  
Long Beach, CA 90806

**M-Th., 8-3**

Offers fee based courses specifically designed for the needs and interests of mature students 55 years and older. Courses include art, language, 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.seniorcenter.lbcc.edu/](http://www.seniorcenter.lbcc.edu/)

## EDUCATION

### **SoCal Roc (formally SCROC)**

**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](http://www.socalroc.com)

### **South Bay Literacy Council**

**310-373-7003**

18436 Hawthorne Blvd., Suite 110  
Torrance, CA 90504

**M, W, F, 1-3**

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: [southbayliteracy.wordpress.com](http://southbayliteracy.wordpress.com)

### **Torrance Adult School**

**310-533-4689**

Older Adult Program  
Griffith Adult Center  
2291 Washington Ave.  
Torrance, CA 90501

Educational classes for seniors are held in facilities in the Torrance community including the Bartlett Senior Center as well as other school sites.

Website: [www.tastusd.org](http://www.tastusd.org)

## 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 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](mailto:healthlinks@tmmc.com). Also see Health Links in this category, Discounts, Education and Insurance categories.

Website: [www.torrancememorial.org/healthlinks](http://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](http://www.library.torranceca.gov)

## EDUCATION

### UCLA Longevity Center

310-794-0676

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

**M-F, 8-5**

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](http://www.semel.ucla.edu/longevity)

## EMERGENCY SHELTER/FOOD PROGRAMS

### **211 L.A. County**

**211**  
**800-708-6029**  
**24 hrs.**

L.A. County

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](http://www.211la.org)

### **Calvary Assembly of God (His Helping Hand)**

**310-326-2757**

25501 Oak St.  
Lomita, CA 90717

Surplus food distribution for the needy on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month, 6-7 p.m. Also see Meals/Nutrition category.

Website: [www.lomitchurch.org](http://www.lomitchurch.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, Thursdays, 10-11:30 am. Also see Meals/Nutrition category.

Website: [saalemfamilyministries.org](http://saalemfamilyministries.org)

### **Calvary Presbyterian Church**

**310-676-1144**

13560 Hawthorne Blvd.  
Hawthorne, CA 90250

Grocery distribution for the needy the last Saturday of the month from 11:30 am-noon. Also see Meals/Nutrition category.

Website: [www.calvarypres.com](http://www.calvarypres.com)

# EMERGENCY SHELTER/FOOD PROGRAMS

## 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](http://dpss.lacounty.gov)

## Doors of Hope Women's and Men Shelter

Women-310-518-3667  
Men-310-830-7063  
M, Tu, Th, Sat 9-12  
Wed., 10-12

Beacon Light Mission  
529 Broad Ave. (women)  
525 Broad Ave. (men)  
Wilmington, CA 90744

Provides a safe and nurturing environment for homeless men or women in the South Bay. Residents receive food, clothes, temporary shelter and counseling for 7 days.  
Website: [www.beaconlightmission.org](http://www.beaconlightmission.org)

## Food Net/San Pedro Services

310-519-6091

769 W. Third St.  
San Pedro, CA 90731

Food distribution for the needy, M-F, 2-4:30 pm. By appointment only.  
Website: None

# EMERGENCY SHELTER/FOOD PROGRAMS

## **Harbor Gateway South**

**310-320-9727**

Normandale Recreation Center  
22400 S. Halldale Ave.  
Torrance, CA 90501

Provides food items for anyone in need on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays and the last Saturday of the month at 9:30 am until all the food is gone. Serves the communities of Torrance, Lomita, Gardena, Carson, and Harbor Gateway. Also see Meals and Nutrition category.  
Website: [www.harborgatewaysouth.org](http://www.harborgatewaysouth.org)

## **Harbor Interfaith Services**

**310-831-9123**

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

**M-F, 9-5**

Emergency shelter, food, and transitional housing for homeless and working poor. Food stamp applications are processed Thursdays 8:30-11:30 am.  
Website: [www.harborinterfaith.org](http://www.harborinterfaith.org)

## **House of Yahweh**

**310-675-1384**

4046 W. Marine  
Lawndale, CA 90260

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

## EMERGENCY SHELTER/FOOD PROGRAMS

### **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 provides assistance and referral to social service agencies.

Website: [www.lahsa.org](http://www.lahsa.org)

### **Love Inc.**

310-831-5683

P.O. Box 6442  
San Pedro, CA 90734

M, 9-12

T-F, 9-5

Emergency food delivery for 1-3 months only. Referral for food, clothing, transportation and shelters. Also see Employment, Finances, In Home Services and Meals/Nutrition categories.

Website: [www.facebook.com/LoveINCSouthBay](http://www.facebook.com/LoveINCSouthBay)

### **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](http://www.dpssbenefits.lacounty.gov)

### **Rock Solid Christian Assembly**

310-832-2788

867 W. 10<sup>th</sup> St.  
San Pedro, CA 90731

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

Website: [www.rocksolidanpedro.org](http://www.rocksolidanpedro.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](http://www.salvationarmyusa.org)

### **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](http://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, Hawthorne, Lennox, El Segundo, Lawndale, and Westchester.

Website: [www.catholiccharitiesla.org](http://www.catholiccharitiesla.org)

### **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

## **CA Department of Rehabilitation**

**310-217-6955**

1149 W. 190<sup>th</sup> 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, (district office) phone 562-422-8325. Also see Disabilities category.

Website: [www.dor.ca.gov](http://www.dor.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](http://www.ete-torrance.org)

## **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 center: Torrance, 1220 Engracia, phone 310-680-3830, Inglewood, 110 S. La Brea #503, phone 310-680-3700.

Website: [www.ci.gardena.ca.us](http://www.ci.gardena.ca.us)

## **JVS Veterans First**

**323-904-4900**

**Ext. 3904**

Jewish Vocational Service of Los Angeles

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

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. Contact person: Jessica Cheng. Also see Employment category.

Website: [www.jvsla.org](http://www.jvsla.org)

## EMPLOYMENT

### **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 imp[act]. 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, In-Home Services and Meals/Nutrition categories.

Website: [www.facebook.com/LoveINCSouthBay](http://www.facebook.com/LoveINCSouthBay)

### **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](http://www.pacific-gateway.org/veterans)

### **SoCal Roc (formerly SCROC)**

**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](http://www.socalroc.com)

## EMPLOYMENT

### **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. Also see Veterans category.

Website: [www.sbpa-la.org](http://www.sbpa-la.org)

### **Westside Center for Independent Living (WCIL)**

**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, In- Home Services and Social Security categories.

Website: [www.wcil.org](http://www.wcil.org)

## FINANCES

### **211 L.A. County**

**211**  
**800-708-6029**  
**24 hrs.**

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

### **Clear Point Credit Counseling Solutions**

**877-877-1995**

6055 E. Washington Blvd., #390  
Los Angeles, CA 90040

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

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](http://www.clearpoint.org)

# FINANCES

## Credit Reporting Agencies

Equifax  
P.O. Box 740241  
Atlanta, GA 30374-0241  
Website: [www.equifax.com](http://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](http://www.experian.com)

**888-397-3742**

Trans Union  
P.O. Box 2000  
Chester, PA 19016  
Website: [www.transunion.com](http://www.transunion.com)

**800-916-8800**

## Department of Public Social Services, Los Angeles

**562-908-8400**  
**877-597-4777**

**M-Th, 7:30-6:30**

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](http://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](http://www.995hope.org) or [www.makinghomeaffordable.gov](http://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 offering assistance to 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](http://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, In Home Services and Meals/Nutrition categories.

Website: [www.facebook.com/LoveINCSouthBay](http://www.facebook.com/LoveINCSouthBay)

## FINANCES

### **National Council on Aging**

251 18<sup>th</sup> St. South, Suite 500  
Arlington, VA 22202

**571-527-3900**

**800-424-9046**

**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 Health Services categories.

Website: [www.benefitscheckup.org](http://www.benefitscheckup.org) and [www.ncoa.org](http://www.ncoa.org)

### **Public Social Services, Department of**

**562-908-8400**

**M-Th, 7:30-6:30**

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](http://dpss.lacounty.gov)

## HEALTH ORGANIZATIONS

<b><u>Academy of Nutrition and Dietetics</u></b>	<b>800-877-1600</b>
<b><u>www.eatrightpro.org</u></b>	
<b><u>Alcoholics Anonymous</u></b>	<b>800-923-8722</b>
<b><u>www.aa.org</u></b>	
<b><u>ALS Association (Amyotrophic Lateral Sclerosis)</u></b>	<b>800-782-4747</b>
<b><u>www.alsa.org</u></b>	
<b><u>Alzheimer's Association</u></b>	<b>800-272-3900</b>
<b><u>www.alzglia.org</u></b>	
<b><u>American Brain Tumor Association</u></b>	<b>800-886-2282</b>
<b><u>www.abta.org</u></b>	
<b><u>American Cancer Society</u></b>	<b>800-227-2345</b>
<b><u>www.cancer.org</u></b>	
<b><u>American Chronic Pain Association</u></b>	<b>800-533-3231</b>
<b><u>www.theacpa.org</u></b>	
<b><u>American Council of the Blind</u></b>	<b>800-424-8666</b>
<b><u>www.acb.org</u></b>	
<b><u>American Dental Association</u></b>	<b>312-440-2500</b>
<b><u>www.ada.org</u></b>	

## HEALTH ORGANIZATIONS

<b><u>American Diabetes Association</u></b>	800-232-3472
<b><u>www.diabetes.org</u></b>	
<b><u>American Heart Association</u></b>	800-242-8721
<b><u>www.heart.org</u></b>	
<b><u>American Liver Foundation</u></b>	800-465-4837
<b><u>www.liverfoundation.org</u></b>	
<b><u>American Lung Association</u></b>	800-586-4872
<b><u>www.lung.org</u></b>	
<b><u>American Macular Degeneration Foundation</u></b>	888-622-8527
<b><u>www.macular.org</u></b>	
<b><u>American Society on Aging</u></b>	800-537-9728
<b><u>http://asaging.org</u></b>	
<b><u>American Speech-Language-Hearing Association (ASHA)</u></b>	800-638-8255
<b><u>www.asha.org</u></b>	
<b><u>American Stroke Association</u></b>	800-553-6321
<b><u>www.strokeassociation.org</u></b>	
<b><u>American Tinnitus Association</u></b>	800-634-8978
<b><u>www.ata.org</u></b>	

## HEALTH ORGANIZATIONS

American Trauma Society 800-556-7890

[www.amtrauma.org](http://www.amtrauma.org)

American Urological Association Foundation 866-746-4282

[www.auanet.org](http://www.auanet.org)

Amputee Coalition 888-267-5669

[www.amputee-coalition.org](http://www.amputee-coalition.org)

Arthritis Foundation 800-954-2873

[www.arthritis.org](http://www.arthritis.org)

Asthma and Allergy Foundation of America 800-727-8462

[www.aafa.org](http://www.aafa.org)

Better Hearing Institute 800-327-9355

[www.betterhearing.org](http://www.betterhearing.org)

Brain Injury Association of America 800-444-6443

[www.biausa.org](http://www.biausa.org)

Caregiver Action Network (CAN) 202-454-3970

[www.caregiveraction.org](http://www.caregiveraction.org)

Christopher and Dana Reeve Foundation 800-225-0292

(Paralysis/Spinal Cord Injuries)

[www.christopherreeve.org](http://www.christopherreeve.org)

## HEALTH ORGANIZATIONS

<b><u>Epilepsy Foundation</u></b>	<b>800-332-1000</b>
<b><u><a href="http://www.epilepsy.org">www.epilepsy.org</a></u></b>	
<b><u>Glaucoma Foundation, The</u></b>	<b>212-285-0080</b>
<b><u><a href="http://www.glaucomafoundation.org">www.glaucomafoundation.org</a></u></b>	
<b><u>Hospice Foundation of America</u></b>	<b>800-854-3402</b>
<b><u><a href="http://www.hospicefoundation.org">www.hospicefoundation.org</a></u></b>	
<b><u>Huntington Disease Society of America</u></b>	<b>800-345-4372</b>
<b><u><a href="http://www.hdsa.org">www.hdsa.org</a></u></b>	
<b><u>International Hearing Society</u></b>	<b>734-522-7200</b>
<b><u><a href="http://www.ihsinfo.org">www.ihsinfo.org</a></u></b>	
<b><u>Leukemia &amp; Lymphoma Society</u></b>	<b>800-955-4572</b>
<b><u><a href="http://www.lls.org">www.lls.org</a></u></b>	
<b><u>Lupus Foundation of America</u></b>	<b>800-558-0121</b>
<b><u><a href="http://www.lupus.org">www.lupus.org</a></u></b>	
<b><u>MAGNUM: The National Migraine Association</u></b>	<b>703-349-1929</b>
<b><u><a href="http://www.migraines.org">www.migraines.org</a></u></b>	
<b><u>Mental Health America</u></b>	<b>703-838-7553</b>
<b><u><a href="http://www.mentalhealthamerica.net">www.mentalhealthamerica.net</a></u></b>	

## HEALTH ORGANIZATIONS

<b><u>Muscular Dystrophy Association</u></b>	<b>888-435-7632</b>
<b><u>www.mda.org</u></b>	
<b><u>National Alliance on Mental Illness (NAMI)</u></b>	<b>800-950-6264</b>
<b><u>www.nami.org</u></b>	
<b><u>National Association for Continenence</u></b>	<b>800-252-3337</b>
<b><u>www.nafc.org</u></b>	
<b><u>National Brain Injury Foundation</u></b>	<b>315-732-4875</b>
<b><u>nbif.blogspot.com</u></b>	
<b><u>National Council on Aging</u></b>	<b>800-424-9046</b>
<b><u>www.ncoa.org</u></b>	
<b><u>National Eye Institute (NEI)</u></b>	<b>301-496-5248</b>
<b><u>nei.nih.gov</u></b>	
<b><u>National Headache Foundation</u></b>	<b>312-274-2650</b>
<b><u>www.headaches.org</u></b>	
<b><u>National Heart, Lung, and Blood Institute – Info Center</u></b>	<b>301-592-8573</b>
<b><u>www.nhlbi.nih.gov</u></b>	
<b><u>National Hospice and Palliative Care Organization</u></b>	<b>800-658-8898</b>
<b><u>www.nhpco.org</u></b>	

## HEALTH ORGANIZATIONS

<b><u>National Institute of Neurological Disorders and Stroke</u></b>	<b>800-352-9424</b>
<b><u>www.ninds.nih.gov</u></b>	
<b><u>National Kidney Foundation</u></b>	<b>800-747-5527</b>
<b><u>www.kidney.org</u></b>	
<b><u>National Multiple Sclerosis Society</u></b>	<b>800-344-4867</b>
<b><u>www.nationalmssociety.org</u></b>	
<b><u>National Osteoporosis Foundation</u></b>	<b>800-231-4222</b>
<b><u>www.nof.org</u></b>	
<b><u>National Parkinson Foundation</u></b>	<b>800-522-8855</b>
<b><u>www.parkinson.org</u></b>	
<b><u>National Psoriasis Foundation</u></b>	<b>800-723-9166</b>
<b><u>www.psoriasis.org</u></b>	
<b><u>National Sleep Foundation</u></b>	<b>703-243-1697</b>
<b><u>www.sleepfoundation.org</u></b>	
<b><u>National Stroke Association</u></b>	<b>800-787-6537</b>
<b><u>www.stroke.org</u></b>	
<b><u>Skin Cancer Foundation</u></b>	<b>800-754-6490</b>
<b><u>www.skincancer.org</u></b>	

## HEALTH ORGANIZATIONS

**Stroke Association of Southern California**

**310-575-1699**

**www.strokesocal.org**

**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](http://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**

The association of geriatric care practitioners are health and human services specialists who are a guide, advocate, and resource for families caring for older adults. Conducting care planning assessments are performed to identify problems and provide solutions. They screen, arrange and monitor in-home help or other services. The care managers review financial, legal, or medical issues and offer referrals to geriatric specialists.  
Website: [www.aginglifecare.org](http://www.aginglifecare.org)

### **American Cancer Society**

**310-348-0356  
press 3 for local office  
800-227-2345  
M-F, 9-5**

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

Information and referral support. Transportation to and from medical facility, one-on-one visitor program for breast and prostate cancer patients. Skin cancer screening, patient education and cancer prevention programs. All cancer-related questions will be answered 24 hrs/day, 7 days/week @ 800-227-2345. Also see Health Organization category.  
Website: [www.cancer.org](http://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. A five business day advance notice is required.

Website: [www.cancer.org](http://www.cancer.org)

### **American Foundation for the Blind**

**800-232-5463**

2 Penn Plaza, Suite 1102  
New York, NY 10121

**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](http://www.afb.org)

### **American Red Cross**

**800-445-8210**

3150 E. 29<sup>th</sup> 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 Education and Volunteering categories.

Website: [www.redcross.org](http://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 living within a 50-mile radius. Donors are cremated at no expense. To request a brochure and donation form call 323-442-1191 or email: [brakke@usc.edu](mailto:brakke@usc.edu) . Also see Hospice category.

Website: [agp.usc.edu](http://agp.usc.edu)

### **Arthritis Foundation**

**323-954-5750**

800 W. 6<sup>th</sup> St., Suite 1250  
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](http://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](http://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](http://www.benefitscheckup.org)

### **CalQualityCare**

**Website**

Website features 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](http://www.calqualitycare.org/about)

### **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](http://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](mailto:canceranswers@tmmc.com)

Website: [www.torrancememorial.org/cancer\\_institute](http://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](http://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](http://www.caresolutionsforelders.com/elder-care-guidance)

## HEALTH SERVICES

### **Center for Optimal Aging**

**888-432-5464**

Providence Little Company of Mary Medical Center, San Pedro  
1300 W. 7<sup>th</sup> St.  
San Pedro, CA 90732

**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/san-pedro/services/seniors](http://www.california.providence.org/san-pedro/services/seniors)

### **Clutters Anonymous**

**866-402-6685**

P.O. Box 91413  
Los Angeles, CA 90009

Support group for individuals who want to eliminate their clutter and establish order in their lives. Meetings at St. Andrew's Episcopal Church, 1423 Engracia Ave., Torrance, CA 90501, Friday's 10:30 am-noon. Contact person: Maurice at 310-376-1499.

Website: [www.clutterersanonymous.org](http://www.clutterersanonymous.org)

# HEALTH SERVICES

## Department of Mental Health, L.A. County

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](http://www.dmh.lacounty.gov)

## Didi Hirsch Mental Health Services

310-895-2300

Centralized Intake 888-807-7250

M-F. 8:30-8 pm

Culver-Palms Center

11133 Washington Blvd.

Culver City, CA 90232

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 Medical insurance. Also see Disabilities category.

Website: [www.didihirsh.org](http://www.didihirsh.org)

## 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](http://www.drugdigest.org) (supported by Express Scripts)

## HEALTH SERVICES

### **Genesis**

**213-351-7284**

550 S. Vermont Ave., 6<sup>th</sup> 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.la4seniors.com/genesis.htm>

### **Harbor Community Clinic**

**310-547-0202**

593 W. 6<sup>th</sup> St.  
San Pedro, CA 90731

**M, 8-7 pm  
Tu-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](http://www.harborcommunityclinic.com)

### **Harbor-UCLA Family Health Center**

**310-534-7600**

1403 W. Lomita Blvd., Suite 200, 2<sup>nd</sup> floor  
Harbor City, CA 90710

**M-F, 8-5**

Provides outpatient health services for uninsured, low-income Los Angeles County residents of all ages. Care services include general health, geriatric medicine and urgent care. Applicants are not asked about their citizenship or immigration status. To speak with a physician call 800-215-7867. Spanish spoken. Can walk in or call for appointment.  
Website: [www.harborfm.com](http://www.harborfm.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, 1<sup>st</sup> 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](http://www.torrancememorial.org/healthandhealing)

### **Health Consumer Center of Los Angeles**

**800-896-3203 #2**

13327 Van Nuys Blvd.  
Pacoima, CA 91331

**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. Hotline hours: M, T, Th and Fri, 9-11:45 am.

Website: [www.healthconsumer.org](http://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](http://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](mailto:healthlinks@tmmc.com). Also see Health Links in this category, Discounts, Education and Insurance categories.

Website: [www.torrancememorial.org/healthlinks](http://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](http://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](http://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](http://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](http://www.dmh.lacounty.gov)

### **Lawndale Medical and Mental Health Center**

**310-675-9555**

4023 Marine Ave.  
Lawndale, CA 90260

**Mental Health, M, Th, 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 Healthy Way LA, 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](http://www.americanhealthservices.org)

## HEALTH SERVICES

### **National Cancer Institute**

**800-422-6237**

**M-F, 8-8  
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](http://www.cancer.gov)

### **National Council on Aging**

**800-424-9046**

251 18<sup>th</sup> 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](http://www.benefitscheckup.org) or [www.ncoa.org](http://www.ncoa.org)

### **Northeast Community Clinic**

**310-645-0444**

4455 W. 117<sup>th</sup> St., Suite 200,300  
Hawthorne, CA 90250

**#6 for referrals  
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](http://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](http://www.providence.org/california)

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

**310-514-5300**

Recovery Center  
1386 W. 7<sup>th</sup> 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](http://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](http://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](http://www.amhc.org/selfhelp)

## HEALTH SERVICES

### **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 Disabilities category.

Website: [www.sbccthrivela.org](http://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](http://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](http://www.mobilitycare.com)

## HEALTH SERVICES

### **Superior Mobility**

1950 E. 220<sup>th</sup> 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](http://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](http://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, 1<sup>st</sup> 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](http://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](mailto:healthlinks@tmmc.com). Also see Health Links in this category, Discounts, Education and Insurance categories.

Website: [www.torrancememorial.org/healthlinks](http://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 as a result of chemotherapy. Support services include demonstration and experience with hats, scarves, turbans, and community resources.

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

## HEALTH SERVICES

### **Wilmington Health Center**

**310-518-8800**

1325 Broad Ave.  
Wilmington, CA 90744

**M-F, 8-4**  
**By appointment only**

Provides outpatient health services for uninsured, low-income Los Angeles County residents of all ages. Care services include general health and urgent care. Applicants are not asked about their citizenship or immigration status but must have LA Care insurance. Spanish spoken. Call for appointment.

Website: [dhs.lacounty.gov/wps/portal/dhs/wilmington](https://dhs.lacounty.gov/wps/portal/dhs/wilmington)

# 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 living within a 50-mile radius. Donors are cremated at no expense. To request a brochure and donation form call 323-442-1101 or email: [brakke@usc.edu](mailto:brakke@usc.edu). Also see Health Services category. Website: [agp.usc.edu](http://agp.usc.edu)

## **CaringInfo (National Hospice and Palliative Care Organization)**

**800-658-8898**

1731 King St.  
Alexandria, VA 22314

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

CaringInfo, 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 Advocacy category. Website: [www.caringinfo.org](http://www.caringinfo.org)

## **ElderLink**

**800-613-5772**

P.O. Box 5202  
Santa Monica, CA 90409

**M-F, 8-5**

Free senior referrals for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in California. Will find placement for SSI and Medi-Cal recipients. Emergency care on call 24 hours. Licensed by the Department of Health Services. Also see Alzheimer's, Board and Care, Retirement and Skilled Nursing categories. Website: [www.elderlink.org](http://www.elderlink.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](http://www.first-serve.org)

## **Gathering Place, The**

**310-546-6407**

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

**Voice mail 24/7**  
**On site hours vary**

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.

Minimal fee. No fee for children.

Website: [www.griefcenter.info](http://www.griefcenter.info)

## **Hospice Foundation of America**

**800-854-3402**

1710 Rhode Island Ave. NW, Ste. 400  
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.

Website: [www.hospicefoundation.org](http://www.hospicefoundation.org)

# HOSPICE

## **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](http://www.milestonehospice.org)

## **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](http://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](http://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](http://www.newlifestyles.com)

# HOSPICE

## **Providence TrinityCare Hospice**

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

**310-543-3400**  
**800-829-8660**  
**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](http://www.california.providence.org/trinitycare)

## **Research for Life**

41743 Enterprise Circle N, Suite 104  
Temecula, CA 92590

**800-229-3244**

**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](http://www.researchforlife.org)

## **Silverado Hospice**

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

**888-328-6622**  
**24/7**  
**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](http://www.silveradocare.com)

# HOSPICE

## **The Gathering Place**

**310-546-6407**

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

**Voice mail 24/7  
On site hours vary**

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. Minimal fee. No fee for children.  
Website: [www.griefcenter.info](http://www.griefcenter.info)

## **Torrance Memorial Home Health and Hospice**

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

23326 Hawthorne Blvd., #100  
Torrance, CA 90505

Provides support to entire family when patient is terminally ill. Doctor referral. Accepts Medicare and Medi-Cal. Also see In-Home Services category.  
Website: [www.torrancememorial.org/Hospice.aspx](http://www.torrancememorial.org/Hospice.aspx)

## **Vitas Hospice**

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

990 W. 190th St., #120  
Torrance, CA 90502

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.vitas.com](http://www.vitas.com)

## HOSPITALS

### **Centinela Hospital Medical Center**

**310-673-4660**

555 E. Hardy St.  
Inglewood, CA 90301  
Website: [www.centinelamed.com](http://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](http://www.delamohospital.com)

### **Harbor-UCLA Medical Center**

**310-222-2345**

1000 W. Carson St.  
Torrance, CA 90509  
Website: [www.ladhs.org](http://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](http://health.kaiserpermanente.org) (Main site)

### **Kindred Hospital South Bay**

**310-323-5330**

1246 W. 155<sup>th</sup> St.  
Gardena, CA 90247  
Website: [www.khsouthbay.com](http://www.khsouthbay.com)

### **Marina Del Rey Hospital**

**310-823-8911**

4650 Lincoln Blvd.  
Marina del Rey, CA 90292  
Website: [www.marinahospital.com](http://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](http://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](http://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](http://california.providence.org/torrance)

**Torrance Memorial Medical Center**

**310-325-9110**

3330 Lomita Blvd.

Torrance, CA 90505

Website: [www.torrancememorial.org](http://www.torrancememorial.org)

## HOTLINE/NON-URGENT

### **211 L.A. County**

**211**  
**800-708-6029**  
**24 hrs.**

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](http://www.211la.org)

### **ADT Security Services**

**310-803-9613**  
**877-204-9836**  
**7 days, 7 am-12 am**

21171 S. Western Ave.  
Torrance, CA 90501

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](http://www.adt.com)

### **American Medical ID**

**800-363-5985**  
**M-F, 8-6 CST**

949 Wakefield, Suite 100  
Houston, TX 77018

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](http://www.americanmedical-id.com)

### **Bodyguard I.D. Tags, LLC**

**800-383-7790**  
**M-F, 9-5:30**  
**EST**

3958 Black Horse Pike  
Mays Landing, NJ 08330

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](http://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](http://www.dmhc.ca.gov)

### **California Voter Hotline (California of State)**

**800-345-8683**

Website: [www.sos.ca.gov](http://www.sos.ca.gov) (search "hotline" from home page)

### **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 Emergency Shelter/Food Programs, Finances and Hotline/Urgent categories.

Website: [dpss.lacounty.gov](http://dpss.lacounty.gov)

## **HOTLINE/NON-URGENT**

### **Direct Link Medical Alert System**

**310-316-3568**

Home Helpers  
24328 S. Vermont Ave., Suite 311  
Harbor City CA 90710

**M-F, 9-5**

Personal response system providing a small, wireless button worn around the neck or wrist that, when activated, will summon immediate help from a professional staff. This program can also include additional emergency call buttons strategically located throughout the home for those critical times when a person is not wearing the button. In addition, Direct Link can provide a person with added help in case of a break-in while home alone.

Website: [www.homehelpershomecare.com](http://www.homehelpershomecare.com)

### **Emergency Response Systems**

ADT Security Services, 800-238-2727  
Direct Link, 310-316-3568  
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

### **Fraud.org (Project of the National Consumers' League)**

**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](http://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](http://www.gentletransitions.com)

## **HOTLINE/NON-URGENT**

### **Household Hazardous Waste Recycling (L.A. County)**

**626-458-5100**

Department of Public Works

Website: [dpw.lacounty.gov/epd/hhw](http://dpw.lacounty.gov/epd/hhw)

### **Hoarding Hotline (GENESIS Program)**

**213-351-7284**

550 S. Vermont  
Los Angeles, CA 90020

**M-F, 8-5**

Sponsored by the LA County Department of Mental Health

Website: [dmh.lacounty.gov](http://dmh.lacounty.gov) (search “hoarding” from home page)

### **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/24075.htm](http://www.torranceca.gov/24075.htm)

### **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](http://www.lavote.net)

## **HOTLINE/NON-URGENT**

### **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](http://www.lifealert.com)

### **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](http://www.lifefone.com)

### **MedicAlert+Safe Return**

**888-572-8566**

**24 hrs.**

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](http://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](http://www.medi-cal.ca.gov)

Website: [www.dpssbenefits.lacounty.gov](http://www.dpssbenefits.lacounty.gov)

## HOTLINE/NON-URGENT

### **Medic Alert Foundation**

**800-432-5378**

2323 Colorado Ave.  
Turlock, CA 95382

**M-F, 6 am-5 pm  
Sat, 8-5**

Engraved jewelry identifying medical condition with emergency help 24 hours a day.  
Provides identification for Alzheimer's patients. Call for brochure. Also see  
Alzheimer's and Identification categories.  
Website: [www.medicalert.org](http://www.medicalert.org).

### **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](http://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](http://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](http://www.dpssbenefits.lacounty.gov)

## HOTLINE/NON-URGENT

### **RA911 Rescue Alert**

**310-375-5353**

24 hr. HomeCare  
3812 Sepulveda Blvd., Suite 240  
Torrance, CA 90505

**24 hrs.**

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. Also provides care giving service. Also see In home Services category.  
Website: [www.24hrcares.com](http://www.24hrcares.com)

### **Rescue Alert of CA, Inc.**

**310-375-5353**

24 hr. HomeCare  
3812 Sepulveda Blvd., Suite 240  
Torrance, CA 90505

**24 hrs.**

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. Call for more information.  
Website: [www.rescuealert.com](http://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](http://www.ssa.gov)

## **HOTLINE/NON-URGENT**

### **Southern California Gas Co.**

**800-427-2200**

**24 hrs.**

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.

Website: [www.socalgas.com](http://www.socalgas.com)

### **Torrance Home Improvement Program**

**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 category.

Website: [www.torranceca.gov/24075.htm](http://www.torranceca.gov/24075.htm)

## HOTLINE/URGENT

### **1736 Family Crisis Center**

**310-370-5902**

**24 hrs.**

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

Website: [www.1736familycrisiscenter.org](http://www.1736familycrisiscenter.org)

### **211 L.A. County**

**211**

**800-708-6029**

L.A. County

**24 hrs.**

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](http://www.211la.org)

### **Adult Protective Services**

**877-477-3646**

Community and Senior Services

**24/7**

3333 Wilshire Blvd., Ste. 400

Los Angeles, CA 90010

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. Serves L.A. County with a 24-hour hotline: 877-477-3646. Also see Abuse and Advocacy categories.

Website: [www.css.lacounty.gov](http://www.css.lacounty.gov)

### **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 at all times. Also see Alzheimer's category.

Website: [www.alz.org](http://www.alz.org)

## **HOTLINE/URGENT**

### **Center for the Pacific-Asian Family**

1102 Crenshaw Blvd.  
Los Angeles, CA 90019

**323-653-4045**  
**24 hr. 800-339-3940**  
**M-F, 8-5**

Hotline for survivors of domestic violence and sexual abuse. Victim's advocacy, professional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. 24-hr. confidential hotline at 800-339-3940. Also see Abuse and Advocacy categories.

Website: [www.nurturingchange.org](http://www.nurturingchange.org)

### **California Poison Control System**

**800-222-1222**  
**24 hrs.**

A medical facility that is able to provide 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](http://www.calpoison.org)

### **Community Helpline**

P.O. Box 2503  
Palos Verdes, CA 90274

**310-793-9050**  
**877-541-2525**  
**7 days, 7 am-10 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.

No website.

### **Department of Mental Health, L.A. County**

**800-854-7771**

**24 hrs.**

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](http://www.dmh.lacounty.gov)

## **HOTLINE/URGENT**

### **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 Emergency Shelter/Food Programs, Finances and Hotline/Non-Urgent categories.

Website: [www.dpss.lacounty.gov](http://www.dpss.lacounty.gov)

### **Elder Abuse Hotline**

**800-992-1660**

**877-477-3646**

Emergency: 911

**24 hrs.**

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](http://da.lacounty.gov/seniors)

### **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: [afla.org/help/services/housing-and-eviction](http://afla.org/help/services/housing-and-eviction)

## HOTLINE/URGENT

### **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 Disabilities category.  
Website: [www.harboruclapsych.com/contact-information/](http://www.harboruclapsych.com/contact-information/)

### **Identity Theft Hotline**

**Web site only**

Identity Theft Clearing House  
Federal Trade Commission  
600 Pennsylvania Ave. NW  
Washington, DC 20580

Provides victims of identity theft with specific information about how to prevent additional harm to their finances and credit history. Spanish also spoken.  
Website: [www.identitytheft.gov](http://www.identitytheft.gov)

### **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 Health Services categories.  
Website: [www.dmh.lacounty.gov](http://www.dmh.lacounty.gov)

### **L.A. County Domestic Violence Hotline**

**800-978-3600**

**24 hrs.**

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](http://da.lacounty.gov/domv.htm)

## HOTLINE/URGENT

### **Long Term Care Ombudsman**

**800-231-4024**

Wise and Healthy Aging  
1527 4<sup>th</sup> 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. After hours hotline phone, 800-231-4024. Local office in Lakewood and serving Torrance, phone 562-925-2346.

Also see Abuse, Advocacy and Complaints categories.

Website: [www.wiseandhealthyaging.org](http://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](http://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](http://oig.hhs.gov/fraud/report-fraud)

### **National Suicide Prevention Lifeline**

**800-273-8255**

**24 hrs.**

Hotline for people thinking of suicide. Interpreters for any language.

Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## **HOTLINE/URGENT**

### **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: 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](http://www.dpssbenefits.lacounty.gov)

### **Rainbow Services**

**310-547-9343**

**24 hrs.**

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](http://www.rainbowservicesdv.org)

### **Return Home Registry (Torrance)**

**310-618-6391**

**M-Th, 8-5**

Torrance Police Department

3300 Civic Center Dr.

Torrance, CA 90503

**310-328-3456**

**24 hrs.**

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](http://www.torranceca.gov) (go to city departments, police, community affairs)

## HOTLINE/URGENT

### **Silverado Live Chat and Hotline**

**866-522-8125**

**24 hrs.**

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](http://www.silveradocare.com)

### **Social Security Fraud Hotline**

**800-269-0271**

P.O. Box 17785  
Baltimore, Maryland 21235

**M-F, 10-4 ET**

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](http://www.ssa.gov) (search "fraud" from the home page)

### **Suicide Prevention Center**

**877-727-4747**

Didi Hirsh Health Center

**24 hrs.**

24-hour telephone support system and referral network for callers in suicidal crisis. Survivors' group and speaker's bureau.

Website: [www.didihirsch.org/spc](http://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](http://www.veteranscrisisline.net)

## HOUSING NON-SUBSIDIZED

### **Bayside Terrace**

**310-832-4926**

860 W. 5<sup>th</sup> 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](http://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. 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](http://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, 9-5**

58 one-bedroom units and one -2 bedroom. 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](http://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](http://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](http://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; accepts disabled who are independent. Water and trash 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-Th, 8-5  
F, 9-4**

37 units, one and two bedrooms accepting 55 years and older. Also see Housing, Non-Subsidized category.

Website: [www.linchousing.org/prop/redondo.html](http://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](http://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.

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. 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](http://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](http://www.tsahousing.com) (go to “properties” tab on home page)

### **Don Senior Apartments**

**310-549-3338**

105 East I Street  
Wilmington, CA 90744

**M-F, 9-5**

Section 8 vouchers accepted. 57 one-bedroom units and one 2 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, and does not accept severely disabled.

Website: [www.csi.coop/en/locations/CA](http://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](http://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, one and two bedroom units, 62 years and older and accepts disabled 62 years and older. Also see Housing, Non-Subsidized category.  
Website: [harmonycourt.wnmapartments.com](http://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, 135 units with one and two bedrooms, 62 years and older. Elevators in building; convenient to shopping. Also see Housing, Non-Subsidized category.  
Website: [www.heritagepointapartmentshomes.net](http://www.heritagepointapartmentshomes.net)

## HOUSING, SUBSIDIZED

### **Housing Authority of the County of Los Angeles**

800-731-4663

700 Main St.  
Alhambra, CA 91801

**M-F, 8-5**

Operates housing units for low-income seniors and disabled throughout the county.  
Waiting list closed. TDD access: 626-943-3899.  
Website: [www.hacola.org](http://www.hacola.org)

### **Kiwanis Gardens**

310-325-5310

25109 Ebony Lane So.  
Lomita, CA 90717

**M-F, 9-4**

Section 8 building administered by management. Does not accept vouchers. 67 units for 62 years and older and accepts disabled 18 years and older.  
Website: none

### **Lomita Manor**

310-325-7055

24925 Walnut St.  
Lomita, CA 90717

**M-F, 10-3**

Subsidized, 73 one-bedroom units, 4 two-bedroom units, 62 years and older and/or disabled.

Website: [www.beaconcommunities.org/home](http://www.beaconcommunities.org/home) (click on "our communities" link on the home page)

### **Meadow Lark Manor**

800-500-7725

17150 S. Park Lane  
Gardena, CA 90247

**M, W, F, 10-2**

HUD, 74-studios and one-bedroom units, 18 years and older; accepts disabled.  
Website: [www.csi.coop/en/locations/CA](http://www.csi.coop/en/locations/CA)

## HOUSING, SUBSIDIZED

### **Mirandela Senior Apartments**

**310-265-5200**

5555 Crestridge Rd.  
Rancho Palos Verdes, CA 90275

**T, Th, 9-5**

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: none

### **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](http://www.tsahousing.com) (go to “properties” tab on home page)

### **Park Pacific Tower**

**562-435-1803**

714 Pacific Ave.  
Long Beach, CA 90813

**M-F, 9-4**

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: none

### **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](http://www.lomco.com) (click on “our housing” link on home page)

## HOUSING, SUBSIDIZED

### **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](http://www.linchousing.org/prop/redondo.html)

### **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](http://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](http://www.csi.coop)

## HOUSING, SUBSIDIZED

### **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](http://telacu.com/propertylistings/telacu-senior-housing)

### **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](http://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](http://www.torranceca.gov/8728.htm)

## HOUSING, SUBSIDIZED

### **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](http://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

### **Alzheimer's Association Greater Los Angeles**

**323-938-3379**

4221 Wilshire Blvd., Suite 400  
Los Angeles, CA 90010

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

Provides identification products such as engraved identification bracelet or necklace, iron-on clothing labels, etc. Requires enrollment in "Medic Alert +Safe Return" program.

Also see Alzheimer's and Health Organizations categories.

Website: [www.alzgia.org](http://www.alzgia.org)

### **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](http://www.americanmedical-id.com)

### **Bodyguard I.D. Tags, LLC**

**800-383-7790**

3958 Black Horse Pike  
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](http://www.bodyguardidtags.com)

### **MedicAlert Foundation**

**888-633-4298**

2323 Colorado Ave.  
Turlock, CA 95382

**M-F, 6 am-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](http://www.medicalert.org)

## IDENTIFICATION

**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](http://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 in regard to this list of referrals. We suggest that you or a friend or family member carefully investigate the resources.

### 24 Hr HomeCare

**310-375-5353**

3812 Sepulveda Blvd., Ste. 240  
Torrance, CA 90505

**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](http://www.24hrcares.com)

### Adia

**310-370-0555**

**866-686-3674**

3625 Del Amo Blvd., Suite 390  
Torrance, CA 90503

**24/7**

Provides companionship, transportation, meal preparation, light housekeeping, medication reminders and computer assistance. Caregiving for those with Alzheimer's, Parkinson's, sight impairments, cancer, strokes and other chronic illnesses. Requires 3-hour minimum, ranges from short-term care to 24/7 or live-ins. Insured, licensed, bonded and accepts Worker's Compensation. Languages spoken: Chinese, Japanese, Korean, Italian, French, and Spanish.  
Website: [www.adiacares.com](http://www.adiacares.com)

## IN-HOME SERVICES

### **All About Loving Care**

**310-301-0009**

**877-822-0211**

**24/7**

6060 W. Manchester Ave.  
Los Angeles, CA 90045

A staff of home health aides and CNA's providing non-medical home care for seniors and those in need of assistance with activities of daily living, personal care, companionship, help with meals, shopping, transportation to doctor's office, housekeeping and other simple pleasures of life that they are unable to handle on their own. Offers 24 hr. care, live-in, hospice, and respite care. No hourly minimum. Services South Bay and greater Los Angeles. Languages spoken are Spanish, Tagalog, Farsi, Japanese, Russian and French. Member of the American Board of Home Care.  
Website: [www.allaboutloving.care](http://www.allaboutloving.care)

### **Alta Home Care**

**310-593-0901**

**24/7**

3655 Torrance Blvd., Suite 300  
Torrance, CA 90503

Provides assistance with all activities of daily living including bathing, dressing, meal preparation, range of motion exercises, medication reminders, light housekeeping, incontinent care, transportation for doctor appointments, errands, and companionship. Extensive screening, background checks and drug testing are done on caregivers. Each client is assigned a personal Care Manager that does in home visits and communicates with family members. Alta Home Care is licensed and bonded and a member of the American Board of Home Care and the National Private Duty Association. Caregivers are covered by liability and Worker's Compensation insurance. Geographic areas served are L.A., Orange, and Riverside Counties. Languages spoken: Farsi, Spanish, French, Russian, Filipino, Tagalog and Portuguese. Also see Case Management category.  
Website: [www.altahomecare.com](http://www.altahomecare.com)

## IN-HOME SERVICES

### **Always Best Care Senior Services**

**310-341-8500**

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 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 and Retirement categories.

Website: [www.alwaysbesthomecare.com](http://www.alwaysbesthomecare.com)

### **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 Worker'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](http://www.alwaysrighthomecare.com)

## IN-HOME SERVICES

### Assistance in Home Care

**866-608-9500**

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 spoken.  
Website: [www.assistanceihc.com](http://www.assistanceihc.com)

### At Home With Care

**310-798-2700**

806 Manhattan Beach Blvd., #206  
Manhattan Beach, CA 90266

**24/7**

Assistance provided with no hourly/weekly minimum required. Available 24/7 to help with personal care (bathing, grooming, dressing and incontinence), meal preparation, light housekeeping, transportation for doctor appointments, errands, medication reminders and companionship. Caregivers are Certified Nurse Assistants (CNA's) or companions who are experienced, reliable, thoroughly background checked (references, DMV, criminal history, and drug/alcohol tested). Licensed, insured, bonded and covered by Worker's Compensation. Care Management services also available. Bilingual-English, Spanish.  
Website: [www.athomewithcare.com](http://www.athomewithcare.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 providing assistance 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](http://www.attentivehomecare.com).

### **Cambrian Homecare**

**877-422-2270**

5199 E. Pacific Coast Hwy., Suite 100  
Long Beach, CA 90804

**24/7**

Experienced, insured, licensed, bonded, screened caregivers and independent living aides providing customized non-medical in-home services including personal care, light housekeeping, companionship, meal preparation, medication reminders, and travel assistance. No minimum hours required. Have "Rise and Shine" and "Tuck-in" short visits. Veteran benefits and long term care insurance processing and maintenance. Complimentary in-home assessments by a Case Manager to assure needs are met. Languages spoken: Spanish and Vietnamese. Serves the South Bay and surrounding communities since 1996. Website: [www.cambrianhomecare.com](http://www.cambrianhomecare.com)

### **Charlie's Barber Shop**

**310-618-0529**

1919 W. Carson St.  
Torrance, CA 90501

**T, W, Th, F, 7-5**  
**Sat, 6:30-4**

Haircuts for shut-ins on Mondays, 8-4. Serves South Bay. Call for appointment. Will do some nursing home haircuts on Monday afternoons. Website: none

## IN-HOME SERVICES

### **Coastal Care Inc.**

**310-543-3211**

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

**24 hrs.**

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](http://www.coastalcareinc.com)

### **Comfort Keepers**

**310-325-6500**

25124 Narbonne Ave., Suite 102  
Lomita, CA 90717

**24/7**

Provides meal preparation, light housekeeping, errand services, transportation, grooming and dressing guidance, laundry services, emergency monitoring systems, bathing, mobility, toileting, feeding, special diet and meal preparations. Minimum charge 4 hours. Languages spoken: Spanish and Tagalog. Serves South Bay area. Member of American Board of Home Care. Also see Veterans category.

Website: [www.comfortkeepers.com](http://www.comfortkeepers.com)

### **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](http://www.davisinhomecare.com)

## IN-HOME SERVICES

### **Dynamic Home Care**

**562-206-2800**

3815 Atlantic Ave., Suite 6  
Long Beach, CA 90807

**24/7**

Provides skilled nursing, certified nurse's aides, physical, occupational and speech therapies. Homemaker services include companion and personal care, meal preparation and light housekeeping. Requires 4 hr. minimum. Medicare/Medi-Cal certified; accepts all insurance companies. Spanish and Tagalog spoken. Services LA County.  
Website: [www.dynamicnursing.com](http://www.dynamicnursing.com)

### **Elderbuds!**

**310-739-5241**

217 Palos Verdes Blvd., #326  
Redondo Beach, CA 90277

**24/7**

Compassionate non-medical in-home care. All caregivers are background screened, insured, bonded, and covered by Workers Compensation insurance. Offering meal preparation, light housekeeping, medicine reminder, transportation both in home and additional support at facilities. Language spoken: Spanish. Two-hour minimum through 24- hour care. Services South Bay, Westchester south to Palos Verdes.  
Website: [www.elderbuds.com](http://www.elderbuds.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](http://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 Care Professionals**

**310-938-6153**

3838 Carson St., Suite 305  
Torrance, CA 90503

**M-F, 9-5**

Provides non-medical in-home care services such as companionship, light housekeeping, ambulation, errand services, grocery shopping, meal planning and preparation, laundry, assistance to the doctors, hygiene, and vital signs. Caregivers are trained and experienced with the elderly, Alzheimer's, Parkinson's, post hospital recovery and stroke. Licensed and bonded, insured and offers 24 hr. stay-on/live in with a minimum of 4 hrs. Other languages spoken are Spanish and Tagalog. Serves South Bay, L.A. and Orange counties.  
Website: [www.homecareprofessional.net](http://www.homecareprofessional.net)

### **Home Helpers**

**310-316-3568**

24328 S. Vermont Ave., Suite 311  
Harbor City, CA 90710

**M-F, 9-5**

Provides personalized care, companionship, assistance with meals, light housekeeping, transportation, and errand services tailored to meet personal requirements. Specializes in taking care of the elderly and people recovering from illness, those with AIDS, and hospice. Licensed and bonded with a 4-hour minimum. Languages spoken: Spanish and some Tagalog. Has a partnership with Veterans Care Coordination to expedite the "Pension with Aid and Attendance" benefit that provides funds for care in the home. Also see Veterans category.  
Website: [www.homehelpershomecare.com](http://www.homehelpershomecare.com)

## IN-HOME SERVICES

### **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/24075.htm](http://www.torranceca.gov/24075.htm)

### **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.  
Website: [www.homeinstead.com](http://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](http://www.homelifepartners.com)

### **Kindred at Home**

**310-327-9101**

19191 S. Vermont Ave., Suite 410  
Torrance, CA 90502

**24/7**

Provides caregivers including CNA'S and Home Health Aides to assist with bathing, dressing, meal preparation, light housekeeping, laundry, transportation and much more. Experienced with those living with Alzheimer's/dementia, Parkinson's, stroke, and hospice care. Agency is licensed, bonded, insured, DMV check, and does background checks via fingerprinting. Areas served are South Bay, Orange and LA counties. Spanish, Tagalog and Mandarin also spoken. Payments accepted are Long Term Care insurance, V.A. insurance, private pay and Workers Compensation.

Website: [www.kindredathome.com](http://www.kindredathome.com)

## IN-HOME SERVICES

### **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](http://www.livhome.com)

### **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, Finances and Meals/Nutrition categories.

Website: [www.facebook.com/LoveINCSouthBay](http://www.facebook.com/LoveINCSouthBay)

## IN-HOME SERVICES

### **Oxford Health Care**

**562-432-6400**

280 Atlantic Ave.  
Long Beach, CA 90802

**M-F, 8-6**

Providing home health services to the adult population since 1967. Services provided by RN's, LVN's, physical therapists, skilled caregivers, Certified Nurse Aid, Personal Care Attendant and live-ins. Veterans Aid and Attendance program for in-home companion services. Veterans must have served 90 days or more on active duty during the war and their spouses for non-service related conditions if they meet income and asset requirements (info@oxfordservices.com). Medicare certified and accepts most insurance plans. Oxford HealthCare are members of the American Board of Home Care and the California Association for Health Services at Home. Serves the South Bay, Los Angeles and Orange Counties. Also see Case Management and Veterans categories.  
Website: [www.oxfordhealthcare.net](http://www.oxfordhealthcare.net)

### **Physicians Choice**

**310-793-1616**

3220 Sepulveda Blvd., Suite 100  
Torrance, CA 90505

**M-F, 9-5**

Home health care services providing case management, companion care, skilled nursing, private duty, medical social services, home based heart program, and rehabilitation therapy. Provides assisted living placement consultation. Accepts Medicare, Medi-Cal, insurance and private pay patients. Spanish, Japanese, Chinese, and Korean spoken. Also see Case Management category.  
Website: [www.pchomehealth.com](http://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](http://www.providence.org)

## IN-HOME SERVICES

### **ResCare HomeCare Services**

**800-697-2292**

6167 Bristol Parkway, Suite 205  
Culver City, CA 90230

**24/7**

Provides older and disabled adults with supportive services to help manage the everyday tasks and challenges of aging in place. Custodial, non-skilled care service includes hourly and live in home care, personal care, homemaking, transportation, respite care, medication set up, care management, and a personal emergency response system. No hourly minimum required. Geographic areas served are Long Beach, Torrance, South Bay, beach cities, and Whittier. Languages spoken are Spanish and Tagalog. ResCare is a CAHSAH certified agency. Also see Case Management category.

Website: [www.rescarehomecare.com](http://www.rescarehomecare.com)

### **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](http://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](http://inhomecarela.com)

## IN-HOME SERVICES

### **Torrance Home Improvement Program**

**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/24075.htm](http://www.torranceca.gov/24075.htm)

### **Torrance Memorial Home Health and Hospice**

**310-784-3739**

3330 Lomita Blvd., Bldg. #1 South  
Torrance, CA 90505

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

Case management coordinating service of RN's, therapists, home health aids, and hospital discharge planners. Special programs include Oncology and Cardiac Care, Wound and Burn Care, and Intravenous Program. Medicare accepted. **By referral only.** Also see Hospice category.  
Website: [www.torrancememorial.org/Hospice.aspx](http://www.torrancememorial.org/Hospice.aspx)

### **Westside Center for Independent Living (WCIL)**

**310-390-3611**

12901 Venice Blvd.  
Los Angeles, CA 90066

**M-F, 9-5**

Must have physical or mental disability. Case-management, information and referrals, bilingual. Serves Westside and South Bay. Sliding scale based on ability to pay. Also see Advocacy, Case Management, Disabilities, Employment and Social Security categories.  
Website: [www.wcil.org](http://www.wcil.org)

# 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](http://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](http://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](http://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 <sup>st</sup> 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](http://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](http://www.medi-cal.ca.gov)

Website: [dpssbenefits.lacounty.gov](http://dpssbenefits.lacounty.gov)

## **Medicare HMO Appeals Hotline**

888-466-9050

Website: [www.medicareinteractive.org](http://www.medicareinteractive.org)  
[www.medicare.gov/appeals](http://www.medicare.gov/appeals)

M-F, 10-3  
EST

# INSURANCE

## **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](http://www.medicare.gov)

## LEGAL

### **American Civil Liberties Union of Southern California**

1313 West 8<sup>th</sup> St.  
Los Angeles, CA 90017

**213-977-9500**  
**Ext. 253**  
**M-F, 9:30-5:30**

Information and handling of cases involving civil rights and liberties. Listen to messages for contact instructions. For legal intake call 213-977-5253.

Website: [www.aclusocal.org](http://www.aclusocal.org)

### **Bartlett Senior Citizens Center**

1318 Cravens Ave.  
Torrance, CA 90501

**310-320-5918**

**M-S, 8-4**  
**Sun, 12:30-4**

Free legal advice available on the third Tuesday of each month at 2 pm. The first Tuesday of each month are phone consultations. Call for appointment. Bring all paperwork regarding issue being discussed. Also see Meals/Nutrition and Senior Centers categories.

Website: [www.torranceca.gov/Parks/6619.htm](http://www.torranceca.gov/Parks/6619.htm)

### **Bet-Tzedek Legal Services**

3250 Wilshire Blvd., Floor 13  
Los Angeles, CA 90010

**323-939-0506**

**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](http://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](http://www.canhr.org)

### **California State Bar Attorney Complaint Line**

**213-765-1000**

845 S. Figueroa St.  
Los Angeles, CA 90017

**M-F, 8:45-5  
Complaints, 9-4**

File a complaint or discuss a pending complaint. Attorney hotline: 800-843-9053. 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](http://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-F, 9-5**

Cancer Legal Resource Center is a joint program of the Disability Rights Legal Center and Loyola Law School. Provides 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.

Website: [disabilityrightslegalcenter.org](http://disabilityrightslegalcenter.org) (select “Cancer Legal Resource Center” at left side of home page)

Website: [disabilityrightslegalcenter.org/clrc-intake-form](http://disabilityrightslegalcenter.org/clrc-intake-form) (form forms)

email: [clrc@drlcenter.org](mailto:clrc@drlcenter.org)

## LEGAL

### **Center for Civic Mediation**

**213-896-6533  
877-473-7658**

1055 W. 7<sup>th</sup> St., Suite 2700  
Los Angeles, CA 90017

**M-F, 9-5**

Low or no cost mediation services. Helps with landlord-tenant, employer-employee, neighbor-to-neighbor, family, divorce, and consumer-merchant disputes, an alternative to court action.

Website: [LACBA.org](http://LACBA.org)

### **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. Also provides assistance 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](http://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](http://www.disablilityrightsca.org)

## LEGAL

### **Disability Rights Legal Center**

**Intake number 213-736-1013  
866-999-8952**

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

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.disabilityrightslegalcenter.org](http://www.disabilityrightslegalcenter.org)

### **Eviction Defense Hotline (Legal Aid Foundation of Los Angeles)**

**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, Japanese and others. Also see Hotline/ Urgent category.

Website: [afla.org/help/services/housing-and-eviction](http://afla.org/help/services/housing-and-eviction)

### **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 a number of issues involving eldercare, law and finance.

Website: [www.help4srs.org](http://www.help4srs.org)

## LEGAL

### **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](http://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](http://www.lacba.org/give-back/immigration-legal-assistance-project)

### **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 provides assistance 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](http://dcba.lacounty.gov)

## LEGAL

### **Legal Aid Foundation of Los Angeles**

**800-399-4529**

1102 S. Crenshaw Blvd.  
Los Angeles, CA 90019

**M-F, 9-5**

Free legal services in civil law for low-income clients in LA County. Housing/eviction defense office helps low-income tenants stay in their homes when they are being evicted unfairly. Appointment required.

Website: [www.lafla.org](http://www.lafla.org)

### **Legal Aid Foundation of Los Angeles**

**800-399-4529**

Long Beach Office  
601 Pacific Ave.  
Long Beach, CA 90802

**M-F, 9-5**

Assist low-income individuals who have trouble obtaining or are denied government benefits. Can also assist with housing/eviction defense, family law/domestic violence, and immigration issues.

Website: [www.lafla.org](http://www.lafla.org)

### **Legal Aid Foundation of Los Angeles**

**No Phone**

Self Help Legal Access Centers  
Torrance Court House  
825 Maple Ave., Room 160  
Torrance, CA 90503

**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 harassment. Referral to private attorney or legal services is provided as needed. For information call 800-399-4529.

Website: [lafla.org/self-help](http://lafla.org/self-help)

## LEGAL

### **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](http://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](http://www.publiccounsel.org)

### **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](http://www.courts.ca.gov/self-help-conservatorship)

## LEGAL

### **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](http://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](http://www.southbaybar.org) (click on "Need a Lawyer?" link on home page for Certified Lawyer Referral Service)

### **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](http://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](http://www.calbar.ca.gov)

## LEGAL

### **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, 9-4**

Online information about bankruptcy.  
Website: [www.cacb.uscourts.gov](http://www.cacb.uscourts.gov)

### **U.S. Citizenship and Immigration Service (USCIS)**

**800-375-5283**

Customer Service, 2<sup>nd</sup> 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. No walk-ins accepted, and appointments are mandatory. To request forms call 800-870-3676 or download from website. In order to make an appointment, "Info Pass" must be obtained on the web site. Division of Homeland Security.  
Website: [www.uscis.gov](http://www.uscis.gov)

### **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](http://www.fcscgero.org)

### **Wilmington Multipurpose Senior Center**

**310-518-4533**

1371 N. 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](http://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 2054, Sacramento, CA 95814-4900. Term expires December 2018.  
Website: [sd26.senate.ca.gov](http://sd26.senate.ca.gov)

### **Barbara Boxer, 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 2017.  
Website: [www.boxer.senate.gov](http://www.boxer.senate.gov)

### **Autumn R. Burke, California State Assembly 62<sup>nd</sup> 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 5144, Sacramento, CA 94249-0062, phone (916) 319-2062. Term expires December 2016.  
Website: [asmdc.org/members/a62](http://asmdc.org/members/a62)  
E-mail: [assemblymember.burke@assembly.ca.gov](mailto:assemblymember.burke@assembly.ca.gov)

### **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](http://4csl.org)  
E-mail: [jrosenberg@roadrunner.com](mailto:jrosenberg@roadrunner.com)

## LEGISLATION

### **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](http://www.feinstein.senate.gov)

### **Mike A. Gipson, California State Assembly District 64**

**310-324-6408**

879 W. 190<sup>th</sup> 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  
2016.

E-mail: [assemblymember.gipson@assembly.ca.gov](mailto:assemblymember.gipson@assembly.ca.gov)  
Website: [www.asmdc.org/members/a64](http://www.asmdc.org/members/a64)

### **David Hadley, 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 4102, Sacramento, CA 94249-0066. Term expires  
December 2016.

E-Mail: [assemblymember.hadley@assembly.ca.gov](mailto:assemblymember.hadley@assembly.ca.gov)  
Website: [ad66.asmrc.org](http://ad66.asmrc.org)

## LEGISLATION

### **Janice Hahn, Congressperson 36th District**

**310-831-1799**

140 W. 6<sup>th</sup> St.  
San Pedro, CA 90731

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

Represents Rancho Dominguez, Compton, Carson, San Pedro and Wilmington.  
Washington address: 404 Cannon House Office Bldg., Washington, DC 20515. Also  
district office in Wilmington, Thursday 9-5, phone 310-549-8282. Term expires  
January 2017.

Website: [www.hahn.house.gov](http://www.hahn.house.gov)

### **Isadore Hall, III, California State Senate District 35**

**310-514-8573**

222 W. 6<sup>th</sup> St. #320  
San Pedro, CA 90731

**M-F, 9-5**

Represents: Inglewood, Lennox, El Segundo, Hawthorne, Lawndale, Willowbrook, part  
of Torrance, Rancho Dominguez, Gardena, Compton, Harbor City, Carson, West Carson,  
San Pedro and Wilmington. Capitol address: State Capitol, Room 313,  
Sacramento, CA 95814-4900. Term expires December 2016.

Website: [sd35.senate.ca.gov](http://sd35.senate.ca.gov)

### **Don Knabe, County Supervisor 4th District**

**213-974-4444**

822 Hall of Administration  
500 W. Temple St.  
Los Angeles, CA 90012

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

Represents El Segundo, Redondo, Hermosa and Manhattan beaches, Torrance and  
Lomita. Steve Napolitano, 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 2016.

Website: [www.knabe.com](http://www.knabe.com)

## LEGISLATION

### **League of Women Voters of the Beach Cities**

**310-379-6663**  
**press 2**

629 19<sup>th</sup> 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](http://www.beachvoter.org)

### **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](http://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.torrance.ca.lwvnet.org](http://www.torrance.ca.lwvnet.org)

## LEGISLATION

### **Ted Lieu, U.S. Congressman 33<sup>rd</sup> District**

**310-321-7664**

1600 Rosecrans Ave., 4<sup>th</sup> 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: 415 Cannon House Office Building, Washington DC 20515.

Phone, 202-225-3976. Appointments necessary for Manhattan Beach. Term expires December 2018.

Website: lieu.house.gov

### **Patrick O'Donnell, California State Assembly District 70**

**310-548-6420**

461 W. 6<sup>th</sup> St., #209  
San Pedro, CA 90731

**M-F, 9-5**

Represents San Pedro. Capitol office: P.O. Box 942849, Room 4166, Sacramento, CA 94249-0070, phone (916) 319-2070. Term expires December 2016.

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 43<sup>rd</sup> 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 2017.

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](http://www.brailleinstitute.org)

**Carson Public Library (County)**

**310-830-0901**

151 East Carson St.  
Carson, CA 90745  
Website: [www.colapublib.org/libs/carson](http://www.colapublib.org/libs/carson)

**Dr. Martin Luther King Jr. Public Library (County)**

**310-327-4830**

17906 S. Avalon Blvd.  
Carson, CA 90746  
Website: [www.colapublib.org/libs/victoria](http://www.colapublib.org/libs/victoria)

**El Segundo Public Library**

**310-524-2722**

111 W. Mariposa Ave.  
El Segundo, CA 90245  
Website: [library.elsegundo.org](http://library.elsegundo.org)

**Gardena Mayme Dear Library (County)**

**310-323-6363**

1731 W. Gardena Blvd.  
Gardena, CA 90247  
Website: [www.colapublib.org/libs/gardena](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.torranceca.gov/5465.htm) (click on “Hours and Locations” on left side of page)

## **Torrance Public Library**

**310-618-5959**

### **Katy Geissert Civic Center Library**

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](http://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](http://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](http://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](http://www.lapl.org/branches/wilmington)

## LIBRARIES

### Wisburn Library (County)

310-643-8880

5335 W. 135<sup>th</sup> St.

Hawthorne, CA 90250

Website: [www.colapublib.org/libs/wisburn](http://www.colapublib.org/libs/wisburn)

## LOCAL GOVERNMENT

<b><u>Carson City Hall</u></b>	<b>310-830-7600</b>	<b><a href="http://www.ci.carson.ca.us">www.ci.carson.ca.us</a></b>
<b><u>El Segundo City Hall</u></b>	<b>310-524-2300</b>	<b><a href="http://www.elsegundo.org">www.elsegundo.org</a></b>
<b><u>Gardena City Hall</u></b>	<b>310-217-9500</b>	<b><a href="http://www.ci.gardena.ca.us">www.ci.gardena.ca.us</a></b>
<b><u>Hawthorne City Hall</u></b>	<b>310-349-2900</b>	<b><a href="http://www.cityofhawthorne.com">www.cityofhawthorne.com</a></b>
<b><u>Hermosa Beach City Hall</u></b>	<b>310-318-0239</b>	<b><a href="http://www.hermosabch.org">www.hermosabch.org</a></b>
<b><u>Inglewood City Hall</u></b>	<b>310-412-5111</b>	<b><a href="http://www.cityofinglewood.org">www.cityofinglewood.org</a></b>
<b><u>Lawndale City Hall</u></b>	<b>310-973-3200</b>	<b><a href="http://www.lawndalecity.org">www.lawndalecity.org</a></b>
<b><u>Lomita City Hall</u></b>	<b>310-325-7110</b>	<b><a href="http://www.lomita.com/cityhall">www.lomita.com/cityhall</a></b>
<b><u>Los Angeles/Harbor Area</u></b>	<b>310-732-4515</b>	<b><a href="http://www.la15th.com">www.la15th.com</a></b>
<b><u>Manhattan Beach City Hall</u></b>	<b>310-802-5000</b>	<b><a href="http://www.ci.manhattan-beach.ca.us">www.ci.manhattan-beach.ca.us</a></b>
<b><u>Palos Verdes Estates City Hall</u></b>	<b>310-378-0383</b>	<b><a href="http://www.pvestates.org">www.pvestates.org</a></b>
<b><u>Rancho Palos Verdes City Hall</u></b>	<b>310-377-0360</b>	<b><a href="http://www.rpvca.gov">www.rpvca.gov</a></b>
<b><u>Redondo Beach City Hall</u></b>	<b>310-372-1171</b>	<b><a href="http://www.redondo.org">www.redondo.org</a></b>
<b><u>Rolling Hills City Hall</u></b>	<b>310-377-1521</b>	<b><a href="http://www.rolling-hills.org">www.rolling-hills.org</a></b>
<b><u>Rolling Hills Estates City Hall</u></b>	<b>310-377-1577</b>	<b><a href="http://www.rollinghillsestatesca.gov">www.rollinghillsestatesca.gov</a></b>
<b><u>Torrance City Hall</u></b>	<b>310-328-5310</b>	<b><a href="http://www.torranceca.gov">www.torranceca.gov</a></b>

## 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 @ 11:30 for \$2. 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](http://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](http://www.torranceca.gov/parks/6619.htm)

### **Calvary Assembly of God (His Helping Hand)**

**310-326-2757**

25501 Oak St.  
Lomita, CA 90717

Surplus food distribution for the needy on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday evenings, 6-7 p.m. Also see Emergency Shelter/Food programs category.

Website: [www.lomitachrch.org](http://www.lomitachrch.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 Thursday, 10 am -11:30 am. Also see Emergency Shelter/Food Programs categories.

Website: [saalemfamilyministries.org](http://saalemfamilyministries.org)

## MEALS AND NUTRITION

### **Calvary Presbyterian Church**

**310-676-1144**

13560 Hawthorne Blvd.  
Hawthorne, CA 90250

Food distribution for the needy the last Saturday of the month 11:30 am-12 noon. Also see Emergency Shelter/Food Programs.

Website: [www.calvarypres.com](http://www.calvarypres.com)

### **Carson Senior Social Services**

**310-835-0212**

801 E. Carson St.  
Carson, CA 90745

Hot lunch provided by the YMCA for seniors on Monday-Friday @ 11:30 am. Sack lunches delivered to Carson residents only on the weekends. Reservations required. Also see Case Management and Senior Centers categories.

Website: [ci.carson.ca.us](http://ci.carson.ca.us) (Search “senior social services” from home page)

### **Church of the Brethren/Tree of Life**

**310-371-0411**

2761 190<sup>th</sup> St.  
Redondo Beach, CA 90278

Hot meals served on Thursday from 6:30-8 pm.

Website: [www.brethren.org/church/32330-South-Bay.html](http://www.brethren.org/church/32330-South-Bay.html)

### **City of Truth Ministries**

**310-669-8300**

1139 E. Dominguez St., Suite D  
Carson, CA 90746

Food distribution to persons in need on the 2<sup>nd</sup> and 4<sup>th</sup> Sunday, 12-2 pm.

Website: none

## MEALS AND NUTRITION

### **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. Not available in December.  
Website: [www.firstumctorrance.org](http://www.firstumctorrance.org)

### **First United Methodist Church of Redondo Beach**

**310-372-8445**

243 So. Broadway  
Redondo Beach, CA 90277

Hot meals on Wednesday, 6-7 pm. Counseling on Wednesdays at 4:30 pm. Hygiene items and clothes when available.  
Website: [www.fumcrb.org](http://www.fumcrb.org)

### **Food Stamps (Cal Fresh)**

**211**

Department of Public Social Services, L.A. County

24 hrs.

Offers services and resources for food assistance.  
Website: [www.benefitcal.org](http://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 and reservations need 24 hr. ahead of time. Also has home-delivered meals. Also see Case Management and Senior Centers category.  
Website: [www.ci.gardena.ca.us](http://www.ci.gardena.ca.us) (Search "senior citizens bureau" from the home page)

## MEALS AND NUTRITION

### **Gardena Valley Japanese Cultural Institute (JCI)**

**310-324-6611**

1964 W. 162<sup>nd</sup> St.  
Gardena, CA 90247

**M-F, 9-5**

Japanese box lunches, \$3.25. Reserve 3 days in advance. Eat in or at home. Call for time. Also see Senior Centers category.  
Website: [www.jci-gardena.org](http://www.jci-gardena.org)

### **Harbor Gateway South Neighborhood Council**

**310-320-9727**

1435 Del Amo Blvd.  
Torrance, CA 90501

Provides food items for families on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month at 9:30 am or until the food runs out. Bringing bags for food is appreciated. No discrimination for age or income.  
Website: [www.harborgatewaysouth.org](http://www.harborgatewaysouth.org)

### **Harbor Gateway/Torrance Outreach**

**310-320-9727**

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 2<sup>nd</sup> and 4<sup>th</sup> Tuesday and the last Saturday of the month at 9:30 am. Bringing bags for food is appreciated. Served the communities of Torrance, Lomita, Gardena, Carson, and Harbor Gateway.  
Website: none

### **Hawthorne Senior Center**

**310-349-1650**

3901 W. El Segundo Blvd.  
Hawthorne, CA 90250

**M-F, 9-2**

Meals served at 12 noon, \$2 donation and \$3 for non-seniors. Also see Senior Centers category.  
Website: [www.cityofhawthorne.org](http://www.cityofhawthorne.org) (search "Senior center" in search box at bottom of home page)

## MEALS AND NUTRITION

### **Hope In Action**

**310-374-4673**

Hope Chapel  
2420 Pacific Coast Highway  
Hermosa Beach, CA 90254

Once a month food items distributed 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 8 am and 10:45 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](http://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  
Lawndale, CA 90260

**M-Sat, 10-3:30**

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](http://www.hoy-southbay.org)

### **Inglewood Senior Center**

**310-412-5338**

330 Centinela Ave.  
Inglewood, CA 90302

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](http://www.cityofinglewood.org) (Search "senior center" on home page)

## MEALS AND NUTRITION

### **Japanese Cultural Institute (JCI)**

**310-324-6611**

1964 W. 162nd St.  
Gardena, CA 90247

Japanese lunch box for pick up, M-F, 11:15-11:45 for \$3.25. Reservations required three days in advance.

Website: [www.jci-gardena.org](http://www.jci-gardena.org)

### **L.A. Regional Food Bank**

**323-234-3030**

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

### **Lawndale Community Center-Senior Services**

**310-973-3270**

14700 Burin Ave.  
Lawndale, CA 90260

Lunch served Monday-Friday from 12 noon to 1 pm, requiring reservations 24 hr. ahead of time. Also see Case Management and Senior Centers categories.

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

### **Love Inc.**

**310-831-5683**

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

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

Emergency food delivery for 1-3 months only. Offers referrals for shelters, clothing and transportation. Also see Emergency Shelter/Food Programs, Employment, Finances and In -Home Services categories.

Website: [www.facebook.com/LoveINCSouthBay](http://www.facebook.com/LoveINCSouthBay)

# MEALS AND NUTRITION

## Meals on Wheels

Carson – 310-835-0212, ext. 1487

El Segundo – 310-322-9033

Gardena – 310-217-9552 - [www.ci.gardena.ca.us](http://www.ci.gardena.ca.us) (Search “home delivered meals” from home page)

Harbor City – 310-518-4533 – serves 1 meal/day

Harbor Gateway – 310-518-4533 – serves 1 meal/day

Hawthorne – 310-349-1650 - [www.cityofhawthorne.org/senior-activities](http://www.cityofhawthorne.org/senior-activities)

Inglewood – 310-412-5338 - [www.cityofinglewood.org](http://www.cityofinglewood.org) (Search for “senior services” on home page, and click on first link for senior services information)

Lawndale – 310-937-3270 – [www.lawndalecity.org](http://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](http://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](http://www.salvationarmy-socal.org) (Search using city name on home page)

Palos Verdes – 310-318-2827

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](http://www.tlmow.org)

Wilmington – 310-518-4533 – serves 1 meal/day

Hot meals delivered to homes of housebound seniors or disabled. Call for details.

## Nakaoka Community Center

**310-217-9551**

Senior Citizens Bureau of Gardena  
1670 W. 162<sup>nd</sup> St.  
Gardena, CA 90247

Hot meals served Monday to Friday at 12:30, \$2.75 for seniors and provides home delivered meals. Also see Senior Centers category.

[www.ci.gardena.ca.us](http://www.ci.gardena.ca.us) (Search “senior citizens bureau” from home page.)

## MEALS AND NUTRITION

### **Perry Park Senior Center**

**310-318-0650**

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](http://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, \$2.75 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](http://www.redondo.org/senior)

### **Riviera United Methodist Church**

**310-378-9273**

375 Palos Verdes Blvd.  
Redondo Beach, CA 90277

Every 5<sup>th</sup> 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](http://www.rivieraumc.com)

### **Rock Solid Christian Assembly**

**310-832-2788**

867 W. 10<sup>th</sup> 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.rocksolidsanpedro.org](http://www.rocksolidsanpedro.org)

## MEALS AND NUTRITION

### **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](http://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. Call for more information and reservations. Also see Case Management, Senior Centers and categories.

Website: [www.css.lacounty.gov](http://www.css.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**

138 S. Bandini  
San Pedro, CA 90731

Food distribution for the needy, Tuesday and Friday, 9-12, 2-3 pm. Also see Emergency Shelter/Food Programs.

Website: none

### **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](http://www.saintandrewstorrance.org)

## MEALS AND NUTRITION

### **St. Andrews Presbyterian Church**

**310-540-5252**

301 Ave D  
Redondo Beach, CA 90277

Brown bag 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](http://www.sntandrews.org)

### **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](http://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.stjamesparish.org](http://www.stjamesparish.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 4<sup>th</sup> Saturday each month at 4 pm. Sack lunches are served Sunday at 12 noon. Free clothing every Saturday at 11 am-12:30 pm except on holiday weekends.

Website: none

## MEALS AND NUTRITION

### **St. Joseph Catholic Church**

**310-679-1139**

11886 S. Acacia Ave.  
Hawthorne, CA 90250

Distribution of food on the 2<sup>nd</sup> Sunday of each month, 8 am-12:30 pm. Spanish spoken.  
Website: [www.stjoseph-haw.org](http://www.stjoseph-haw.org)

### **St. Lawrence Martyr Church**

**310-540-0329**

1900 S. Prospect  
Redondo Beach, CA 90277

Food pantry (canned and dry food) with food distribution to local residents of South Redondo Beach and South Torrance. Proof of residency required. Food distributed Saturday, 9-10 am.  
Website: [www.stlm.org](http://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, 8:30-10:30 am. Spanish also spoken.  
Website: [www.stmargaretmarylomita.org](http://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 9-10:30 am on the 1st and 3rd Thursday of the month. Clothing available.  
e-mail: [projectneedsrb@gmail.com](mailto:projectneedsrb@gmail.com)  
Website: [www.stpaul.org](http://www.stpaul.org)

## MEALS AND NUTRITION

### **Torrance 1<sup>st</sup> 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](http://www.tfbclife.org)

### **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](http://www.ymcala.org/t56)

### **Veterans Park Senior Center**

**310-318-0650**

Redondo Beach Senior Club, Inc.  
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](http://www.redondo.org/senior)

### **Walteria United Methodist Church**

**310-375-0622**

3646 Newton St.  
Torrance, CA 90505

Full hot meal served the 2<sup>nd</sup> Saturday of each month from 11am-1pm for the needy and homeless.  
Website: [www.walteriaumc.org](http://www.walteriaumc.org)

## MEALS AND NUTRITION

### **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](http://www.wilmingtonjcfoundation.yolasite.com)

### **Yvonne Burke Community Center**

**323-298-7075**

4750 W. 62<sup>nd</sup> St.  
Los Angeles 90056

**M-F, 8-6**  
**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](http://cityofinglewood.org) (Search “Yvonne Burke” from home page and click on “Senior congregate meals” in the results)

## **POLICE AND FIRE**

<b>Carson</b>	<b>Sheriff's Department</b>	<b>310-830-1123</b>
	<b>LA County Fire Department</b>	<b>323-881-6156</b>
<b>El Segundo</b>	<b>Police Department</b>	<b>310-524-2200</b>
	<b>Fire Department</b>	<b>310-524-2269</b>
<b>Gardena</b>	<b>Police Department</b>	<b>310-217-6148</b>
	<b>LA County Fire Department</b>	<b>323-881-6156</b>
<b>Harbor City</b>	<b>LA City Police Department</b>	<b>310-726-7700</b>
	<b>LA City Fire Department</b>	<b>310-548-7585</b>
<b>Harbor Gateway</b>	<b>LA City Police Department</b>	<b>310-726-7700</b>
	<b>LA City Fire Department</b>	<b>310-548-7579</b>
<b>Hawthorne</b>	<b>Police Department</b>	<b>310-675-4443</b>
	<b>LA County Fire Department</b>	<b>323-881-6156</b>
<b>Hermosa Beach</b>	<b>Police Department</b>	<b>310-318-0360</b>
	<b>Fire Department</b>	<b>310-376-2479</b>
<b>Inglewood</b>	<b>Police Department</b>	<b>310-412-5211</b>
	<b>LA County Fire Department</b>	<b>323-881-6156</b>
<b>Lawndale</b>	<b>Sheriff's Department</b>	<b>323-820-6700</b>
	<b>LA County Fire Department</b>	<b>323-881-6156</b>
<b>Lomita</b>	<b>Sheriff's Department</b>	<b>310-539-1661</b>
	<b>LA County Fire Department</b>	<b>323-881-6156</b>
<b>Manhattan Beach</b>	<b>Police Department</b>	<b>310-802-5140</b>
	<b>Fire Department</b>	<b>310-802-5200</b>
<b>Palos Verdes Estates</b>	<b>Police Department</b>	<b>310-378-4211</b>
	<b>LA County Fire Department</b>	<b>323-881-6156</b>
<b>Rancho Palos Verdes</b>	<b>Sheriff's Department</b>	<b>310-539-1661</b>
	<b>LA County Fire Department</b>	<b>323-881-6156</b>
<b>Redondo Beach</b>	<b>Police Department</b>	<b>310-379-2477</b>
	<b>Fire Department</b>	<b>310-318-0663</b>
<b>Rolling Hills</b>	<b>Sheriff's Department</b>	<b>310-539-1661</b>
	<b>LA County Fire Department</b>	<b>323-881-6156</b>
<b>Rolling Hills Estates</b>	<b>Sheriff's Department</b>	<b>310-539-1661</b>
	<b>LA County Fire Department</b>	<b>323-881-6156</b>

## **POLICE AND FIRE**

<b>San Pedro</b>	<b>LA City Police Department</b>	<b>310-726-7700</b>
	<b>LA City Fire Department</b>	<b>310-548-2836</b>
<b>Torrance</b>	<b>Police Department</b>	<b>310-618-5641</b>
	<b>Community Affairs</b>	<b>310-618-6391</b>
	<b>Fire Department</b>	<b>310-781-7042</b>
<b>Wilmington</b>	<b>LA City Police Department</b>	<b>310-726-7700</b>
	<b>LA City Fire Department</b>	<b>310-548-7538</b>

# 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 in regard to this list of referrals. We suggest that you or a friend carefully investigate the resources.**

### Alternatives for Seniors

**800-350-0770**

P.O. Box 833  
Southfield, MI 48037

Provides a senior housing and services resource publication. The directory 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](http://www.alternativesforseniors.com)

### Always Best Care Senior Services

**310-341-8500**

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 and In-Home Services categories.  
Website: [www.alwaysbesthomecare.com](http://www.alwaysbesthomecare.com)

# RETIREMENT

## **Belmont Village**

**310-377-9977**

5701 Crestridge Rd.  
Rancho Palos Verdes, CA 90275

**24 hrs.**

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](http://www.belmontvillage.com)

## **Bixby Knolls Towers**

**562-426-6123**

3737 Atlantic Ave.  
Long Beach, CA 90807

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.rhf.org](http://www.rhf.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](http://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 hrs.**

Retirement facility providing independent living, assisted living, and skilled nursing. Supervised activities and transportation for medical care.  
Website: [www.thecanterbury.org](http://www.thecanterbury.org)

### **Carson Senior Assisted Living Center**

**310-830-4010**

345 E. Carson St.  
Carson, CA 90745

**24 hrs.**

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](http://www.carsonassistedliving.net)

### **Coast to Coast**

**800-526-9555**

Assisted living placement consultations. Client centered one on one consultation; placement, referral and information are FREE of cost to clients and families. Facilities are only recommended that are screened and rated and board and care homes in Los Angeles and Orange county communities. Specialize in urgent placements, dementia/Alzheimer facilities and cultural considerations such as Spanish and Japanese speaking. Also see Alzheimer's and Board and Care categories.  
Website: [www.coasttocoastsenior.com](http://www.coasttocoastsenior.com)

### **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 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 Skilled Nursing categories.  
Website: [www.carehomefinders.com](http://www.carehomefinders.com)

# RETIREMENT

## **ElderLink**

**800-613-5772**

P.O. Box 5202  
Santa Monica, CA 90409

M-F, 8-5

Free senior referrals for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in the State of California. Will find placement for SSI and Medi-Cal recipients. Emergency care on call 24 hours. Licensed by the Department of Health Services. Also see Alzheimer's, Board and Care, Hospice and Skilled Nursing categories.

Website: [www.elderlink.org](http://www.elderlink.org)

## **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](http://www.gardenaretirement.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 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](http://www.freeseniorplacements.com)

## RETIREMENT

### **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](http://www.glenparkhealthyliving.com)

### **Harbor Terrace Retirement Center**

**310-547-0090**

435 W. 8th St.  
San Pedro, CA 90731

**24 hrs.**

87-person capacity for 60 years and older, providing 3 meals a day, utilities included. Studio and one bedroom. Ambulatory patients only. No wheelchairs. Dietitian meets with each new resident. 24-hour full-service and medical transportation provided.  
Website: [www.harborterraceretirement.com](http://www.harborterraceretirement.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 Alzheimer's category.  
Website: [www.huntingtonretirement.com](http://www.huntingtonretirement.com)

# RETIREMENT

## **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](http://www.newlifestyles.com)

## **Palos Verdes Villa**

**310-547-9941**

29661 S. Western Ave.  
Rancho Palos Verdes, CA 90275

**24 hrs.**

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](http://www.palosverdesvilla.com)

## **Rosecrans Villa**

**310-675-9163**

14110 Corday 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](http://www.rosecransvilla.com)

## **Spring Senior Assisted Living**

**310-370-3594**

20900 Earl St.  
Torrance, CA 90503

Retirement, assisted living, and respite option 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.springassistedliving.com](http://www.springassistedliving.com)

## RETIREMENT

### **Sunnyside Retirement Center**

**310-320-3318**

22711 S. Vermont  
Torrance, CA 90502

70 semi -private and private rooms for 60 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.

Website: none

### **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](http://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](http://www.sunriseseniorliving.com). (Search "Palos Verdes, CA" from home page)

### **The Canterbury**

**310-541-2410**

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

**EST**

**24 hrs.**

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

Website: [www.thecanterbury.org](http://www.thecanterbury.org)

## RETIREMENT

### **Villa Sorrento**

**310-539-6826**

23450 Madison St.  
Torrance, CA 90505

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](http://www.villasorrentoretirement.com)

### **Welbrook Senior Living South Bay**

**310-997-0838**

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 Alzheimer's category.

Website: [www.welbrooksouthbay.com](http://www.welbrooksouthbay.com)

## SENIOR CENTERS

### **Anderson Memorial Senior Center**

**310-548-7596**

828 S. Mesa St.  
San Pedro, CA 90731

**M-F, 10-3**

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](http://www.laparks.org/dos/senior/facility/andersonscc.htm)

### **Anderson Park Senior Center (Beach Cities Health District)**

**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](http://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 or 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](http://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](http://ci.carson.ca.us) (Search “senior social services” from home page.)

## **El Segundo Joslyn Center**

**310-524-2705**

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, 310-322-9033. Dial-a-Ride for El Segundo residents. Call for reservations and operating hours.

Website: [www.elsegundo.org](http://www.elsegundo.org) (Search “Joslyn center” from home page.)

(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](http://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](http://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 and Zumba dance classes, movies and computer lab. Free monthly blood pressure checks. AARP driving class; call for information. Also see Meals/Nutrition category.

Website: [www.cityofhawthorne.com](http://www.cityofhawthorne.com) (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 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month.

Website: [www.torranceca.gov/parks/6619.htm](http://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](http://www.hermosabch.org) (Search “seniors” from 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. Light lunch is served. \$5 per program.

Website: [www.jccmb.com](http://www.jccmb.com) (Click “Community Programs” tab at top of home page and select “Senior Club.”)

## **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.

Programs offered: Chair exercise 8:15-9:45 am, low impact aerobics through dance both beginning 11 am –12:30 pm and intermediate 9:30-11:00. Fees vary.

Website: [www.torranceca.gov/parks/6619.htm](http://www.torranceca.gov/parks/6619.htm)

## **Inglewood Senior Center**

**310-412-5338**

330 Centinela Ave.  
Inglewood, CA 90302

**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](http://www.cityofinglewood.org) (Search “senior center” on home page)

## SENIOR CENTERS

### **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, requiring reservations 24 hrs. ahead of time. See also Case Management category.

Website: [www.lawndalecity.org](http://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](http://www.lomita.com) (Search “seniors” from home page.)

### **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](http://www.longbeach.gov) (Search “senior citizen program” from home page.)

# SENIOR CENTERS

## **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](http://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, blood pressure screening, diabetic lectures, movies, day trips, candlelight dinners, and special transit for 60 years and older and disabled. “Be Well,” a light exercise and weight management program for senior 60 years and over includes nutrition counseling, food management and behavior modification. Call for schedule. Also see Meals/Nutrition category.

Website: [www.ci.gardena.ca.us](http://www.ci.gardena.ca.us) (Search “senior citizens bureau” from home page.)

## **Peninsula Seniors**

**310-377-3003**

30928 Hawthorne Blvd.  
Rancho Palos Verdes, CA 90275

**M-F, 10-4**

Legal appointments, tours, lectures, bridge, scrabble, Mahjongg 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](http://www.pvseniors.org)

## SENIOR CENTERS

### **Perry Park Senior Center**

**310-318-0650**

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](http://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; \$2.75 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](http://www.redondo.org/senior)

### **Rosenberg Cultural Center**

**310-316-8444**

Temple Menorah  
1101 Camino Real  
Redondo Beach, CA 90277

**M, W, 11-3**

Field trips, lunch, spiritual/intellectual and exercise classes, speakers and enrichment programs. A daily charge of \$12 for members, \$15 for non-members, covers all activities. See website for current programming and schedules.  
Website: [www.templemenorah.org](http://www.templemenorah.org) (Click on "Adult" tab at top of home page and select "Rosenberg Cultural Center.")

## SENIOR CENTERS

### **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, English as a second language course, 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.css.lacounty.gov](http://www.css.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](http://www.ymcala.org/torrance-south-bay) (Search "active older adults" by clicking on magnifying glass icon on home page.)

### **Veterans Park Senior Center**

**310-318-0650**

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](http://www.redondo.org/senior)

## SENIOR CENTERS

### **Walteria Park Senior Citizens Center**

**310-328-5918**

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](http://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, computer skills, and nutrition. Lunch served at 12 noon for \$3 for seniors 60 yrs. and older. Case management, transportation available for residents of Wilmington, Harbor City, LA Strip and San Pedro. Health screening, 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](http://www.laparks.org) (Search “Wilmington senior center” from home page)

### **Yvonne Burke Community Center**

**323-298-7075**

4750 W. 62<sup>nd</sup> 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](http://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, potluck dinners, holiday activities, excursions, birthday parties, etc.

Membership is required. Call for information on meeting days.

Website: [ci.carson.ca.us](http://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.")

### **Harbor Lites Senior Club**

**310-534-5866**

Harbor Recreational Center  
24901 Frampton Ave.  
Harbor City, CA 90710

**Friday, 12 noon to 2:30**

Socialization, bingo and refreshments. Contact person: Maria Hooe.  
Website: none

### **Hi Neighbors Senior Club**

**310-328-6367**

Harbor Recreational Center  
24901 Frampton Ave.  
Harbor City, CA 90710

**Tuesday, 9:30-2**

Bingo and card games. The club also celebrates birthday, anniversary and special celebrations. Bring brown bag lunch. Contact person: Madeleine Bozin.

Website: none

## SENIOR CLUBS

### **Normandale Center Senior Club**

**310-328-3689**

22400 S. Halldale Ave.  
Torrance, CA 90501

**M-F, 9-12:30**

General meeting, bingo, nutrition program, trips, and gardening program. Also see Meals and Nutrition category. Email: rapnormandalerc@lacity.org  
Website: none

### **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**

Bingo, day trips, tours, and lunch.  
Website: none

## SENIOR CLUBS

### **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](http://www.redondo.org) (Search “senior clubs” from home page.)

### **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](mailto:lynn@solutionsforseniorliving.com)

Website: [www.solutionsforseniorliving.com](http://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](http://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 3<sup>rd</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month.

Website: none

## SENIOR CLUBS

### 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 in regard to 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.

24/7

Torrance, CA 90503

80 beds. Medicare and Medi-Cal accepted. Skilled nursing, rehabilitative services, hospice and custodial care.

Website: [www.baycrestcarecenter.com](http://www.baycrestcarecenter.com)

### Connections Care Home Referrals

800-330-5993

2658 Griffith Park Blvd., Suite 224

M-F, 9-5

Los Angeles, CA 90039

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](http://www.carehomefinders.com)

### Del Amo Gardens Care Center

310-378-4233

22419 Kent Ave.

24/7

Torrance, CA 90505

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](http://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](http://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](http://www.earlwoodcarecenter.com)

### **ElderLink**

**800-613-5772**

**310-450-1888**

P.O. Box 5202  
Santa Monica, CA 90409

**M-F, 8-5**

Licensed by Dept. of Health Services providing free senior referral for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in California. Will find placement for SSI and Medi-Cal recipients. Emergency care on call is available 24 hrs. Also see listings in Alzheimer's, Board and Care, Hospice and Retirement categories.  
Website: [www.elderlink.org](http://www.elderlink.org)

### **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](http://www.gardenaconvalescentcenter.com)

## SKILLED NURSING

### **Greenfield Care Center**

**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

### **Harbor Post-Acute Care Center**

**310-320-0961**

21521 S. Vermont Ave.  
Torrance, CA 90502

**24/7**

127 beds in facility. Skilled nursing services provided. Accepts Medicare, Medi-Cal, and HMO's.  
Website: [www.harborcarecenter.com](http://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](http://www.heritagerehabcenter.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](http://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](http://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](http://www.primrosepostacute.com)

### **Providence Little Company of Mary Sub-Acute Care Center**

310-732-6700

1322 W. 6<sup>th</sup> St.  
San Pedro, CA 90732

24/7

125 beds in facility. Skilled nursing providing care for patients with tracheostomies and ventilators. Accepts Medi-Cal, Medicare and all insurance plans.

Website: [california.providence.org/sanpedro](http://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. Medicare and Medi-Cal accepted.

Website: [californis.providence.org/torrance](http://californis.providence.org/torrance)

## SKILLED NURSING

### **Royalwood Care Center**

**310-326-9131**

22520 Maple Ave.  
Torrance, CA 90505

**24/7**

110 beds facility providing skilled nursing, rehabilitation therapy, respite, custodial, and hospice care. Medicare and Medi-Cal accepted.  
Website: [www.royalwoodcarecenter.com](http://www.royalwoodcarecenter.com)

### **South Bay Keiro Nursing Home**

**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.keiro.org](http://www.keiro.org)

### **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](http://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**

## **Social Security Administration**

22600 Crenshaw Blvd.  
Torrance, CA 90505

**800-772-1213**  
**TTY 800-325-0778**  
**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](http://www.ssa.gov) (search “fraud” from the home page)

## **Social Security Fraud Hotline**

P.O. Box 17768  
Baltimore, Maryland 21235

**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](http://www.ssa.gov) (search “fraud” from the home page)

## **Westside Center for Independent Living (WCIL)**

12901 Venice Blvd.  
Los Angeles, CA 90066

**310-390-3611**  
**M-F, 9-5**

Social Security and SSI benefits advocacy information and referral for people with disabilities and elderly. Also see Advocacy, Case Management, Disabilities, Employment and In Home Services categories.

Website: [www.wcil.org](http://www.wcil.org)

# 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 (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](http://www.taxaide-southbay.org)

## **Internal Revenue Service**

Federal Tax Forms, 800-829-3676

Problem Resolution Hotline, 877-777-4778

Website: [www.irs.gov](http://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](http://ttc.lacounty.gov)

# TRANSPORTATION

## **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. There are also services offered by local transportation offices. Operates 7 days a week. Also see Disabilities category.

Website: [www.accessla.org](http://www.accessla.org)

## **Amtrak**

**800-872-7245**

Website: [www.amtrak.com](http://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](http://www.redondo.org) (Search “BCT monthly pass” from home page)

## **Carson Circuit**

**310-225-2545**

**M-F, 8-5**

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](http://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](http://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**

Drivers and vehicle licenses, 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](http://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.torranceca.gov](http://www.torranceca.gov) (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](http://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: [ridegtrans.com](http://ridegtrans.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 forms 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](http://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. A 48 hr. advance notice required (Monday thru Friday only).

Website: [www.lawndalecity.org](http://www.lawndalecity.org) (Search “senior transit” from home page)

# TRANSPORTATION

## **Lomita Dial-A-Ride**

**310-325-7110**

**Ext. 102**

**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](http://www.lomita.com) (Search for “dial a ride” from home page)

## **Lomita Dial-A-Taxi**

**310-325-7110**

**Ext. 102**

**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 a number of South Bay medical facilities and colleges. Swipe card system used.

Website: [www.lomita.com](http://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, Torrance, and Lawndale.

Website: [www.citymb.info](http://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**  
**Sa/Su, 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](http://www.commutessmart.info) (route information)

Website: [www.metro.net](http://www.metro.net) (Using the Metro system)

Website: [www.metro.net/riding/senior-tips](http://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. Also 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/](http://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-noon and 1-5**  
**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.torranceca.gov/124.htm](http://www.torranceca.gov/124.htm)

## Torrance Memorial Medical Center

**310-517-4764**

3330 Lomita Blvd.  
Torrance, CA 90505

**M-F, 8:00-4**

Free round trip van for going to or from the Medical Center for inpatient or outpatient services (10-mile radius). Reservations required and service is provided on a first-come, first-service basis. Shuttle to adjacent doctors' offices for persons under 50 yrs. costs \$5.00 one-way and those over 50 years pay \$3.00 one-way. Also see Volunteer category. Website: [www.torrancememorial.org](http://www.torrancememorial.org)

## TRANSPORTATION

### 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 65 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](http://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](mailto:cgardner@1736fcc.org).  
Website: [www.1736familycrisiscenter.org](http://www.1736familycrisiscenter.org)

## **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  
Health Care 877-222-8387  
Home Loans 877-424-3838  
Life Insurance 800-669-8477  
VA Benefits 800-827-1000  
Women Veterans 855-829-6636

Website: [www.cdva.ca.gov](http://www.cdva.ca.gov)

# VETERANS

## **Comfort Keepers Veterans Program**

**310-325-6500**

25124 Narbonne Ave., Suite 102  
Lomita, CA 90717

**M-F, 9-5**

Financial assistance for in-home care for American veterans and their surviving spouses. Call for eligibility requirements for low-cost or no cost non-medical in home care services. The Veterans Administration pays for services. Also see In-home Services category.

Website: [www.comfortkeepers.com/office-372](http://www.comfortkeepers.com/office-372)

## **Defense Finance and Accounting Services (DFAS)**

**800-321-1080**

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

DFSA provides finance, accounting, and 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](http://www.dfas.mil)

## **Department of Military and Veterans Affairs, L.A. County**

5901 E. 7<sup>th</sup> Street, Rm. 217  
Long Beach, CA 90822

A veteran's service officer interviews veterans and their dependents to determine Aid and Attendance eligibility for VA Federal benefits. Through this process, counseling and guidance is given on how to complete a benefit package and a claim. The veteran must meet income qualifications. Appointments are preferred.

Website: [mva.lacounty.gov](http://mva.lacounty.gov)

# 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 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](http://www.freeseniorplacements.com)

## **Home Helpers Veterans Program**

**310-316-3568**

24328 S. Vermont Ave., Suite 311  
Harbor City, CA 90710

**M-F, 9-5**

Having a partnership with Veteran's Care Coordination (VCC) Home Helpers provides in-home care to veterans and their spouses in the home through benefits provided through the Federal Government. VCC helps the veteran, spouse, or their responsible family member with the entire process of applying and securing this benefit for all eligible persons while cutting through all of the red tape. Home Helpers will provide all the home care needed while this process occurs and the recipient will not have to worry about the paperwork. Covers all of South Bay. Also see In Home Service category.  
Website: [www.homehelpershomecare.com](http://www.homehelpershomecare.com)

# VETERANS

## **JVS Veterans First**

**323-904-4900**

**Ext. 3904**

Jewish Vocational Service of Los Angeles

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

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. Contact person: Jessica Cheng. Also see Employment category.

Website: [www.jvsla.org](http://www.jvsla.org)

## **Los Angeles Veterans Center, Gardena**

**310-767-1221**

1045 W. Redondo Beach Blvd., Suite 150  
Gardena, CA 90247

**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, and only by appointment.

Website: [www.va.gov](http://www.va.gov) (Search "Los Angeles Vet Center" from home page.)

## **National Coalition for Homeless Veterans**

**800-838-4357**

333-1/2 Pennsylvania Ave., SE  
Washington, DC 20003

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

**Veterans in Crisis 877-424-3838, 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](http://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

**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. See also Legal category.

Website: [www.vetadvocates.org](http://www.vetadvocates.org)

# VETERANS

## **Oxford Health Care**

**562-432-6400**

280 Atlantic Ave.  
Long Beach, CA 90802

**M-F, 8-6**

Providing home health services to the adult population since 1967. Services provided by RN's, LVN's, physical therapists, skilled caregivers, Certified Nurse Aid, Personal Care Attendant and live-ins. Veterans Aid and Attendance program for in-home companion services. Veterans must have served 90 days or more on active duty during the war and their spouses for non-service related conditions if they meet income and asset requirements (info@oxfordservices.com). Medicare certified and accepts most insurance plans. Oxford HealthCare are members of the American Board of Home Care and the California Association for Health Services at Home. Serves the South Bay, Los Angeles and Orange Counties. Also see Case Management and In-Home Services categories.

Website: [www.oxfordhealthcare.net](http://www.oxfordhealthcare.net)

## **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](http://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](http://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](http://www.ssa.gov)

## **South Bay Professional Association**

1220 Engracia Ave.  
Torrance, CA 90501

**310-782-2101**  
**M-F, 8-5**

Sponsored by the State of California's Employment Development Department 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 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. Also see Employment category.  
Website: [www.sbpa-la.org](http://www.sbpa-la.org)

# VETERANS

## **U.S. Department of Veterans Affairs**

**800-827-1000**

**M-F, 8-3:30**

For those with military service completed under conditions other than dishonorable discharge. Provides information and publications on services, locations and benefits including comprehensive medical and dental care, educational, home loans, insurance benefits, vocational rehabilitation, compensation and pension. Nursing home and domiciliary care provided. Reimbursement of burial in a national cemetery, headstone or marker and American flag.

Website: [www.va.gov](http://www.va.gov)

## **VA Caregiver Support Line**

**855-260-3274**

**24/7**

Assistance in finding the appropriate support services for the veteran.

Website: [www.caregiver.va.gov](http://www.caregiver.va.gov)

## **VA Century Villages at Cabrillo**

**562-388-8000**

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](http://www.centuryvillages.org)

# VETERANS

## **VA 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 veterans outreach worker, for questions and assistance.

Website: [www.losangeles.va.gov/](http://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](http://www.cdva.ca.gov)

## **Veterans Crisis Line**

**800-273-8255**

**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 Hotline/Urgent category.

Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

# VOLUNTEERING

## **American Red Cross**

**800-445-8210**

3150 E. 29<sup>th</sup> St.  
Long Beach, CA 90806

CPR, First Aid, and instruction in disaster preparedness. Also see Education and Health Services categories.

Website: [www.redcross.org](http://www.redcross.org)

## **Beach Cities Health District**

**310-374-3426**

**Ext. 256**

**M-F, 9-5**

510 N. Prospect Ave., 3<sup>rd</sup> 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](http://www.bchd.org)

## **Focal Point on Aging**

**310-320-1300**

1339 Post Ave.  
Torrance, CA 90501

**M-F, 9-3**

Provides 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](http://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](http://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](http://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](http://www.southcoastbotanicgarden.org)

## **South Bay Literacy Council**

**310-373-7003**

18436 Hawthorne Blvd., Unit 110  
Torrance, CA 90504

**M-F, 1-3**

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](http://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](http://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](http://www.torrnet.com/VolunteerProgram.htm)

## **Torrance YMCA**

**310-325-5885**

2900 W. Sepulveda Blvd.  
Torrance, CA 90505

Volunteer positions available.

Website: [www.ymcala.org](http://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](http://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 (PublicAffairs, 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 (PublicAffairs, 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-Koehler Publishers, 2008).

*The Big Shift - Navigating the New Stage Beyond Midlife* by Marc Freedman (PublicAffairs, 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).

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