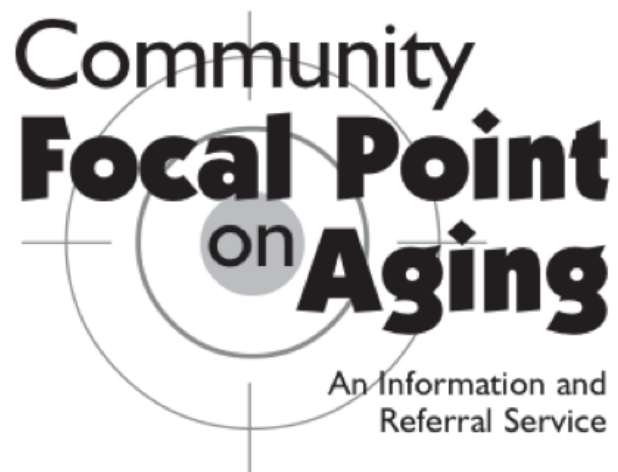


Service Directory



Prepared by the
Focal Point Volunteer Staff

May 2022-2023

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

FOCAL POINT



Bartlett Senior Center
RUSS NOLTE ANNEX
1339 Post Avenue, Torrance, CA 90501
(310) 320-1300

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

The Focal Point program is housed in the Russ Nolte Annex, adjacent to the Bartlett Senior Center in downtown Torrance. The program provides information to seniors, their families, and caregivers about such services as transportation, housing, meals, health care, health insurance, social and legal services, etc. Throughout the year, a great deal of effort goes into compiling and updating this directory. We'd like to acknowledge and thank all our Focal Point volunteers involved in producing this annual service directory. Volunteers are available at the Focal Point office, located at 1339 Post Avenue in Torrance. Office hours are Monday through Friday, 9 a.m. to 3 p.m. No appointment is necessary, and walk-ins are welcome. For further information, please call 310-320-1300.

Website: www.torranceca.gov/focalpoint



SENIOR CITIZENS' SERVICE DIRECTORY

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

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

In general, many of the agencies and resources listed are 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:

- **A TABLE OF CONTENTS** 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 the **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 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

24/7

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

Website: www.wdacs.lacounty.gov

Bureau of Victim Services

800-380-3811

Torrance 310-222-3599

M-F, 8-5

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

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

Website: www.da.lacounty.gov/victims

Center for the Pacific-Asian Family

323-653-4045

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

24/7

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

Website: www.nurturingchange.org

ABUSE

Elder Abuse Hotline

877-477-3642

24/7

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

Also see Hotline/Urgent category.

Website: da.lacounty.gov/seniors

L.A. County Domestic Violence Hotline

800-978-3600

24/7

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

Website: da.lacounty.gov/domv.htm

Long Term Care Ombudsman

562-925-2346

4300 Long Beach Blvd., Suite 440
Long Beach, CA 90807

M-F, 8:30-5

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

Website: www.wiseandhealthyaging.org

National Council on Alcoholism and Drug Dependence

310-328-1460

1334 Post Ave.
Torrance, CA 90501

M-F, 8:30-5

Non-profit agency offering services and treatments on DUI, domestic violence classes, prevention of alcohol abuse/drugs, and family preservation. Medical or private insurance accepted. Also see Advocacy category.

Website: www.ncaddsb.com

ABUSE

Rainbow Services

310-547-9343

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

24/7

Battered adult services. Legal referrals, counseling, support groups, and shelter. Spanish also spoken. Also see Advocacy and Hotline/Urgent categories.

Website: www.rainbowservicesdv.org

ADVOCACY

Adult Protective Services

877-477-3646

24/7

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

Website: www.wdacs.lacounty.gov

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

Bureau of Victim Services

800-380-3811

Torrance 310-222-3599

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

M-F, 8:30-5

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 and legal assistance, help with filing a CA Victim Compensation Claim and victim's property return. Also see Abuse category.

Website: 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. Also see Legal category.

Website: www.canhr.org

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

Website: projects.propublica.org/nursing-homes

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.cscrib.org

Center for the Pacific-Asian Family

323-653-4045

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

M-F, 9-5

24/7

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

Website: www.nurturingchange.org

ADVOCACY

Commission for Accreditation of Rehabilitation Facilities

888-281-6531

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

M-F, 8-4:30

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

Website: www.carf.org

Consumer Financial Protection Bureau

855-411-2372

P.O. Box 2900
Clinton, Iowa 52733-2900

M-F, 8-8
EST

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

Website: www.consumerfinance.gov

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

310-680-8613

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

M, W, F, 8:30-4:30
Closed
Noon-1 pm

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

Website: dcba.lacounty.gov

ADVOCACY

Disability Community Resource Center

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

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

Website: www.dcrc.com

Disability Rights California

800-776-5746

213-213-8000

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

M, T, Th, F, 9-3
closed Wednesday

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

Website: www.disablilityrightsca.org

DMV Senior Driver Ombudsman Program

310-615-3552

390 N. Pacific Coast Highway, Suite 2075
El Segundo, CA 90245

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

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

Website: www.dmv.ca.gov

ADVOCACY

Eldercare Locator

800-677-1116

M-F, 9-8
EST

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

Website: www.eldercare.gov

Family Caregiver Alliance

800-445-8106

101 Montgomery, Suite 2150
San Francisco, CA 94104

M-F, 9-5

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

Website: www.caregiver.org

Fiduciaries Bureau, Professional

916-574-7340

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

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

Website: www.fiduciary.ca.gov

ADVOCACY

Grandparents as Parents

818-264-0880

17400 Victory Blvd.
Van Nuys, CA 91406

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

Hearing Aid Help Line

800-521-5247

M-F, 8-5
EST

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

HICAP (Medicare Insurance Counseling)

800-824-0780

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

M-F, 9-5

Provides health insurance counseling, advice on HMOs, 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, and Insurance categories.
Website: www.cahealthadvocates.org

Housing Rights Center

800-477-5977

213-387-800, Ext. 1102

3255 Wilshire Blvd., #1150
Los Angeles, CA 90010

M-F, 8:30-5

The center actively supports and promotes fair housing through education, advocacy and litigation, to the end that all persons have the opportunity to secure the housing they

ADVOCACY

desire and can afford, without discrimination based on race, color, religion, gender, sexual orientation, gender identity or expression, national origin, familial status, marital status, disability, genetic information, ancestry, age, source of income or other characteristics protected by law. Carson Senior Center (310-835-0212, Ext. 1775) has a walk-in clinic with a person from the Housing Rights Center on the 1st Thursday and 3rd Wednesday, 9-11 am. Please call to confirm the clinic is open. Also see Legal category.
Website: www.housingrightscenter.org and/or www.tenantstogether.org

Little Tokyo Service Center

231 E. 3rd 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

Livanta LLC

6830 Oquendo Rd.
Las Vegas, NV 89118

877-588-1123
M-F, 8:30-5
Sat, Sun, 11:30-3

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

Long Term Care Ombudsman

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

ADVOCACY

Mobile Home Ombudsman

800-952-5275

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

M-F, 9-11:30
Sat, Sun, 1:30-4:00

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

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

National Alliance on Mental Illness (NAMI)

310-533-0705

P.O. Box 5295
Torrance, CA 90501

24/7

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

Website: www.namisouthbay.com

ADVOCACY

National Association for Continence

800-252-3337

P.O. Box 1019
Charleston, SC 29402

M-F, 9-5
EST

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

National Council on Aging

202-479-1200

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

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 everyday expenses. Strengthens and protects major public programs, i.e., Medicare, Medicaid and Social Security. An online tool called Benefits Checkup allows sorting through programs and determines eligibility based on income and location. See also Finances and Health Services categories.
Website: www.benefitscheckup.org or 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 and treatments on DUI, domestic violence classes, prevention of alcohol abuse/drugs, and family preservation. Medical or private insurance accepted. Also see Abuse category.
Website: www.ncaddsb.com

ADVOCACY

National Hospice and Palliative Care Organization

800-658-8898

1731 King St.
Alexandria, VA 22314

M-F, 9-5
EST

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

Website: www.caringinfo.org

Neighborhood Legal Services of L.A. County

800-433-6251

M-F, 9-5

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

Website: www.nlsla.org

Rainbow Services

310-547-9343

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

24/7

Battered adult services including legal referrals and advocacy, support groups, and emergency shelters. Walk-ins are allowed. Spanish also spoken. For pickup at your location, call: 800-958-7825. Also see Abuse and Hotline/Urgent categories.

Website: www.rainbowservicesdv.org

ADVOCACY

Senior Gateway

Website

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

Website: www.seniors.ca.gov

SHARE-Self Help and Recovery Exchange

310-846-5270

310-305-8878

6666 Green Valley Circle
Culver City, CA 90230

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

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

Website: www.shareselfhelp.org

Speech-Language Pathology, Audiology & Hearing Aid Dispensers Board

916-287-7915

1601 Response Rd., Suite 260
Sacramento, CA 95815

M-F, 8-5

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

Website: www.speechandhearing.ca.gov

ADVOCACY

Stillman Sawyer Family Services Center

310-835-1986

820 Lomita Blvd.
Harbor City, CA 90710

M, W, F, 9-4 pm

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

Website: none

USC Family Caregiver Support Center

855-872-6060

3715 McClintock Ave.
Los Angeles, CA 90089

M-F, 8:30-5

Offers legal consultation, resource information, support groups and respite for caregivers to families of people with adult-onset brain impairment. A non-profit and no pay organization. Also see Alzheimer's and Legal categories.

Website: www.fcscgero.org

ALZHEIMER'S

ActivCare at Brittany House

562-421-4717

5401 E. Centralia St.
Long Beach, CA 90808

M-F, 10-7
Sat, Sun, 10-6

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

Alternatives for Seniors

800-350-0770

P.O. Box 833
Southfield, MI 48037

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

Always Best Care Senior Services

310-503-6893

370 S. Crenshaw Blvd., Suite E 106
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

ALZHEIMER'S

Alzheimer's Association 24/7 Helpline

800-272-3900

24/7

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

Website: www.alzheimersla.org

Alzheimer's Disease Education and Referral Center (ADEAR)

800-438-4380

P.O. Box 8057
Gaithersburg, MD 20898

M-F, 8:30-5
EST

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

Website: www.nia.nih.gov/alzheimers

Alzheimer's Disease Research Center, USC

323-442-7600

Memory and Aging Center
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 yrs. and older. Accepts "normals" for brain donation. Stroke victims not accepted. Also need healthy older volunteers with or without memory loss. After an intake, the person is given an assessment, diagnosis, and opportunity to participate in clinical studies of experimental medications.

Website: adrc.usc.edu

Alzheimer's Association Greater Los Angeles

323-938-3379

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

M-F, 8:30-5

Helpline 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.alzgl.org

ALZHEIMER'S

Alzheimer's Store

800-752-3238

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

M-F, 9-5

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

Website: www.alzstore.com

Belmont Village Senior Living

310-377-9977

5701 Crestridge Rd.
Rancho Palos Verdes, CA 90275

24/7

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

Also see Retirement category.

Website: www.belmontvillage.com

Canterbury, The

310-541-2410

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

24/7

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

Website: www.thecanterbury.org

ALZHEIMER'S

C&C Adult Day Health Care Center

310-354-0031

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

M-F, 8-4:30

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

Website: www.ccadultdayhealthcare.com

Carson Adult Day Health Care Center

310-522-3860

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

M-F, 8-4

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

Website: none

Carson Senior Assisted Living Center

310-830-4010

345 E. Carson St.
Carson, CA 90745

M-F, 8-5

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

Website: www.carsonassistedliving.net

Clearview Alzheimer's Care Facilities

310-538-2323

15823 S. Western Ave.
Gardena, CA 90247

M-F, 8-4:30

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

Website: www.clearviewcare.com

ALZHEIMER'S

Clearwater at South Bay

424-488-6340

3210 W. Sepulveda Blvd.
Torrance, CA 90503

Assisted living and Memory Care for 65 yrs. 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.clearwaterliving.com

Easter Seals Redondo Senior Program

310-214-6963

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

M-F, 7:30-5:30
Sat, 10:30-5:30

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

Website: www.southbayadultcarecenter.org

El Camino Adult Day Health Care Center

310-679-7624

15429 Crenshaw Blvd., Suite D
Gardena, CA 90249

M-F, 8-2

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

Website: www.elcaminoadhcc.com

ALZHEIMER'S

Family Adult Day Health Care Center

310-602-0123

2280 Lomita Blvd.
Lomita, CA 90717

M-F, 9-3

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

Website: www.familyadhcc.com

Family Caregiver Alliance

800-445-8106

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

M-F, 9-5

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

Website: www.caregiver.org

Gardena Senior Citizens Day Care Center

310-217-9550

14517 S. Crenshaw Blvd.
Gardena, CA 90249

M-F, 9-3

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

Website: www.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 loved one. Assists 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 veterans Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate and assess care needs, establish location which is comfortable for client and family. Establish client's social and personal interests 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 Veterans categories.
Website: www.freeseniorplacements.com

Glen Park at Long Beach

562-432-7468

1046 E. Fourth St.
Long Beach, CA 90802

M-Sun, 8-5

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

Heart Light Referral Service

310-308-9967

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

ALZHEIMER'S

Huntington Retirement Hotel

310-370-5828

20920 Earl St.
Torrance, CA 90503

24 hrs.

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

Website: www.huntingtonretirement.com

Live Oak

888-940-0605

P.O. Box 664
Lake Lure, NC 28746

M-F, 9-5
EST

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

Website: www.liveoakmed.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 Medi-Cal only. Also see Day Care category.

Website: none

MedicAlert Foundation

800-432-5378

5226 Pirrone Ct.
Salida, CA 95368

M-F, 8-4:30

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.

ALZHEIMER'S

MedicAlert+Safe Return

888-572-8566

24/7

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

Website: www.medicalert.org/safereturn

Merrill Gardens of Rolling Hills Estates

310-750-9877

627 Silver Spur Road
Rolling Hills Estates, CA 90274

A luxury senior living community for 60 yrs. and older located in the heart of the Peninsula, offering assisted living and memory care services. The community has 94 independent/assisted living apartment homes, 19 private studios and 1 companion unit in the secured memory care neighborhood. Staff onsite 24/7 to assist with care needs. Services include 3 meals per day, weekly housekeeping and linen service, and an Active Living activity program which focuses on social engagement. The community also has a theater, bistro, living room with fireplace, library, wellness/fitness center, beauty salon, tech center and covered parking. Also see Retirement category.

Website: www.MerrillGardens.com

New LifeStyles

800-869-9549

4144 N. Central Expressway
Dallas, TX 75204

M-F, 8:30-5
CST

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

Website: www.newlifestyles.com.

ALZHEIMER'S

Oakmont of Torrance

424-338-4457

3620 Lomita Blvd.
Torrance, CA 90505

A senior living community for 62 years and older offering assisted living and memory care services. Provided are wellness services, 3 meals a day, activities, theater, and transportation. Also see Retirement category.

Website: <http://oakmontseniorliving.com/torrance>

Return Home Registry (Torrance)

310-618-6391

M-Th, 8-5

310-328-3456

24/7

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

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

Sage House (Salvation Army)

310-832-6031

138 S. Bandini St.
San Pedro, CA 90731

M-F, 8-5

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

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

ALZHEIMER'S

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, Workers Compensation provided and have passed thorough criminal background checks. Two hours minimum required. Serves the South Bay and west of Los Angeles. Languages spoken are English, French, and Arabic. Also see In-Home Services category.
Website: www.inhomecarela.com

Silverado Hospice

818-848-4048

888-328-6622

15821 Ventura Blvd., Suite 515
Encino, CA 91436

M-F, 8-5

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 insurance. Languages spoken are Spanish, Japanese, Armenian, Korean, Tagalog, Russian, German, Arabic, Nigerian, French, Cantonese, Mandarin, Farsi, Hindi, Locarno, Pampango, Persian, Punjabi, and Turkish. Also see Hospice category.
Website: www.silveradocare.com

Silverado Live Chat and Hotline

866-522-8125

24/7

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

ALZHEIMER'S

Silverado Rolling Hills Memory Care Community

424-488-0593

2455 Pacific Coast Highway
Torrance, CA 90505

Quality care for people suffering from memory disorders, Alzheimer's disease, dementia, and Parkinson's. Comprehensive 24-hour licensed nursing services, Medical Director, Long Term Residential Care. Short term respite care, and flexible day care, as well as physical, occupational, and speech therapies. Pets are welcomed. Ask about our Sisterhood Suites.

Website: www.silverado.com

Sunrise Assisted Living of Hermosa Beach

310-937-0959

1837 Pacific Coast Highway
Hermosa Beach, CA 90254

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

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

Sunrise at Palos Verdes

310-377-7425

25535 Hawthorne Blvd.
Torrance, CA 90505

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

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

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. The agency is non-profit/no cost. Also see Advocacy and Legal categories.

Website: www.fcscgero.org

ALZHEIMER'S

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 HMOs are accepted. Also see Skilled Nursing category.

Website: none

Windsor Gardens of Hawthorne

310-675-3304

13922 Cerise Ave.
Hawthorne, CA 90250

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

Website: www.windsorcares.com

ANIMALS

Animal Care and Control

310-523-9566

216 W. Victoria St.
Gardena, CA 90247

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

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

Website: www.animalcare.lacounty.gov

Animal Cruelty Tip Line

800-540-7722

Website: www.spcala.com

Animal Licenses

See Torrance Animal Control

Animal Safety Net Information and Hotline

888-527-7722

5026 W. Jefferson Blvd.
Los Angeles, CA 90016

M-F, 8-5

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

Website: <https://spcala.com>

International Bird Rescue

310-514-2573

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

7 days, 8-5

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

Website: www.bird-rescue.org

ANIMALS

South Bay SPCA - L.A. Pet Adoption Center

310-676-1149

12910 Yukon Ave.
Hawthorne, CA 90250

W-Sun, 10-5

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

Spay Neuter Project of LA

310-241-0768

888-937-7295

957 N. Gaffey St.
San Pedro, CA 90731

W-Sat, 9-5
Wellness Clinic, Sun, 9-5

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

Torrance Animal Control

310-618-3850

2200 Jefferson St.
Torrance, CA 90501

M-Th, 6 am-5 pm
F, 8-3
Sat, 6-2

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

ANIMALS

Western Veterinary Group

310-326-0000

24260 Crenshaw Blvd.
Torrance, CA 90505

M-F, 7 am-7 pm

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

Website: www.westernvetgroup.com

BOARD AND CARE

Alternatives for Seniors

800-350-0770

P.O. Box 833
Southfield, MI 48037

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

Website: www.alternativesforseniors.com

Always Best Care Senior Services

310-503-6893

370 S. Crenshaw Blvd., Suite E 106
Torrance, CA 90503

24/7

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

Amada Senior Care

310-953-0440

3812 Sepulveda Blvd., Suite 200
Torrance, CA 90505

M-F, 8:30-5:30

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

Website: www.amadaseniorcare.com

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 loved one. Assists 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 veterans Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate and assess care needs, establish location which is comfortable for client and family. Establish client's social and personal interests 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, Case Management, Retirement and Veterans categories.
Website: www.freeseniorplacements.com

Heart Light Referral Service

310-308-9967

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

New LifeStyles

800-869-9549

4144 N. Central Expressway #1000
Dallas, TX 75204

CST

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

CASE MANAGEMENT

Always Best Care Senior Services

310-792-8666

370 S. Crenshaw Blvd., Suite E106
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. Assists with grooming, dressing, bathing, toileting, incontinence, mobility, errands, and light housekeeping. Specialized caregivers are available for hospice patients. Care Manager on staff degreed in social work and gerontology providing guidance, support and care plan to address social, emotional, and health related concerns. Care is available 24 hrs./day, 7 days/week with a 4-hour minimum. Service area is greater South Bay. Languages spoken are Spanish, Tagalog, Italian, Indonesian, French and Farsi. Also see Alzheimer's, Board and Care, and Retirement categories.

Website: www.alwaysbestcarehomecare.com

Amada Senior Care

310-953-0440

3812 Sepulveda Blvd., Suite 200
Torrance, CA 90505

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

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

Website: www.amadaseniorcare.com

CASE MANAGEMENT

Attentive Home Care

323-260-7721
800-731-0071

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

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

Beach Cities Health District

310-374-3426
Ext. 256

(Ask for Officer of the Day)
M-F, 9-5

514 N. Prospect Ave., 1st Floor
Redondo Beach, CA 90277

Care management for older adults and disabled adults living in Hermosa, Manhattan and Redondo Beach. Programs include volunteer visits, fitness, wellness classes, information and referral, and support groups. Also see Health Services and Volunteering categories. Website: www.bchd.org

Carson Senior Social Services

310-835-0212
Ext. 1467

801 E. Carson St.
Carson, CA 90745

M-Th, 8-5

Case management, information and referral on a variety of services including 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 (search "senior social services" from home page.)

CASE MANAGEMENT

Coastal Care Inc.

310-543-3211

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

24/7

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

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

Website: www.coastalcareinc.com

Disability Community Resource Center

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

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

Website: www.wcrc.org

First Light Home Care

424-704-5330

3655 Torrance Blvd., #300
Torrance, CA 90503

M-F, 9-5

Provides assistance and guidance in all areas of case management and the aging process. A member of the Society for Senior Care Advisors. 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.southbay.firstlighthomecare.com

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

CASE MANAGEMENT

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.cityofgardena.org

Genesis

213-351-7284

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

M-F, 8-5

A program of the Dept. of Mental Health providing comprehensive mobile mental health and health services to frail homebound adults 60 yrs. 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 L.A. County. Also see Health Services category.

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

Gentle Transitions

310-937-1023

800-619-3049

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

M-F, 9-5

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

Website: www.gentletransitions.com

CASE MANAGEMENT

Geriatric Solutions Unlimited

310-403-3499

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

24/7

Specializes in providing personalized free resources and information to seniors and families looking for alternative options in transitioning their loved one. Assists 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 veterans Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate and assess care needs, establish location which is comfortable for client and family. Establish client's social and personal interests 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 Veterans categories.
Website: www.freeseniorplacements.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

CASE MANAGEMENT

Lawndale Community Center-Senior Services

310-973-3270

14700 Burin Ave.
Lawndale, CA 90260

M-Th, 7-8
F, 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 (after clicking “Services” tab at top of home page, select “Daily Senior Activities Schedule”)

Little Tokyo Service Center

213-473-3035

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

M-F, 9-5

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

Website: www.ltsc.org

Luxucare Home Care

310-946-4026

22939 Hawthorne Blvd., Unit 209
Torrance, CA 90505

M-Sat, 8-6
Sun. by appointment

Full-service home care company providing client centered personalized care including assistance with tasks that have become challenging such as bathing, meal preparation, medication reminder and household tasks. Caregivers are licensed, insured and bonded, background checked, trained and supervised by a qualified team and a Care Manager. Long term care insurance accepted. Also see In-Home Service category.

Website: www.luxucare.com

CASE MANAGEMENT

Physician's Choice

310-793-1616

3220 Sepulveda Blvd., Suite 100
Torrance, CA 90505

M-F, 9-5

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

Website: www.pchomehealth.com

Providence Little Company of Mary Home Health

310-543-3450

5315 Torrance Blvd., Suite 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 RNs 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

Salus Homecare

310-436-4304

1515 W. 190th St., Suite 150
Gardena, CA 90248

24/7

Provides non-medical care, assistance, transportation and companionship for all persons who reside in their own home, hospital/nursing facility or assisted living/residential care home. Care includes meal preparation, light housekeeping, bathing, dressing, grooming, toileting, errands and medication reminders. Each client has a designated case manager and completes initial and on-going assessments and coordinates all aspects of the individualized care plan. Caregivers are bonded, insured, given background checks and covered by Worker's Compensation insurance. Caregivers are thoroughly trained by Salus and receive specialized training specific to the client's needs. Respite and hospice care available. Spanish and Tagalog also spoken. Service areas are greater Los Angeles, Orange and San Diego counties. Also see In-Home Services category.

Website: www.salushomecare.com

CASE MANAGEMENT

San Pedro Service Center

310-519-6091

769 W. Third St.
San Pedro, CA 90731

M-F, 8:30-5

Multi-purpose facility with a wide range of educational, social, recreational activities, and programs for seniors 60 yrs. 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 and Nutrition and Senior Centers categories.

Website: <https://wdac.lacounty.gov/programs/centers/sanpedro>

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. Must bring proof of income and address for past 90 days. Service areas include San Pedro, Wilmington, and Harbor City. Also see Emergency Shelter/Food Programs, Employment, and Legal categories.

Website: 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: torrancememorial.org/medical-services/home-health

CASE MANAGEMENT

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, Meals and Nutrition, Senior Centers and Transportation categories.

Website: www.wilmingtonjayceesfoundation.yolasite.com

COMPLAINTS

Business Consumer Alliance

562-216-9240

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

M-F, 8-5

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

Website: www.checkbca.org

California Bureau of Automotive Repair

310-410-0024

10949 N. Mather Blvd.
Rancho Cordova, CA 95670

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.bar.ca.gov

California Contractors State License Board

800-321-2752

916-255-3900

1625 N. Market Blvd., Suite 300
Sacramento, CA 95824

M-F, 8-5

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

Website: www.cslb.ca.gov

California Department of Insurance

800-927-4357

300 S. Spring St., 14th floor
Los Angeles, CA 90013

M-F, 8-5

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

Website: www.insurance.ca.gov

COMPLAINTS

California Department of Managed Health Care

888-466-2219

M-F, 8-6

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

Website: www.dmhc.ca.gov

Cemetery and Funeral Bureau

916-574-7870

1625 N. Market Blvd.
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

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. Handles licenses and enforcing them. Also see Dental category.

Website: www.dbc.ca.gov

COMPLAINTS

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

310-680-8613

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

M, W, F, 8:30-4:30
Closed
Noon to 1 pm

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

Website: dcbalacounty.gov

Department of Fair Employment and Housing

800-884-1684

M-F, 8-5

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

Website: 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

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 HMOs, 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, and Insurance categories.
Website: www.cahealthadvocates.org

L.A. County Department of Public Health

800-228-1019

Health Facilities Inspections Division

M-F, 8-5

Nursing home certification and licensing. Complaints against skilled nursing homes, hospitals, home health agencies, and medical clinics.
Website: www.publichealth.lacounty.gov Complaints Website: cdph.ca.gov

Long Term Care Ombudsman

562-925-2346

4300 Long Beach Blvd., Suite 440
Long Beach, CA 90807

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

COMPLAINTS

Medical Board of California

800-633-2322

916-263-2424

2005 Evergreen St., Suite 1200
Sacramento, CA 95815

M-F, 8-5

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

Website: www.mbc.ca.gov

Medi-Cal Fraud Hotline

800-822-6222

Dept. of Health and Care Services

M-F, 8-5

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

Website: www.dhcs.ca.gov

Medicare Fraud Hotline

800-447-8477

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

M-F, 8-5:30

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

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

Mobile Home Assistance Center

800-952-8356

Department of Housing and Community Development
P.O. Box 278690
Sacramento, CA 95827

M-F, 8-5

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

COMPLAINTS

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 resolving issues with publicly owned or municipal utilities.

Website: www.cpuc.ca.gov

Social Security Fraud Hotline

800-269-0271

M-F, 10-4
EST

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

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

State Bar of California

800-843-9053

845 S. Figueroa St.
Los Angeles, CA 90017

M, T, Th, F, 9-4
W, 8:45-4

Takes complaints only. Also see Legal category.

Website: www.calbar.ca.gov

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

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 1-949-608-3530, or the Public Affairs Specialists 1-818-226-1856, 1-949-608-3530.

Report Adverse Events:

Report any 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/MedWatch, by regular mail, by fax to 1-800-332-0178, or by phone at 1-800-332-1088.

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

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

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

DAY CARE

Carson Adult Day Health Care Center

310-522-3860

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

M-F, 8-4

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

Website: www.carsonadhc.com

C&C Adult Day Health Care Center

310-354-0031

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

M-F, 8-4:30

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

Website: 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

DAY CARE

El Camino Adult Day Health Care Center

310-679-7624

15429 Crenshaw Blvd., Suite D
Gardena, CA 90249

M-F, 8-2:30

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

Website: www.elcaminoadhc.com

Family Adult Day Health Care Center

310-602-0123

2280 Lomita Blvd.
Lomita, CA 90717

M-F, 9-3

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

Website: none

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 (search "senior citizens bureau" from the home page)

DAY CARE

Lomita Adult Day Health Care Center

310-539-4800

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

M-F, 8-4

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

Sage House (Salvation Army)

310-832-6031

138 S. Bandini St.
San Pedro, CA 90731

M-F, 8-5

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

DENTAL

Dental Board of California

877-729-7789

2005 Evergreen St., #1550
Sacramento, CA 95815

M-F, 8-5

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

Website: www.dbc.ca.gov

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 yrs. 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

First Serve Community Services of the South Bay, Inc.

310-320-3818

1725 Flower Ave.
Torrance, CA 90503

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

DENTAL

Herman Ostrow School of Dentistry USC

213-740-2805

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

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

Saban Community Clinic

323-653-1990

8405 Beverly Blvd.
Los Angeles, CA 90048

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

Dental care, including X-rays, fillings, extractions, and cleanings. Also provides full dentures for eligible patients.
Website: www.sabancommunityclinic.org

South Bay Family Health Care Center

310-802-6170

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

M-F, 8:30-5

Dental care by appointment that includes dental preventive care, cleaning, X-rays, fillings and extractions. Accepts persons who are uninsured or under-insured, Medi-Cal and immigrants. Fees on sliding scale. A non-profit agency. Other locations: Redondo Beach, 2114 Artesia Blvd. Inglewood, 1091 S. La Brea Ave. and Gardena, 742 W. Gardena Blvd. Also see Health Services category.
Website: www.sbfhc.org

DENTAL

UCLA School of Dentistry

310-206-3904

10833 Le Conte Ave.
Los Angeles, CA 90095

M-Th 7:30-12:30
for screenings
Clinic hours, 8-5

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

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

UCLA - Venice Dental Center

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. A low-cost clinic. Visits by appointment only.

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

DISABILITIES

Ability Tools (California Foundation for Independent Living Centers)

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

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

M-F, 8-5

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

Website: www.abilitytools.org

Access-Able Travel Source, LLC

Web site only

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

E-mail: bill@access-able.com

Website: www.access-able.com

Access Services, Inc.

800-827-0829

Services all L.A. County

M-F, 8-5
(office hours)

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

Website: www.accessla.org

DISABILITIES

American Academy of Ophthalmology Eye Care America

Website only

24 hrs.

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

Website: www.aao.org/eyecare-america

American Foundation for the Blind

212-502-7600

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

Amramp

310-530-1570

2702 Ridgeland Rd.
Torrance, CA 90505

M-Sat, 8-6

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

Website: www.amramp.com/laoc

Anderson Park Senior Center (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

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

Best Mobility Aids

877-750-0376

M-F, 8-5 CST

Helpful advice on the best ways to lead a fulfilling and independent life no matter your age. Impartial advice on selecting the best mobility aid including scooters, rollators, walking frames, wheelchairs and home aids. Practical buyer guides and reviews on the latest mobility aids on the market.

Website: <http://bestmobilityaids.com>

Better Hearing Institute

800-327-9355

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

24 hrs.

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

Website: www.betterhearing.org

DISABILITIES

Braille Institute of America

800-272-4553
323-663-1111

741 N. Vermont Ave.
Los Angeles, CA 90029

M-F, 8:30-5

The Braille Institute is committed to helping people with vision loss and blindness. 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, 9:30-4:30. Also see Libraries category.

Website: www.brailleinstitute.org

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/

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, speech, 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

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

Comfort Clothing

888-640-0814

P.O. Box 1396
Standish, ME 04084

7 days, 8-6

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

Website: www.comfortclothing.com

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

711

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

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

Website: www.ddtp.cpuc.ca.gov

DISABILITIES

Del Amo Hospital

310-530-1151

23700 Camino Del Sol
Torrance, CA 90505

24/7

Psychiatric hospital with several treatment programs for all ages including eating disorder recovery, trauma recovery, sexual addiction, sexual offending, chemical dependency, as well as general adult services. Accepts Tricare and private insurance.

Website: 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 yrs. 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 Dental category.

Website: www.dentallifeline.org

Department of Mental Health, L.A. County

800-854-7771

24/7

24-hour screening and mental health services providing assessment, care management, crisis intervention, medication support, peer support and other rehabilitation services.

Also see Health Services category.

Website: www.dmh.lacounty.gov

DISABILITIES

Department of Rehabilitation, CA

424-488-6570

21250 Hawthorne Blvd., Suite 220
Torrance, CA 90503

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 is Long Beach, phone: 562-422-8325. Also see Employment category.

Website: www.dor.ca.gov

Didi Hirsch Mental Health Services

310-895-2300

Centralized Intake 310-390-6612

24 hr. Suicide Prevention Hotline,

800-273-8255

4760 Sepulveda Blvd.
Culver City, CA 90232

M-F, 8:30 am-8 pm

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

Website: 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

DISABILITIES

Disability Community Resource Center

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

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

Website: www.dcrc.com

Disability Products

602-900-5246

2119 Valencia Dr.
Phoenix, AZ 85042

M-Sat, 9-9
EST

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

Website: www.disabilityproducts.com

Disability Resource Directory

785-765-3621

P.O. Box 204
Manhattan, KS 66505

MST

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

Disability Rights California

800-776-5746

213-213-8000

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

M, T, Th, F, 9-3
closed Wednesday

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

DISABILITIES

Disability Rights Legal Center

Intake number 213-736-1334

1541 Wilshire Blvd., Suite 400
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.disabilityrightsadvocacycenter.org

Disabled Discount Pass Program, CA State Parks

800-777-0369

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

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

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

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

DISABILITIES

Enrichment Through Employment, Inc.

310-328-0706

22806 Cerise Ave.
Torrance, CA 90505

M-F, 8:30-5

Help with job placement for persons suffering from chronic mental illness. Also see Employment category.

Website: www.ete-torrance.org

First Serve Community Services of the South Bay, Inc.

310-320-3818

1725 Flower Ave.
Torrance, CA 90503

M-F, 8-4

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

Website: www.first-serve.org

Flying Wheels Travel

612-381-1622

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

DISABILITIES

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, handrails, stair lifts, accessible showers, walk-in tubs, ramps, wheelchair lifts, widening doorways, comfort height toilets, bidet toilet seats, lever door handles, home elevators, accessible kitchen alterations, whole bathroom remodels, tub/shower conversions, showers, tub seats, benches, and more. A full assessment and design consultation available to make sure all needs are met.

Website: www.functionalliving.com

Gold Violin

877-648-8400

220 Hickory St.
Warren, PA 16366

M-F, 9-5
EST

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

Website: www.goldviolin.com

Guide Dogs for the Blind, Inc.

800-295-4050

350 Los Ranchitos Rd.
San Rafael, CA 94903

M-F, 8-5

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

Website: www.guidedogs.com

Harbor-UCLA Medical Center Psychiatric Emergency Room

310-222-3144

1000 W. Carson St.
Torrance, CA 90509

24 hrs.

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

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

DISABILITIES

Hearing Aid Help Line

800-521-5247

M-F, 8-5

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

Website: www.ihsinfo.org

Home Delivery Incontinence Supplies

800-269-4663

CST

9385 Dielman Industrial Dr.

M-Th, 8:30-7

Olivette, MO 63132

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

Humanware

800-722-3393

1 UPS Way

M-F, 8:30-4:30

Champlain, NY 12919

EST

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

Website: www.humanware.com

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

310-952-1763

801 E. Carson St.

M-F, 8:30-4:30

Carson, CA 90745

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. Free for Carson residents. \$70 fee for non-Carson residents.

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

DISABILITIES

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, Hotline/Urgent and Veterans categories.

Website: www.dmh.lacounty.gov

LifeNets Wheelchair Project

317-426-7874

513-843-7744

The Wheelchair Project
1227 Woodchase Trail
Batavia, OH 45103

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

Website: www.lifenets.org/wheelchair

Lighthouse Guild Vision + Health

800-829-0500

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

M-F, 9-6

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

Website: www.lighthouseguild.org

DISABILITIES

Lions Clubs International

Collects and recycles used eyeglasses. For all information contact Roy Peters at 310-527-4373.

Website: www.lionsclubs.org

Live Oak

888-940-0605

P.O. Box 664
Lake Lure, NC 28746

M-F, 9-5
EST

Specialty products for individuals who need to maintain their independence in homes. Products designed for low vision, hearing impairment, stroke, arthritis, Alzheimer's and multiple sclerosis. Also see Alzheimer's category.

Website: www.liveoakmed.com

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 L.A. County.

Website: www.lbal.net

DISABILITIES

LS&S – Learning, Sight & Sound Made Easier

800-468-4789

145 River Rock Dr.
Buffalo, NY 14207

M-F, 9-5
EST

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

Mac's Lift Gate, Inc.

800-795-6227

2801 South St.
Long Beach, CA 90805

M-F, 9-5

Family-owned business that manufactures, sells and installs platform wheelchair vertical lifts for home, porches, and vehicles. Provides gate or lift for commercial trucks and vans.
Website: www.macsliftgate.com

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

**Website
only**

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

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

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

DISABILITIES

MaxiAids

800-522-6294

42 Executive Blvd. or P.O. Box 3209
Farmingdale, NY 11735

M-F, 8:30-5:30

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

Website: www.maxiaids.com

Medical Baseline Program

800-655-4555

Southern California Edison

24 hrs.

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

Website: www.sce.com

National Alliance on Mental Illness-NAMI

310-533-0705

P.O. Box 5295
Torrance, CA 90510

24/7

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

HOTLINE: 800-950-6264

Website: www.namisouthbay.com

DISABILITIES

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

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

North Coast Medical, Inc.

800-821-9319

780 Jarvis Dr., Suite 100
Morgan Hill, CA 95037

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

DISABILITIES

Providence Little Company of Mary San Pedro

310-832-3311

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

M-F, 8-4

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

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

Public Transportation

South Bay Region

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

Return Home Registry (Torrance)

310-618-6391

M-Th, 8-5

310-328-3456

24/7

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

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

DISABILITIES

SBCC Thrive LA

310-414-2090

540 N. Marine Ave.
Wilmington, CA 90744

M-F, 9-6

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

Smarthome

800-762-7846

16542 Millikan Ave
Irvine, CA 92606

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

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

South Bay Home Health Care

310-618-9555

Mobility Care
1349 El Prado
Torrance, CA 90501

M-F, 9-5:30
Sat, 10-3

Medical supplies, equipment rental and repairs. Custom wheelchairs. Senior discount given. Also see Health Services category.
Website: www.mobilitycare.com

Speech-Language Pathology, Audiology & Hearing Aid Dispensers Board

916-287-7915

2005 Evergreen St., Suite 2100
Sacramento, CA 95815

M-F, 8-5

Educates, serves and protects consumers in the purchase of hearing aids by ensuring the competency of hearing aid dispensers. Also see Advocacy category.
Website: www.speechandhearing.ca.gov

DISABILITIES

St. Mary's Low Vision Center

562-491-9275

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

M-F, 8-4:30
By appointment only

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

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

Torrance Home Improvement Program

310-618-2731

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

DISABILITIES

Torrance Public Library
Katy Geissert Civic Center Library

310-618-5959
ASSIST- 310-618-5954
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. The library's website is accessible 24 hours a day. See also Education category.

Website: www.library.torranceca.gov

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 \$32,200 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 (search "discounts" from home page, then scroll to bottom of results)

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, CDs, 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: <http://torranceca.government/library/services/words-on-wheels>

DISCOUNTS

AARP

866-448-3615

National Headquarters
100 M Street Southeast, Suite 650
Washington, DC 20003

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

Website: www.aarp.org

AARP 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, 9-12:30
1-4:15

Free network of health and wellness services for people 50 yrs. and older. Members receive discounts on select health education services and wellness classes, and a 25% discount on cafeteria meals. Also see Education, Health Services, and Insurance categories.

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

Animal Licenses

310-618-5830

City of Torrance
Finance Dept., Revenue Division

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

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

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

DISCOUNTS

Disabled Discount Pass Program, CA State Parks

800-777-0369

1416 9th St.
Sacramento, CA 94296-0001

California State Parks offer 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 (search <http://www.parks.ca.gov>(search/ “distinguished veterans and disabled discount passes” from home page)

Energy Savings Assistance Program

800-736-4777

M-F, 8-6

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 \$34,480, 3 persons up to \$43,490.

Website: www.sce.com/eaf

Fox Drug of Torrance

310-328-7244

1327 El Prado Ave.
Torrance, CA 90501

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

Family owned and operated “Good Neighbor Pharmacy” for over 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

DISCOUNTS

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

Website Only

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

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

Postal Solutions

310-371-7184

4733 Torrance Blvd.
Torrance, CA 90503

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

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

Public Transportation

South Bay Region

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

DISCOUNTS

Remedy Pharm, The

310-375-0655

23811 Hawthorne Blvd.
Torrance, CA 90505

M-F, 9:30-5
Sat, 10-2

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.

Website: www.theremedypharm.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 yrs. 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. Pass will be mailed within 2 weeks. The pass can be used at staffed or un-gated parking lots only. Call Modern Parking Inc. at 310-821-1081 for staffing hours and available lots.

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

Southern California Edison Co.

800-736-4777

California Alternate Rates for Energy (CARE)
Family Electric Rate Assistance (FERA)
Energy Assistance Fund (EAF)
Energy Savings Assistance Program
Medi-Cal Baseline Program 800-655-4555

M-F, 8-6

These programs provide income qualifying customers a saving of 20% or better on their monthly electric bill. Refer to Energy Assistance Fund in this category. Call for details.

Website: www.sce.com/careandfera

DISCOUNTS

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/ (and search “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

Universal Lifeline Telephone Service

AT&T

AT&T, 800-310-2355

Verizon

Verizon, 800-483-4000

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

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

Utility Users Tax Exemption (Torrance)

310-618-5830

M-Th, 7:30-5:30

Alternate Fridays

Torrance residents, 62 years or older and/or permanently disabled with income not to exceed \$32,200 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 (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, 9-12
1-4:15

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

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

American Board of Home Care (ABHC)

877-436-5259

949-482-0232

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

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

Website: www.americanboardofhomecare.org

American Heart Association

Website

"Heart Insight" Magazine

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

Website: www.heartinsight.com

American Red Cross

562-595-6341

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

M-F, 8:30-5

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

EDUCATION

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 L.A. County. Donors are cremated at no expense. To request a brochure and donation form call 323-442-1191 or email:

brakke@usc.edu. Also see Health Services category.

Website: agp.usc.edu

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.cscrb.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 include dancing, jewelry making, oil painting, scrapbooking, photography, and exercise.

Web site: www.torranceca.gov/services/community-services

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 yrs. and older. Call for schedule.

Website: www.eccommunityed.com

Health Links - Torrance Memorial Medical Center

310-325-9110

Ext. 24225

M-F, 8:30-5

Resource and Retail Center
3325 Medical Center Drive
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. Health Links also provides information about Torrance Memorial and services including physician’s referral and health education class registrations. Free health and resource packets available on a variety of topics.

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

Website: www.torrancememorial.org/healthlinks

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

562-868-4003

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

M, W, Th, Fri, 10-6
Tues, 12-8

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

Website: www.lacountylibrary.org/collections

EDUCATION

National Center for Complementary and Integrative Health

888-644-6226

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

M-F, 10-5
EST

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

Website: www.nccih.nih.gov

National Institute on Aging

800-222-2225

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

M-F, 8:30-5
EST

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* and brochures on a wide range of subjects including nutrition, medications, forgetfulness, sleep, driving, and long-term care information, publications, referrals, and resource lists. Can give referrals for clinical trials. Resources are available in both English and Spanish.

Website: www.nia.nih.gov

OLLI (Osher Lifelong Learning Institute)

310-243-3208

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

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

Website: www.csudh.edu/olli

EDUCATION

Omnilore CA State University, Dominguez Hills

310-215-1848

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

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

Website: www.omnilore.org

Providence Little Company of Mary Health Resource Center

888-432-5464

20555 Earl St.
Torrance, CA 90503

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

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

Website: providence.org

Research for Life

800-229-3244

41743 Enterprise Circle N, Suite 104
Temecula, CA 92590

M-F, 9-4:30

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

Website: www.researchforlife.org

EDUCATION

Road Scholar (formally Elderhostel)

877-426-8056

11 Avenue de Lafayette
Boston, MA 02111-1746

M-F, 8-9
EST

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

Website: www.roadscholar.org

Senior Studies Center (Long Beach City College)

562-938-3047

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

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

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

Website: www.lbcc.edu/seniorcenter

SoCal ROC

310-224-4200

2300 Crenshaw Blvd.
Torrance, CA 90501

M-Th, 9-6

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

Website: www.socalroc.com

South Bay Literacy Council

310-373-7003

18436 Hawthorne Blvd., Suite 110
Torrance, CA 90504

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

EDUCATION

Torrance Adult School

310-533-4689

M-Th, 8 am–9 pm
F, 8-4:30

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

Website: www.tastusd.org

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

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

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

EDUCATION

Torrance Memorial Medical Center – Health Links

310-325-9110

Ext. 24225

M-F, 8:30-5

Resource and Retail Center
3325 Medical Center Drive
West Tower Bldg., 1st floor
Torrance, CA 90505

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

Email: healthlinks@tmmc.com. Also see Health Links in this category.

Website: www.torrancememorial.org/healthlinks

Torrance Public Library

310-618-5959

Katy Geissert Civic Center Library

ASSIST- 310-618-5950

WOW- 310-618-5950

3301 Torrance Blvd.
Torrance, CA 90503

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

Website: www.library.torranceca.gov

EDUCATION

UCLA Longevity Center

310-794-0676

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

M-F, 9-4:30

Senior Scholars Program encourages life-long learning by inviting adults 50 yrs. and older to audit undergraduate courses. In addition to classes a Memory Care Program and Brain Boot Camp are offered.

Website: www.semel.ucla.edu/longevity

EMERGENCY SHELTER/FOOD PROGRAMS

211 L.A. County

211
800-708-6029
24/7

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

Website: www.211la.org

Beacon Light Mission–Men’s Shelter

310-830-7063

525 Broad Ave.
Wilmington, CA 90744

M-F, 9-6:45
Sat, Sun, 4-6:45

Provides a safe and nurturing environment for homeless men in the South Bay. Residents receive food, clothes, showers and emergency shelter for 10 days. Must attend chapel services.

Website: www.beaconlightmission.org

Calvary Assembly of God (His Helping Hands)

310-326-2757

25501 Oak St.
Lomita, CA 90717

T-F, 9-4:30

Surplus food distribution for the needy on Thursday, 6-7 p.m.

Website: www.lomitachurch.org (go to Ministries tab of page and select “His Helping Hands”)

Calvary Light Christian Center

310-830-3043

1101 N. Lakme Ave.
Wilmington, CA 90744

Food distribution for the needy on Wednesday, 12 noon and groceries, 2-3:30 pm. Also see Meals and Nutrition category.

Website: calvarylightchristiancenter.org

EMERGENCY SHELTER/FOOD PROGRAMS

Calvary Presbyterian Church

310-676-1144

13560 Hawthorne Blvd.
Hawthorne, CA 90250

W-F, 10-6

Grocery distribution for the needy the first Saturday of the month from 11:30 am-noon. If in need of food other than distribution days call and leave a message and call will be returned.

Website: www.calvaryhawthorne.org

Department of Public Social Services, Los Angeles

562-908-8400

M-Th, 8-5

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

Website: dpss.lacounty.gov

Doors of Hope – Women’s Shelter

310-518-3667

Beacon Light Mission
529 Broad Ave.
Wilmington, CA 90744

M-Sat, 10 am-1 pm

Provides a safe and nurturing environment for homeless women in the South Bay. Residents receive food, clothes, showers, temporary shelter 14 days. Must attend chapel services to insure a bed.

Website: www.doorsofhopewomensshelter.org

EMERGENCY SHELTER/FOOD PROGRAMS

Harbor Gateway/Torrance Outreach

310-328-3689

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

Provides food items for homeless persons over 18, and low-income families on the 2nd and 4th Tuesday and the last Saturday of the month at 9:30 am. Bringing bags for food is appreciated. Serves the communities of Torrance, Lomita, Gardena, Carson, and Harbor Gateway.

Website: 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.

Website: www.harborinterfaith.org

Hope In Action

310-374-4673

Hope Chapel
2420 Pacific Coast Highway
Hermosa Beach, CA 90254

T-F, 9-5

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 (click "Helping" link at top of home page, then "local" and "Hope in Action")

EMERGENCY SHELTER/FOOD PROGRAMS

House of Yahweh

310-675-1384

4046 W. Marine
Lawndale, CA 90260

M-F, 10-4
Sat, 2-3

Provides food, clothing, and other supportive services to the economically disadvantaged and impoverished.

Website: www.hoy-southbay.org

L.A. Regional Food Bank

323-234-3030

Log in by using a zip code to search for nearest food banks.

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

Los Angeles Homeless Services Authority

213-225-6581

M-F, 7:30-4:30

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

Website: www.lahsa.org

Love Inc.

310-831-5683

P.O. Box 6442
San Pedro, CA 90734

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

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

Website: www.loveincsb.com

EMERGENCY SHELTER/FOOD PROGRAMS

Rock Solid Christian Assembly

310-832-2788

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

Distribution of food every Sunday of each month, 12:30-1:30 pm; after church. Rock Solid Church meets at Crown Plaza Hotel, 601 S. Palos Verdes Dr., San Pedro Harbor. Check church hours on website. Also see Meals and Nutrition category.
Website: www.rocksolidspanpedro.org

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 and Nutrition category.
Website: 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.
Website: www.stcatchurch.org

St. Joseph Catholic Church

310-679-1139

11886 S. Acacia Ave.
Hawthorne, CA 90250

M-F, 9 am-8:15 pm
Sat, Sun, 9-2:45

Distribution of food on the 2nd Sunday of each month, 8 am-12:30 pm. Spanish spoken.
Website: www.stjoseph-haw.org

EMERGENCY SHELTER/FOOD PROGRAMS

St. Lawrence Martyr Church

310-540-0329

1900 S. Prospect
Redondo Beach, CA 90277

Food pantry (canned and dry food) with food distribution to residents of South Redondo Beach and South Torrance. Proof of residency required. Food distributed Saturday, 8-1:30 pm.

Website: www.stlm.org

St. Margaret's Center

310-672-2208

10217 Inglewood Ave.
Lennox, CA 90304

M, W, F, 9-11:30 and 1-3:30

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

Website: www.catholiccharitiesla.org

St. Margaret Mary Catholic Church

310-326-3364

Ext. 15

25511 Eshelman Ave.
Lomita, CA 90717

Weekly distribution of food on Wednesday, 8:30-10:00 am. Spanish also spoken.

Website: www.stmargaretmarylomita.org

Stillman Sawyer Family Services Center

310-835-1986

820 Lomita Blvd.
Harbor City, CA 90710

M, W, F, 9:30-4

Provides weekly and/or monthly donated food distribution as well as government commodities to qualifying families and individuals. Also see Advocacy category.

Website: none

EMERGENCY SHELTER/FOOD PROGRAMS

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. Must bring proof of income and address for past 90 days. Service areas include San Pedro, Wilmington, and Harbor City. Also see Case Management, Employment, and Legal categories.

Website: www.toberman.org

EMPLOYMENT

Department of Rehabilitation, CA

424-488-6570

21250 Hawthorne Blvd., Suite 220
Torrance, CA 90503

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 location @ 4300 Long Beach Blvd., Suite 200, Long Beach, CA 90801(district office) phone 562-422-8325. Also see Disabilities category.
Website: www.dor.ca.gov

Disability Community Resource Center

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

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

Employment Development Department

310-782-2101

1220 Engracia Ave.
Torrance, CA 90501

M-F, 8-5

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

EMPLOYMENT

Enrichment Through Employment, Inc.

310-328-0706

22806 Cerise Ave.
Torrance, CA 90505

Help with job placement for persons suffering from chronic mental illness. Also see Disabilities category.

Website: www.ete-torrance.org

Gardena One-Stop Employment

310-538-7070

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

M-Th, 8:30-5
Every other Friday, 8-4

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

Website: www.southbay1stop.org

Harbor Gateway Workforce Investment Network

310-732-5700

222 W. 6th St., Suite 410
San Pedro, CA 90731

M-Th, 8-5
F, 8-4

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

Website: www.pacific-gateway.org/veterans

EMPLOYMENT

JVS Veterans First

310-309-6000

Jewish Vocational Service of Los Angeles
5448 Sepulveda Blvd.
Culver City, CA 90230

M-F, 8-5

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

Website: www.jvs-socal.org

Love Inc.

310-831-5683

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

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

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

Website: www.loveincsb.com

SoCal ROC

310-224-4200

2300 Crenshaw Blvd.
Torrance, CA 90501

M-Th, 7:30 am- 8 pm

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

Website: www.socalroc.com

EMPLOYMENT

South Bay Professional Association

310-782-2164

1220 Engracia Ave.
Torrance, CA 90501

M, 9-noon
W, 10-noon

Operated by the state of California, provides job search workshops, a resource center, counseling, and skills to return to the workplace. 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

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. Must bring proof of income and address for past 90 days. Service areas include San Pedro, Wilmington, and Harbor City. Also see Case Management, Emergency Shelter/Food Programs and Legal categories.

Website: www.toberman.org

FINANCES

211 L.A. County

211
800-708-6029
24/7

Offers services and resources in money management. Also see Emergency Shelter/Food Programs, Hotline/Non-Urgent and Urgent categories.

Website: www.211la.org

Benefits Check Up (National Council on Aging)

Website only

The National Council on Aging provides 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. Refer to National Council on Aging description of services in this category. Also see Health Services category.

Website: www.benefitscheckup.org

Clear Point Credit Counseling Solutions

323-618-6664

Money Management International
6080 Center Dr., Suite 605
Los Angeles, CA 90045

T-Th, 9-3

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

Website: www.clearpoint.org

FINANCES

Credit Reporting Agencies

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

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

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

888-397-3742

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

800-916-8800

Department of Public Social Services, Los Angeles

562-908-8400

M-Th, 8-5

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

Website: www.dpss.lacounty.gov

FINANCES

Homeownership Preservation Foundation

888-995-4673
TTY 877-304-9709

Making Home Affordable Program
1030 15th St. NW
Washington, DC 20005

24 hrs.

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

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

Jewish Free Loan Association

323-761-8830

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

M-Th, 8:30-4:45
F, 8:30-3:30

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

Website: www.jfla.org

Love Inc.

310-831-5683

PO Box 6442
San Pedro, CA 90734-6442

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

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

Website: www.loveincsb.com

FINANCES

National Council on Aging

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

517-527-3900
800-424-9046
M-Th, 8:30-4:30
EST

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

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

HEALTH ORGANIZATIONS

Academy of Nutrition and Dietetics 800-877-1600

www.eatrightpro.org

Alcoholics Anonymous 800-923-8722

www.aa.org

ALS Association (Amyotrophic Lateral Sclerosis) 800-782-4747

www.alsa.org

Alzheimer's Association 800-272-3900

www.alzgl.org

American Brain Tumor Association 800-886-2282

www.abta.org

American Cancer Society 800-227-2345

www.cancer.org

American Chronic Pain Association 800-533-3231

www.theacpa.org

American Council of the Blind 800-424-8666

www.acb.org

American Dental Association 312-440-2500

www.ada.org

HEALTH ORGANIZATIONS

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

HEALTH ORGANIZATIONS

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

HEALTH ORGANIZATIONS

Epilepsy Foundation 800-332-1000
www.epilepsy.org

Glaucoma Foundation, The 212-285-0080
www.glaucomafoundation.org

Hospice Foundation of America 800-854-3402
www.hospicefoundation.org

Huntington Disease Society of America 800-345-4372
www.hdsa.org

International Hearing Society 734-522-7200
www.ihinfo.org

Leukemia & Lymphoma Society 800-955-4572
www.lls.org

Lupus Foundation of America 800-558-0121
www.lupus.org

MAGNUM: The National Migraine Association 703-349-1929
www.migraines.org

Mental Health America 800-969-6642
www.mentalhealthamerica.net

HEALTH ORGANIZATIONS

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

HEALTH ORGANIZATIONS

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

HEALTH ORGANIZATIONS

United Spinal Association – Spinal Cord Resource Center

800-962-9629

www.spinalcord.org

Vestibular Disorders Association

800-837-8428

www.vestibular.org

HEALTH SERVICES

ADVANTAGE Program

310-517-4666

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

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

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

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

Aging Life Care Association

520-881-8008

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

M-F, 8-4:30

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

Website: www.aginglifecare.org

American Cancer Society

800-227-2345

100 Corporate Point, Suite 350
Culver City, CA 90230

M-F, 9-5

Information and referral support. Visitor program for breast cancer patients, patient education and cancer prevention programs. All cancer-related questions will be answered 24/7 @ 800-227-2345. Also see Health Organizations category.

Website: www.cancer.org

HEALTH SERVICES

American Cancer Society, Road To Recovery

800-227-2345

24 hours

Road to Recovery Program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves. The patient must be ambulatory, able to walk unassisted to and from the vehicle or have an accompanying caregiver to assist. This service is based on the availability of a driver. Requires a four-business day advance notice.

Website: www.cancer.org

American Red Cross

562-595-6341

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

M-F, 8:30-5

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

Anatomical Gift Program

323-442-1191

323-442-1229

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. Donors are cremated at no expense. To request a brochure and donation form call 323-442-1191 or email: brakke@usc.edu. Also see Education category.

Website: agp.usc.edu

HEALTH SERVICES

Arthritis Foundation

323-238-6048

3731 Wilshire Blvd., Suite 305
Los Angeles, CA 90010

M-Th, 8:30-5
F, 8:30-4:30

Rheumatology resources and referral list to resources and services for people with arthritis including exercise and aquatic classes. General information and resources.
Web site: www.arthritis.org

Beach Cities Health District

310-374-3426

Ext. 256

(Ask for Officer of the Day)

514 N. Prospect Ave., 1st Floor, Suite 102
Redondo Beach, CA 90277

M-F, 8:30-5

Care management for older adults and disabled adults living in Hermosa, Manhattan and Redondo Beach. Programs include volunteer visits, fitness, wellness classes, information and referral, and support groups. Also see Case Management and Volunteering categories.
Website: www.bchd.org

Beacon House

310-514-4940

1003 S. Beacon St.
San Pedro, CA 90731

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

Website: www.thebeaconhouse.org

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

HEALTH SERVICES

CalQuality Care

Website

Websites feature information on California hospitals, medical groups, nursing home facilities, assisted living, hospice, home health, adult day care, developmentally disabled, along with tips and checklists about how to choose a healthcare 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

Website: www.calhospitalcompare.org (hospital data)

Cancer Care

800-813-4673

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

M-Th, 10-5:45
F, 10-4
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

Cancer Resource Center

310-517-7077

Torrance Memorial Hunt Cancer Center
3285 Skypark Dr.
Torrance, CA 90505

M-F, 8-5

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

email: canceranswers@tmmc.com

Website: www.torrancememorial.org/cancerresourcecenter

HEALTH SERVICES

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.cscrb.org

Center For Optimal Aging

310-514-5370

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

M-F, 8:30-5

The Center for Optimal Aging is an outpatient program offered at Providence Little Company of Mary Medical in San Pedro. Assessment is performed by an expert multi-disciplinary team comprised of physical and occupational therapists, pharmacists, dietitians and a Gerontology Specialist. Once all assessments are completed the patients/families/caregivers will be scheduled with the Gerontology Specialist, who will review key findings, provide support, resources, referrals and complete the final team report. This report will be given to the referring physician and family. The Gerontology Specialist appointment is the key at the final meeting that summarizes all the findings and helps patients, family/caregivers understand how to safely plan and navigate any potential obstacles that may arise during the aging process.

Website: www.california.providence.org/san-pedro/services/seniors

Clutterers Anonymous

310-376-1499

Harbor Church
25401 Western Ave.
Lomita, CA 90717

Support group for individuals who want to eliminate their clutter and establish order in their lives. Meetings at Harbor Church, 25401 Western Ave., Lomita, CA 90717, Friday 10:30 am-noon. Call before attending meeting. Contact person: Maurice at 310-376-1499.
Website: www.clutterersanonymous.org

HEALTH SERVICES

Department of Mental Health, L.A. County

800-854-7771

24/7

24-hour screening and mental health services providing assessment, care management, crisis intervention, medication support, peer support and other rehabilitation services. Also see Disabilities category.

Website: www.dmh.lacounty.gov

Didi Hirsch Mental Health Services

310-895-2300

Centralized Intake 310-390-6612

24 hr. Suicide Prevention Hotline,

800-273-8255

M-F, 8:30 am-8 pm

4760 Sepulveda 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 Medi-Cal insurance. Also see Disabilities category.

Website: www.didihirsch.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 (supported by Express Scripts)

El Dorado Community Service Center

310-675-9555

4023 Marine Ave.
Lawndale, CA 90260

Mental Health, M, W, F, 10-5

Sat 9-3:30

Medical, M-F, 7-3:30

Provides primary care and general practice medical services. Languages also spoken are Spanish, Filipino, Chinese, German, Korean and Vietnamese.

Website: www.americanhealthservices.org

HEALTH SERVICES

Genesis

213-351-7284

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

M-F, 8-5

A program of the Department of Mental Health providing comprehensive mobile mental health and health services to frail homebound adults 60 yrs. 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 Care Management category.

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

Harbor Community Clinic

310-547-0202

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

M, 8-7 pm
T-F, 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 regions. Website: www.harborcommunityclinic.com

Health Consumer Alliance

888-804-3536

M- F, 9-5
Closed W, 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 consumer establish and maintain health coverage and ensure that low-income consumers with health coverage get good access to essential services. They help Californians apply for coverage, find the appropriate doctor or provider, dispute denials of health services, prevent disruption in care, and address and resolve billing problems. Also see Advocacy category.

Website: www.healthconsumer.org

HEALTH SERVICES

Health Links - Torrance Memorial Medical Center

310-325-9110

Ext. 24225

M-F, 8:30-5

Health Resources and Retail 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 packet available on a variety of topics.

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

Website: www.torrancememorial.org/healthlinks

Help Yourself. Help Others.

Website only

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

Website: www.helpyourselfhelpothers.org

HEALTH SERVICES

Heritage Clinic

562-264-6001

3939 Atlantic Ave., Suite 103
Long Beach, CA 90807

M-F, 8:30-5

Heritage Clinic is a nonprofit organization whose mission is to enhance the behavior health and quality of life of older adults and their families. Provided are behavior health services to low-income adults 55+ who may be experiencing a life transition, stress, anxiety, depression, loss, or other difficult issues. Services include individual counseling, care management, family and caregiver support, psychiatric medication evaluation and prescription services, elder abuse and crime victim support, housing, and linkage to community resources. Heritage Clinic is a 501(c)3 funded through Los Angeles County Department of Mental Health. Services are in English, Spanish and Tagalog.
Website: www.heritageclinic.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 HMOs, 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, and Insurance categories.
Website: www.cahealthadvocates.org

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. Has rentals, rent to own and repairs and services. Installs bathroom grab bars into tile, ramps (custom & modular), stair lifts, elevators, and railings.
Website: www.hhd1.com

HEALTH SERVICES

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, Hotline/Urgent, and Veterans categories.

Website: www.dmh.lacounty.gov

Mental Health America of L.A.

562-285-1330

200 Pine Ave., Suite 400
Long Beach, CA 90802

M-F, 9-5

Helps individuals with mental health needs, including transition-age youth, veterans, and their families and those who may be struggling with homelessness. Also see Veterans category.

Website: www.mhala.org

National Cancer Institute

800-422-6237

M-F, 9-9
EST

Consumer oriented information on a wide range of cancer topics regarding prevention, early detection, types of cancers, risk factors, treatments, resources and publications. Offers comprehensive description of research programs and clinical trials. Provides information about hospice, home care and cancer support organizations. For assistance with smoking cessation call 877-448-7848.

Website: www.cancer.gov

HEALTH SERVICES

National Council on Aging

800-424-9046

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

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

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

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

Neighborhood Legal Services of L.A. County

800-433-6251

M-F, 9-5

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

Website: www.nlsla.org

Northeast Community Clinic

310-645-0444

#2 for referrals

M-F, 8-5

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

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

Website: www.northeastcommunityclinics.com

HEALTH SERVICES

Providence Little Company of Mary Health Resource Center

888-432-5464

20555 Earl St.
Torrance, CA 90503

M-F, 7-7

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

Website: www.providence.org/california

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

310-514-5300

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

M-F, 8:30-5

Premier inpatient and outpatient rehabilitation program for chemical dependency.

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

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

Research for Life

800-229-3244

41743 Enterprise Circle N, Suite 104
Temecula, CA 92590

M-F, 8-4:30

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

Website: www.researchforlife.org

SBCC Thrive LA

310-414-2090

540 N. Marine Ave.
Wilmington, CA 90744

M-F, 9-5

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

Website: www.sbccthrivela.org

HEALTH SERVICES

South Bay Family Health Care Center

310-802-6170

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

M-F, 8-5

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, 90247. Call for hours. Also see Dental category. Website: www.sbfhc.org

South Bay Home Health Care

310-618-9555

Mobility Care
1349 El Prado
Torrance, CA 90501

M-F, 9-5:30
Sat, 10-3

Medical supplies, equipment rental and repairs. Custom wheelchairs. Senior discount given. Also see Disabilities category. Website: www.mobilitycare.com

Superior Mobility

310-218-2040
800-303-2866

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

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

HEALTH SERVICES

Torrance Health Center

310-354-2300

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

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

Immunizations, TB skin tests, HIV testing, STD immunizations, X-rays for TB positive, and case management. For TB testing, immunizations, STD and RN clinics call for times. Website: www.publichealth.lacounty.gov

Torrance Memorial Medical Center – Health Links

310-325-9110

Ext. 24225

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

M-F, 8:30-5

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 packet available on a variety of topics. Email: healthlinks@tmmc.com. Also see Health Links in this category, and Education category. Website: www.torrancememorial.org/healthlinks

Torrance Memorial Medical Center – Woman to Woman Image Enhancement

310-517-4660

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

By Appointment

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

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

HOSPICE

Caring House

310-796-6625

2842 El Dorado St.
Torrance, CA 90503

M-F, 9-5
office and admissions
24/7 voicemail

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

Website: yourcaringhouse.org

First Serve Community Services of the South Bay, Inc.

310-320-3818

1725 Flower Ave.
Torrance, CA 90503

M-F, 8-4

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

Website: www.first-serve.org

Gathering Place, The

310-543-3437

Trinity Care Bereavement Services
5315 Torrance Blvd., Suite B
Torrance, CA 90503

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

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

Website: www.griefcenter.info

HOSPICE

Hospice Foundation of America

800-854-3402

1707 L Street NW, Suite 220
Washington, DC 20036

M-F, 9-5:30
EST

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

Website: <https://hospicefoundation.org>

Milestone Hospice

310-782-1177

1500 Crenshaw Blvd., #200
Torrance, CA 90503

24/7

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, HMOs and private pay.

Website: 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) 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

HOSPICE

New LifeStyles

800-869-9549

4144 N. Central Expressway #1000
Dallas, TX 75204

CST

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

Providence Trinity Care Hospice

310-543-3400

800-829-8660

5315 Torrance Blvd., Suite B1
Torrance, CA 90503

M-F, 8- 4

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

Research for Life

800-229-3244

41743 Enterprise Circle N, Suite 104
Temecula, CA 92590

M-F, 8:30-4:30

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

HOSPICE

Silverado Hospice

15821 Ventura Blvd., Suite 515
Encino, CA 91436

888-328-6622
818-848-4048
24/7
M-F, 8-5 office

Silverado Hospice comprises 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 are Spanish, Japanese, Armenian, Korean, Tagalog, Russian, German, Arabic, Nigerian, French, Cantonese, Mandarin, Farsi, Hindi, Ilocano, Pampango, Persian, Punjabi, and Turkish. Also see Alzheimer's category.

Website: www.silveradocare.com

Torrance Memorial Home Health and Hospice

3121 Skypark Dr., Suite 3124
Torrance, CA 90505

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

Provides support to entire family when patient is terminally ill. Has bereavement support groups. Doctor referral. Accepts Medicare and Medi-Cal.

Website: www.torrancememorial.org/Hospice.aspx

HOSPITALS

Cedars-Sinai Marina Del Rey Hospital

310-823-8911

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

Centinela Hospital Medical Center

310-673-4660

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

Del Amo Behavior Health System

310-530-1151

23700 Camino Del Sol
Torrance, CA 90505

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

Harbor-UCLA Medical Center

310-222-2345

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

Kaiser Permanente Harbor City

310-325-5111

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

Kindred Hospital South Bay

310-323-5330

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

HOSPITALS

Memorial Hospital of Gardena

310-532-4200

1145 W. Redondo Beach Blvd.

Gardena, CA 90247

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

Providence Little Company of Mary Medical Center, San Pedro

310-832-3311

1300 W. 7th St.

San Pedro, CA 90732

Website: california.providence.org/san-pedro

Providence Little Company of Mary Medical Center, Torrance

310-540-7676

4101 Torrance Blvd.

Torrance, CA 90503

Website: california.providence.org/torrance

Torrance Memorial Medical Center

310-325-9110

3330 Lomita Blvd.

Torrance, CA 90505

Website: www.torrancememorial.org

HOTLINE/NON-URGENT

211 L.A. County

211
800-708-6029
24/7

L.A. County

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

Website: www.211la.org

American Medical ID

800-363-5985

949 Wakefield, Suite 100
Houston, TX 77018

M-F, 8-6 CST

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

Website: www.americanmedical-id.com

Bodyguard I.D. Tags, LLC

800-383-7790

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. Also see Identification category.

Website: www.bodyguardidtags.com

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 HMOs 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

HOTLINE/NON-URGENT

California Voter Hotline

800-345-8683

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

Department of Public Social Services, Los Angeles

877-597-4777

M-Th, 8-5

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

Website: dpss.lacounty.gov

Emergency Response Systems

Life Alert, 800-344-4533

LifeFone, 844-253-7939

Lifeline, 800-372-4103

Rescue Alert, 800-688-9576

Fraud.org

800-876-7060

M-F, 9-5:30

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

Web site: www.fraud.org

HOTLINE/NON-URGENT

Gentle Transitions

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

800-619-3049
310-937-1023
M-F, 9-5

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

Website: www.gentletransitions.com

Hoarding Hotline (GENESIS Program)

550 S. Vermont
Los Angeles, CA 90020

213-351-7284
M-F, 8-5

Sponsored by the L.A. County Department of Mental Health
Website: dmh.lacounty.gov (search "hoarding" from home page)

Home Improvement Program – Torrance

3031 Torrance Blvd.
Torrance, CA 90503

310-618-2731

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

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

Household Hazardous Waste Recycling (L.A. County)

Department of Public Works

Website: dpw.lacounty.gov/epd/hhw

626-458-5100

HOTLINE/NON-URGENT

L.A. County Registrar Recorder

800-201-8999

County Clerk Office

M-F, 8:30-4:30

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

Website: www.lavote.net

Life Alert

800-344-4533

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

Website: www.lifealert.com

LifeFone Medical Alert System and Medical Alarm

844-253-7939

24/7

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

Website: www.lifefone.com

Medic Alert Foundation

800-432-5378

2323 Colorado Ave.
Turlock, CA 95382

M-F, 8-4:30

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

Website: www.medicalert.org.

HOTLINE/NON-URGENT

MedicAlert+Safe Return

888-572-8566

24/7

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

Website: www.medicalert.org/safereturn

Medi-Cal Information

310-258-7400

M-F, 8-5

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

Website: www.medi-cal.ca.gov

Website: www.dpssbenefits.lacounty.gov

Medicare Information

800-633-4227

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

Website: www.medicare.gov

National "Do Not Call" Registry

888-382-1222

TTY 866-290-4236

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

Website: www.donotcall.gov

HOTLINE/NON-URGENT

Rescue Alert

800-688-9576

24/7

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

Social Security Administration

800-772-1213

TTY 800-325-0778

20000 Mariner Ave., Suite 150
Torrance, CA 90503

M, T, Th, F, 9-4
W, 9-noon

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

Website: www.ssa.gov

Southern California Gas Co.

800-427-2200

24/7

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

Website: www.socalgas.com

HOTLINE/URGENT

1736 Family Crisis Center

310-370-5902

24/7

Telephone screening for referrals to crisis intervention, counseling, and shelters for battered women. Also assists homeless families, victims of domestic violence, and at-risk veterans.

Website: www.1736familycrisiscenter.org

211 L.A. County

211
800-708-6029

24/7

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

Website: www.211la.org

911 Emergency Service

911

24/7

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

Website: 911.gov

Adult Protective Services

877-477-3646

24/7

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

Website: www.wdacs.lacounty.gov

HOTLINE/URGENT

Alzheimer's Association 24/7 Helpline

800-272-3900

24/7

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

Website: www.alz.org

California Poison Control System

800-222-1222

24/7

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

Website: www.calpoison.org

Center for the Pacific-Asian Family

Office 323-653-4045

M-F, 9-5

Hotline 800-339-3940

24/7

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

Website: www.nurturingchange.org

Department of Mental Health, L.A. County

800-854-7771

24/7

24-hour screening and mental health services providing assessment, care management, crisis intervention, medication support, peer support and other rehabilitation services. Also see Disabilities and Health Services categories.

Website: www.dmh.lacounty.gov

HOTLINE/URGENT

Department of Public Social Services, Los Angeles

866-597-4777

M-Th 8-5

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

Website: www.dpss.lacounty.gov

Elder Abuse Hotline

877-477-3646

24/7

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

Website: da.lacounty.gov/seniors

Eviction Defense Hotline (Legal Aid Foundation of Los Angeles)

800-399-4529

M-F, 9-5

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

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

HOTLINE/URGENT

Harbor-UCLA Medical Center Psychiatric Emergency Room

310-222-3144

1000 W. Carson St.
Torrance, CA 90509

24/7

Facility for all psychiatric and medical emergencies. Also see Disabilities category.
Website: www.harboruclapsych.com/contact-information/

Identity Theft Hotline

877-438-4338

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

Website: www.identitytheft.gov

L.A. County Department of Mental Health

800-854-7771

24/7

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

Website: www.dmh.lacounty.gov

L.A. County Domestic Violence Hotline

800-978-3600

24/7

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

Website: da.lacounty.gov/domv.htm

HOTLINE/URGENT

Long Term Care Ombudsman

800-231-4024

4300 Long Beach Blvd., Suite 440
Long Beach, CA 90807

M-F, 8:30-5

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

Medi-Cal Fraud Hotline

800-822-6222

Dept. of Health and Care Services

M-F, 8-5:30
EST

Languages spoken are Spanish, Vietnamese, Cambodian, and Russian. Also see Complaints category.
Website: www.dhcs.gov

Medicare Fraud Hotline

800-447-8477

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

M-F, 8-5:30
EST

English and Spanish Spoken. Also see Complaints category.
Website: www.oig.hhs.gov/fraud/report-fraud

National Suicide Prevention Lifeline

800-273-8255

24/7

Hotline for people thinking of suicide, in suicidal crisis or emotional distress. Interpreters for any language.
Website: www.suicidepreventionlifeline.org

HOTLINE/URGENT

Rainbow Services

310-547-9343

24/7

Battered adult services. Available 24 hrs. offering advocacy, counseling, support groups, and emergency and transitional shelters. Spanish also spoken. Walk-ins allowed. Also see Abuse and Advocacy categories.

Website: www.rainbowservicesdv.org

Return Home Registry (Torrance)

310-618-6391

M-Th, 8-5

310-328-3456

24/7

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

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

Silverado Live Chat and Hotline

866-522-8125

24/7

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

Website: www.silveradocare.com

HOTLINE/URGENT

Social Security Fraud Hotline

800-269-0271

M-F, 10-4 EST

Report fraud, waste, or abuse within the Social Security programs such as retirement, disabilities, survivors and supplemental security income. Report persons who are buying or selling social security numbers. Also see Complaints and Social Security categories.
Website: www.ssa.gov (search “submit a fraud report” from the home page)

Suicide Prevention Center

877-727-4747

Didi Hirsch Health Center

24/7

24-hour telephone support system and referral network for callers in suicidal crisis. Survivors’ group and speaker’s bureau.
Website: www.didihirsch.org/spc

Veterans Crisis Line

800-273-8255 (TALK)

Ext. 1

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

HOUSING NON-SUBSIDIZED

Bayside Terrace

310-832-4926

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

M-F, 9-5:30

99 one-bedroom units, 55 years and older and accepts disabled.
Website: gardnerbaysideterrace@gardnercompany.com

Camino Village Senior Complex

310-835-1899

21735 Main St.
Carson, CA 90745

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

Carson Terrace Senior Apartments

310-835-0969

632 E. 219th St.
Carson, CA 90745

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

Coleman Court

310-212-5898

1421 Cravens Ave.
Torrance, CA 90501

M-F, 9-5

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

HOUSING NON-SUBSIDIZED

Don Senior Apartments

310-549-3338

105 East I Street
Wilmington, CA 90744

M-F, 9-4

58 one-bedroom apartments. Applicants must be 55 years and older. Also see Housing, Subsidized category. E-mail the don hotel@winco.com
Website: none

Harmony Court Apartments

310-214-1416

4502 186th St.
Redondo Beach, CA 90278

M-F, 8:30-5:30

187 units. One and two bedrooms, 62 years and older. Also see Housing, Subsidized category.
Website: harmonycourt.wnmapartments.com

Heritage Point Apartments

310-318-8418

1801 Aviation Way
Redondo Beach, CA 90278

M-F, 9-5
Sat, 10-4

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

Ocean Terrace

310-373-0903

3851 226th St.
Torrance, CA 90505

M-F, 9-1

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

HOUSING NON-SUBSIDIZED

Roland R. Mindeman Senior Residence

310-318-2827

Salvation Army
125 W. Beryl
Redondo Beach, CA 90277

M-F, 8-3

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

Website: none

Ross Manhattan Terrace

310-545-5063

3400 N. Valley Dr.
Manhattan Beach, CA 90266

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

Website: www.zillow.com

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: www.seasidevillaapts.com

Seasons Senior Apartments

310-374-6664

109 S. Francisca Ave.
Redondo Beach, CA 90277

M-F, 8-5

150 units, one and two bedrooms accepting 55 years and older. Also see Housing, Subsidized.

Website: www.linchousing.org/prop/redondo.html

HOUSING, SUBSIDIZED

Avalon Courtyard

310-522-9858

22121 S. Avalon Blvd.
Carson, CA 90745

M-F, 9-4

Accepts L.A. County Vouchers only. 91 one-bedroom units, 62 years and older; accepts disabled 62 years and older.

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

Camino Village Senior Complex

310-835-1899

21735 Main St.
Carson, CA 90745

M-F, 9-5

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, 8:30-4:30

Section 8 building administered by management. 100 one-bedroom units, 62 years and older; accepts disabled. Waiting list closed.

Website: none

Carson Terrace Senior Apartments

310-835-0969

632 E. 219th St.
Carson, CA 90745

Accepts Section 8 vouchers. 62 one-bedroom units, 62 years and older and accepts disabled 62 years and older. Up to 2 year waiting list. Also see Housing, Non-Subsidized category.

Website: none

HOUSING, SUBSIDIZED

Casa De Los Amigos

310-376-3457

123 S. Catalina Ave.
Redondo Beach, CA 90277

M-F, 9-6

Tax credit, 53 HUD units, 50% subsidized housing. 136 one-bedroom units for persons 62 years and older. Utilities included.

Website: www.chmshousing.org (go to "locations" tab on home page)

Coleman Court

310-212-5898

1421 Cravens Ave.
Torrance, CA 90501

M-F, 9-5

Section 8 vouchers accepted. 78 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas, and trash. The subsidy is not tax credit or HUD. Also see Housing, Non-Subsidized category.

Website: www.tsahousing.com (go to "for rent" 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 units with one and two bedrooms. Applicants must be 55 years and older. Income restrictions apply. Also see Housing, Non-Subsidized category.

Website: none

Gardena Valley Towers

800-500-7725

1715 W. 158th St.
Gardena, CA 90247

M, W, F, 10-2

HUD, 80 one-bedroom units, 62 years and older can apply.

Website: www.csi.coop/en/locations/CA

HOUSING, SUBSIDIZED

Gateway, The

310-522-4343

720 E. Carson St.
Carson, CA 90745

M-F, 9-5

100% tax credit with 85 one-bedroom units for seniors 55 yrs. and older.
Website: tsahousing.com (go to “properties” on the home page)

Harbor Towers

310-831-8981

340 S. Mesa St.
San Pedro, CA 90731

M-F, 8:30-4:30

Section 8 building administered by management. Does not accept vouchers. 180 one-bedroom units for independent living. Must be 62 years and older.
Website: www.rhf.org

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 with 1 and 2 bedrooms for 62 years and older and accepts disabled 62 years and older. Also see Housing, Non-Subsidized category.
Website: harmonycourt.wnmapartments.com

Heritage Point Apartments

310-318-8418

1801 Aviation Way
Redondo Beach, CA 90278

M-F, 9-5
Sat, 10-4

Bond Program, 66 units with one and two bedrooms, 62 years and older. Elevators in building; convenient to shopping. Up to 3 yr. waiting list. Also see Housing, Non-Subsidized category.
Website: www.heritagepointredondobeach.com

HOUSING, SUBSIDIZED

Los Angeles County Development Authority

800-731-4663

(Housing Authority of the County of Los Angeles)

M-F, 8-4

700 W. Main St.

Alhambra, CA 91801

Operates Section 8 and public housing units for low-income seniors and disabled throughout the county. Waiting list closed. TDD access: 626-943-3898.

Website: www.lacda.org

Mirandela Senior Apartments

310-265-5200

5555 Crestridge Rd.

M-F, 9:30-3:30

Rancho Palos Verdes, CA 90275

Tax credit, 34 apartments with one and two bedrooms fully equipped with refrigerator, gas stove, dishwasher and garbage disposal. Age requirement 62 years and older.

Website: <https://www.mirandelaaptliving.com>

Ocean Terrace

310-373-0903

3851 W. 226th St.

M-F, 9-1

Torrance, CA 90505

Accepts Section 8 vouchers, 36 one-bedroom units, 62 years and older active seniors; accepts disabled 62 yrs. Rent includes water, gas, and trash. Also see Housing, Non-Subsidized category.

Website: www.tsahousing.com (go to “for rent ” tab on home page)

Park Pacific Tower

562-435-1803

714 Pacific Ave.

M-Th, 9-5

Long Beach, CA 90813

Fri, 9-4

Subsidized housing under management with rent being 30% of income. 84 units including studio and 1 bedroom apartments for seniors 62 yrs. and older. Call to request an application.

Website: <http://afordableaffordinghousingonline.com-search/california/longbeach>

HOUSING, SUBSIDIZED

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 yrs. and older.

Website: www.lomco.com (click on “our housing” link on home page)

Seaside Villa

310-376-9363

319 N. Broadway
Redondo Beach, CA 90277

M-F, 8:30-5:30

Section 8 building administered by management. Vouchers not accepted. There are 40 one-bedroom units, disabled or 62 yrs. and older. Appointment needed to see apartments. Also see Housing, Non-Subsidized category.

Website: www.seasidevillaapts.com

Seasons Senior Apartments

310-374-6664

109 S. Francisca Ave.
Redondo Beach, CA 90277

M-F, 8-5

150 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

St. Mary's Tower

562-489-9916

1120 Atlantic Ave.
Long Beach, CA 90813

M-F, 8:30-5:30

Subsidized housing for seniors 62 yrs. and older and mobility/sensory impaired. 146 studio and one-bedroom apartments. Rent is 30% of income. Call to request an application.

Website: www.smt@mercyhousing.org

HOUSING, SUBSIDIZED

Telacu Senior Housing

310-675-8288

13000 Doty Ave.
Hawthorne, CA 90250

M-F, 9-12, 1-4

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

The Gateway

310-522-4343

720 E. Carson St.
Carson, CA 90745

M-F, 9-5

100% tax credit with 85 one-bedroom units for seniors 55 yr. and older.

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

Torrance Housing Office

310-618-5840

Torrance City Hall
3031 Torrance Blvd.
Torrance, CA 90503

M-F, 7:30-9 am
2-5:30 pm
closed alternate Fridays

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 \$39,450, 2 persons \$45,050, 3 persons \$50,700 and 4 persons \$56,300.

Website: www.torranceca.gov/our-city/community-development/senior-housing/section-8-rental-assistance-program

Villagio Apartments

310-847-7737

555 E. Carson St.
Carson, CA 90745

M-F, 9-5

Tax credit property accepting L.A. County Vouchers only. Property has 12 one-bedroom and 12 two-bedroom units for 55 years and older, and units for disabled.

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

HOUSING, SUBSIDIZED

Vista Lee Rosa

310-326-2733

1001 Pacific Coast Highway
Harbor City, CA 90710

M-F, 7-4

Section 8 building for 62 years and older with 24 studios and 75 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

American Medical ID

800-363-5985

949 Wakefield, Suite 100
Houston, TX 77018

M-F, 8-5
CST

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

Website: www.americanmedical-id.com

Bodyguard I.D. Tags, LLC

800-383-7790

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

MedicAlert Foundation

800-432-5378

2323 Colorado Ave.
Turlock, CA 95382

M-F, 8-4:30

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

IDENTIFICATION

Motor Vehicles, Department of (DMV)

800-777-0133

1785 W. 220th St.
Torrance, CA 90501

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

Identification cards, licensing of drivers and vehicles. To schedule a non-drive test appointment and renew vehicle registration call 800-777-0133.

Website: www.dmv.ca.gov

IN-HOME SERVICES

DISCLAIMER

The following providers are listed here as referrals only and are not to be considered as recommendations. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability for this list of referrals. We suggest that you or a friend or family member carefully investigate the resources.

24 Hr. HomeCare

310-375-5353

21311 Hawthorne Blvd., Suite 101
Torrance, CA 90503

24/7

A community-based home care company providing personal care assistance, meal preparation, homemaking assistance, medication reminders, transportation and errands, protective supervision at a hospital or assisted living/nursing facility, and an emergency response system. All caregivers are bonded, insured, with DMV and criminal background checks, and are covered by Worker's Compensation Insurance. No hourly minimum. Services L.A. and Orange counties. Languages spoken are Spanish and Russian. Member of American Board of Home Care.
Website: www.24hrcares.com

Always Best Care Senior Services

310-503-6893

370 S. Crenshaw Blvd., Suite E 106
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. Assistance is given for grooming, dressing, bathing, toileting, incontinence, mobility, errands, and light housekeeping. Specialized caregivers are available for hospice patients. Provides community education classes and support groups. Care is available 24 hrs./day, 7 days/week with a 4-hour minimum. Service area is greater South Bay. Also see Alzheimer's, Board and Care and Retirement categories.

Website: www.alwaysbesthomecare.com

IN-HOME SERVICES

Amada Senior Care

310-953-0440

3812 Sepulveda Blvd., Suite #200
Torrance, CA 90505

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

Amada Senior Care is a resource for fully integrated care providing care givers to assist with ADL's, meal preparation, medication reminders and companionship. Offers financial care coordination with long term insurance policies and veterans' assistance programs. Languages spoken are Spanish and Tagalog in addition to English. Serves the South Bay. Also see Board and Care, Case Management and Veteran's categories.
Website: www.amadaseniorcare.com

A Peace of Mind Home Care Solutions

310-377-3776

4000 Palos Verdes Drive North, Suite 100
Rolling Hills Estates, CA 90274

24/7

Whether assistance in the home is needed long-term or short term for surgery recovering or respite care. A Peace of Mind Home Care Solutions provides compassionate, quality non-medical care. Family-owned and operated by a South Bay resident, free in-home assessments are provided so customized plan that fits the client's unique needs and the best possible caregiver match can be made. Caregivers are thoroughly background checked, bonded, CPR certified, TB tested, registered with state and are Worker Compensation insured. Only the most entrusted are hired. Full time. Part time and live-in-caregivers available.

Website: apeaceofmindhomecare.com

Assistance in Home Care

844-490-9755

12832 Valley View St., Suite 211
Garden Grove, CA 92845

M-F, 8-5
Phone service 24/7

Specializing in dementia, Alzheimer's, and Parkinson's clients and provides companion services such as meal planning and preparation, housekeeping, laundry, errands, transportation to doctors' appointments, discharge assistance, transportation, and medication reminders. Personal care includes bathing, dressing assistance, incontinence care and checking vital signs from 3-24 hours, 7 days a week. Background check on employees. Caregivers are employees of the agency and trained, bonded, and insured. Services the South Bay. Spanish also spoken.
Website: www.assistanceihc.com

IN-HOME SERVICES

At Home With Care

310-822-3060

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

M-F, 9-5

Provides referral services for in home care non-medical caregivers for a direct hire who can assist with activities of daily living. The types of caregivers referred are CNAs, HHAs, LVNs, companions and homemakers. Caregivers placed can work hourly or be live ins and can assist with bathing, dressing, ambulation and transferring as well as transportation and companionship. Caregivers can take vital signs, give medication reminders, prepare home cooked meals, do laundry, and provide basic house cleaning. All caregivers are registered with the CA Dept. of Social Services, have fingerprinting, background and references checked.

Website: www.athomewithcare.com

Attentive Home Care

800-731-0071

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

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

IN-HOME SERVICES

Coastal Care Inc.

310-543-3211

21707 Hawthorne Blvd., Suite 106
Torrance, CA 90503

24/7

Provides case management with skilled nursing and rehabilitation therapy as well as home care services including bathing, dressing, grooming, mobility assistance, meal preparation, shopping, transportation, medication reminders and, above all, caring and compassionate companions. Care is provided to all age groups, newborns to seniors, and their pets. Works with veterans' organizations to obtain additional benefits to which one may be entitled. Spanish spoken. Geographic areas served are El Segundo to Long Beach. Also see Case Management category.
Website: www.coastalcareinc.com

Davis In-Home Care, Inc.

310-297-9127

2627 Manhattan Beach Blvd., Suite 204
Redondo Beach, CA 90278

24/7

Provides free consultation and needs assessment visits for clients/family. Offers meal preparation, transportation and homemaking services including laundry and bed linen changes. Also offers personal care like bathing, dressing and toileting, Alzheimer's and dementia care, and constant care 24/7. Daily written care reports by care giver. Pre-employment screening and caregiver training. Bonded, insured and provides Worker Compensation insurance. Minimum service 4 hours. Member of Senior's Choice, the nation's largest network of independent senior care providers. Serves the greater South Bay.
Website: www.davisinhomecare.com

IN-HOME SERVICES

First Light Home Care

424-704-5330

3655 Torrance Blvd., #300
Torrance, CA 90503

M-F, 9-5
24 hr. phone service

Assists the local communities by providing in-home non-medical care to seniors or anyone over 18 yrs. Services include companion care, personal care, dementia care, case management, readmission rescue, financial consultations and referrals, transportation, caregiver education and assisting with the aging process. Wheelchair accessible van available. Minimum service is one hour. Personal Emergency Response Systems including Tele-med capabilities. Member of the Society of Senior Care Advisors, HIPAA compliant and open 24/7 for initial consultation. Also see Case Management category. Website: www.southbay.firstlighthousecare.com

Home Instead Senior Care

310-542-0563

After 5 pm call 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 4-24 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

Love Inc.

310-831-5683

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

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

Shopping for homebound, long-term food assistance programs, auto and appliance repair, tutoring, yard work, companionship, and counseling. Resource referrals. Also see Emergency Shelter/Food Programs, Employment, and Finances categories. Website: www.loveincsb.com

IN-HOME SERVICES

Luxucare Home Care

310-373-8881

22939 Hawthorne Blvd., Unit 209
Torrance, CA 90505

M-Sat, 8-5
Sun, by appointment

Full-service home care company providing client centered personalized care including assistance with tasks that have become challenging such as bathing, meal preparation, medication reminders and household tasks. Caregivers are licensed, insured and bonded, background checked, trained and supervised by a qualified team and a Care Manager. Long term care insurance accepted. Also see Case Management category.
Website: www.luxucare.com

Physician's Choice

310-793-1616

3220 Sepulveda Blvd., Suite 100
Torrance, CA 90505

M-F, 9-5

Health care services providing case management, skilled nursing, private duty, medical social services, home based heart program, and rehabilitation therapy. Accepts Medicare, Medi-Cal, insurance and private pay patients. Spanish, Japanese, Chinese, and Korean spoken. Also see Case Management category.
Website: www.pchomehealth.com

Providence Little Company of Mary Home Health

310-543-3450

5315 Torrance Blvd., #B169
Torrance, CA 90503

M-Sun, 8-5

Doctor referral only for intermittent care by RN and LVN nurses. Provides case management, physical, occupational, speech therapies, medical social workers, home health aides and RNs specializing in psychiatry. Accepts Medicare, Medi-Cal through hospital only, and private insurance. Spanish also spoken.
Website: www.providence.org

IN-HOME SERVICES

Salus Homecare

310-436-4304

1515 W. 190th St., Suite 150
Gardena, CA 90248

24/7

Provides non-medical care, assistance, transportation and companionship for all persons who reside in their own home, hospital/nursing facility or assisted living/residential care home. Care includes meal preparation, light housekeeping, bathing, dressing, grooming, toileting, errands and medication reminders. Each client has a designated case manager and completes initial and on-going assessments and coordinates all aspects of the individualized care plan. Caregivers are bonded, insured, given background checks and covered by Worker's Compensation insurance. Caregivers are thoroughly trained by Salus and receive specialized training specific to the client's needs. Respite and hospice care available. Spanish and Tagalog also spoken. Service areas are greater Los Angeles, Orange and San Diego counties. Also see Case Management category.

Website: www.salushomecare.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, have Worker Compensation and criminal background checks performed. Also see Alzheimer's category.

Website: inhomecarela.com

Torrance Home Improvement Program

310-618-2731

3031 Torrance Blvd.
Torrance, CA 90503

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

IN-HOME SERVICES

disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see Disabilities and Hotline/Non-urgent categories. Website: www.torranceca.gov/services/home-improvement-program

INSURANCE

ADVANTAGE Program

310-517-4666

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

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

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 HMOs, or prescription drug plan selection. Also see Discounts, Education, and Health Services categories.

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

California Department of Insurance

800-927-4357

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

M-F, 8-5

Consumer hotline providing brochures on all types of insurance and for reporting fraud and injustice. Also see Complaints category.

Website: www.insurance.ca.gov

HICAP (Medicare Insurance Counseling)

800-824-0780

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

M-F, 9-5

Provides health insurance counseling, advice on HMOs, 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, and Health Services categories.

Website: www.cahealthadvocates.org

INSURANCE

HMOs – Medicare (LA County)

Aetna Medicare	800-832-2640
Anthem Blue Cross	877-811-3107
Blue Shield 65+	800-776-4466
Blue Shield of CA	800-544-0088
Health Net Medicare Programs	800-275-4737
Kaiser Permanente Senior Advantage	800-777-1238
SCAN Health Plan for Seniors	800-559-3500
United Health Care-Secure Horizons	800-357-0978

Long Term Care Insurance Information

818-597-3227

American Association for Long Term Care Insurance
3835 E. Thousand Oaks Blvd., Suite 336
Westlake Village, CA 91362

M-F, 9-5

The AALTCI is the national professional organization exclusively dedicated to promoting the importance of planning for long-term needs. Serves as a forum to members to meet, exchange information and support efforts to improve the marketplace for long-term care products.

Website: www.aaltci.org

Medi-Cal Information

800-541-5555

M-F, 8-5

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

Website: www.medi-cal.ca.gov

Website: dpssbenefits.lacounty.gov

INSURANCE

Medi-Cal Managed Care Ombudsman

888-452-8609

M-F, 8-5

Assists with resolving problems with Medi-Cal managed care plans. The ombudsman solves the problems from a neutral standpoint to ensure members receive all medically necessary covered services for which plans are contractually responsible.

Website: www.dhcs.ca.gov

Medi-Cal Telephone Service Center

800-541-5555

M-F, 8-5

Assistance to those already enrolled in Medi-Cal. Answers questions, needs help or needs to report a problem.

Website: www.medi-cal.ca.gov

Medicare HMO Appeals Hotline

888-466-9050

Website: www.medicareinteractive.org
www.medicare.gov/appeals

M-F, 10-3
EST

Medicare Information

800-633-4227

24 hours

General Medicare information including enrollment, Medicaid programs for low income, billing information, ordering of Medicare publications, and health plan choices. Also see Hotline/Non-Urgent and Insurance categories.

Website: www.medicare.gov

LEGAL

American Civil Liberties Union of Southern California

213-977-5253

1313 West 8th St.
Los Angeles, CA 90017

Information and handling of cases involving civil rights and liberties. Listen to messages for contact instructions.

Website: www.aclusocal.org

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

M-F, 8-4

Free legal advice available on the first and third Tuesday of each month. Call for appointment. The first Tuesday are phone consultations. They will start at 11 am. Please be near your phone at that time and have all paperwork regarding your issue available for review. A Bartlett Center representative will call you earlier that morning to confirm the appointment. The third Tuesday sessions will begin at 2 pm at the Bartlett Center. Bring all paperwork regarding the issue to be discussed. Also see Meals and Nutrition and Senior Centers categories.

Website: www.torranceca.gov/our-city/recreation/seniors

Bet-Tzedek Legal Services

323-939-0506

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

M-F, 9-5
Appointment only

Legal team visits and assists needy people age 60 yrs. and older, regardless of race or religion residing in L.A. County. Appointments only at the following Senior Centers:

Gardena, 310-217-9552 (every other month)

Hawthorne, 310-349-1650 (every other month)

Wilmington, 310-518-4533 (every other month)

Website: www.bettzedek.org

LEGAL

California Advocates for Nursing Home Reform

800-474-1116

650 Harrison St., 2nd floor
San Francisco, CA 94107

M-F, 9-5

Legal referrals for residents, rights violations, Medi-Cal, conservatorships, estate planning, wills, trusts, and durable power of attorney. Also see Advocacy category.
Website: www.canhr.org

California State Bar Attorney Complaint Line

800-843-9053

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. View a list of attorneys licensed to practice in the State. All information and services can be accessed on the website.
Website: www.calbar.ca.gov (go to “public” tab on homepage and select “attorney complaints”)

Cancer Legal Resource Center

213-736-1455

866-843-2572

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

M-F, 9-5

Cancer Legal Resource Center is a joint program of the Disability Rights Legal Center providing free and confidential information and resources on cancer-related legal issues to cancer survivors, their families, friends, employers, health care professionals, and others coping with cancer. By appointment only.

Website: cancerlegalresources.org/clrc-intake-form
email: clrc@dlrcenter.org

LEGAL

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

310-680-8613

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

M, W, F, 8:30-4:30
Closed
Noon to 1 pm

Assists with consumer complaints and tenant-landlord problems and has a small claims advisor program. Also assists with small claims applications at the South Bay County Court House (located at 825 Maple in Torrance) on Thursdays from 8:30-4:30. Main office for urgent issues: 800-593-8222. Also see Advocacy and Complaints categories.
Website: dcba.lacounty.gov

Disability Rights California

800-776-5746

213-213-8000

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

M, Tu, Th, F, 9-3
closed Wednesday

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.disabilityrightsca.org

Disability Rights Legal Center

Intake number 213-736-1334

1541 Wilshire Blvd., Suite 400
Los Angeles, CA 90017

M-F, 9-5

The Disability Rights Legal Center (formerly the Western Law Center for Disability Rights) provides legal and other assistance to the Southern California community, focusing on disability-related issues. Cases handled include disability civil rights issues and mediation of disputes involving disability issues. Provides free information and resources on cancer-related legal issues. Lawyer referral service is available. Spanish also spoken. Also see Disabilities category.
Website: www.thedrlc.org

LEGAL

H.E.L.P.

310-533-1996

Helping the Elderly Live Productively
1404 Cravens Ave.
Torrance, CA 90501

M-F, 9-5

Non-profit education and counseling center that provides impartial information to older adults and their families on several issues involving eldercare, law and finance.
Website: www.help4srs.org

Housing Rights Center

800-477-5977

213-387-800, Ext. 1102

3255 Wilshire Blvd., #1150
Los Angeles, CA 90010

M-F, 8:30-5

The center actively supports and promotes fair housing through education, advocacy and litigation, to the end that all persons have the opportunity to secure the housing they desire and afford, without discrimination based on race, color, religion, gender, sexual orientation, gender identity or expression, national origin, familial status, marital status, disability, genetic information, ancestry, age, source of income or other characteristics protected by law. Also see Advocacy category.

Website: www.housingrightscenter.org and/or www.tenantstogether.org

Immigration Legal Assistance Project (LACBA)

213-485-1873

300 N. Los Angeles St., Rm. 3107
Los Angeles, CA 90012

M-F, 8-12, 1-3

Fee-based service for assistance with immigration issues.

Website: www.lacba.org/give-back/immigration-legal-assistance-project

LEGAL

Legal Aid Foundation of Los Angeles

800-399-4529

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

M-F, 9-12

Free civil legal aid for low-income individuals in L.A. County. Offers a variety of legal help including defense against unjust evictions, restraining and custody orders for domestic violence survivors, assistance with obtaining or restoring government benefits, and a variety of services for military veterans. Appointment required. Also see Veterans category.

Website: www.lafla.org

Legal Aid Foundation of Los Angeles

No Phone

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

M-Th, 8:30-12, 1:30-4
F, 8:30-noon

A walk-in clinic offering individuals who are representing themselves, legal information, assistance in preparing legal forms, guidance on a variety of civil matters including evictions, divorces, and civil harassment. Referral to private attorney or legal services is provided as needed.

Website: lafla.org/self-help

National Organization of Veterans' Advocates

202-587-5708

1775 Eye St. NW, Suite 1150
Washington, DC 20006

M-F, 9-5

A non-profit group that 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

LEGAL

Public Counsel

800-870-8090

213-385-2977

610 S. Ardmore Ave.
Los Angeles, CA 90005

M-F, 9-5:15

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 assistance through "Debtors Assistance Project", extension 704 on Tues. and Thurs. 10-12, 2-4 pm. Appointment is required, and no walk-ins accepted. Also see Veterans category.

Website: www.publiccounsel.org

Public Guardian

213-974-0515

Conservatorships
320 W. Temple St., 9th floor
Los Angeles, 90012

M-F, 8-5

A program administered by the Department of Mental Health. 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.

Websites: <https://dmh/lacounty.gov/our-services/public-guardian>

Redondo Beach Senior and Family Services

310-318-0650

Senior Legal Aid Program
1922 Artesia Blvd.
Redondo Beach, CA 90278

M-F, 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 and Nutrition and Senior Center categories.

Website: www.redondo.org/senior

LEGAL

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.

Website: 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

M-F, 8:30-5

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 all residents in contracting cities.

Website: www.sbcdcr.net

State Bar of California

800-843-9053

845 S. Figueroa St.
Los Angeles, CA 90017

M-F, 9-4

Takes complaints only. Also see Complaints category.

Website: www.calbar.ca.gov

LEGAL

Toberman Center

310-832-1145

131 N. Grand
San Pedro, CA 90731

M-F, 9-5

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. Must bring proof of income and address for past 90 days. Service areas include San Pedro, Wilmington, and Harbor City. Also see Case Management, Emergency Shelter/Food Programs, and Employment categories.
Website: www.toberman.org

United States Bankruptcy Court, Central District of California

213-894-3118

Edward Roybal Federal Bldg. and Court House
255 E. Temple St.
Los Angeles, CA 90012

M-F, 9-4

Online information about bankruptcy.

Website: www.cacb.uscourts.gov

U.S. Citizenship and Immigration Service (USCIS)

213-576-4701

Customer Service, 2nd level
300 N. Los Angeles St.
Los Angeles, CA 90012

M-F, 7:30-12
12:30-4

Assists with immigration problems including residency, obtaining U.S. citizenship or naturalization. Appointments are mandatory. To request forms, call 800-870-3676.

Website: www.uscis.gov

LEGAL

USC Family Caregiver Support Center

855-872-6060

3715 McClintock Ave.
Los Angeles, CA 90089

M-F, 8:30-5

Offers legal consultation, resource information, support groups and respite for caregivers and to families of people with adult-onset brain impairment. This is a non-profit/no cost organization. Also see Advocacy and Alzheimer's categories.

Website: 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 (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: 1021 O St., Suite 6610, Sacramento, CA 95814, phone (916)651-4026. Term expires November 2022.

Website: sd26.senate.ca.gov

Nanette Barragan, Congressperson 44th District

310-831-1799

302 W. Fifth St., Suite 201
San Pedro, CA 90731

M-F, 8:30-5:30

Represents Rancho Dominguez, Compton, Carson, San Pedro, and Wilmington. Washington address: 2246 Rayburn House Office Building, Washington, DC 20515.

Term expires January 2023.

Website: www.barragan.house.gov

Steven Bradford, California State Senate District 35

310-514-8573

302 W. 5th, Suite 203
San Pedro, CA 90731

M, W, Th, 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: 1021 O Street, Suite 7210, Sacramento, CA 95814, phone (916)-651-4035. Term expires December 2024.

Website: sd35.senate.ca.gov

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. Counties served by Los Angeles office: Los Angeles, Orange, Riverside, San Bernardino, Santa Barbara, and Ventura. Washington address: 331 Hart Senate Office Building, Washington, D.C. 20510-0504. Phone: (202) 224-3841. Term expires January 2025.

Website: www.feinstein.senate.gov

Mike A. Gipson, California State Assembly District 64

310-324-6408

879 W. 190th St., #920
Gardena, CA 90248

M-F, 9-5

Represents Carson, Compton, Gardena, Harbor Gateway, Lynwood, North Long Beach, Rancho Dominguez, South Los Angeles, Torrance (part), Willowbrook, Watts, and Wilmington. Capitol office: P.O. Box 942849, Room 4146, Sacramento, CA 94249-0064, phone (916)319-2064. Term expires December 2026.

Website: www.A64.asmdc.org

Janice Hahn, County Supervisor 4th District

213-974-4444

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

M-F, 8-5

Represents El Segundo, Redondo, Hermosa and Manhattan Beach, Torrance, and Lomita. Jennifer La Marque, 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 2024.

Website: www.hahn.lacounty.gov

LEGISLATION

League of Women Voters of the Beach Cities

310-379-6663
press 2

629 19th St.
Manhattan Beach, CA 90266

Non-partisan organization providing study groups and voter services to promote political responsibility through informed and active participation of citizens in government. Covers Inglewood, Hawthorne, El Segundo, Manhattan, Hermosa, and Redondo Beach.

Website: www.lwvbeachcities.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 Palos Verdes Estates, Rancho Palos Verdes, Rolling Hills, Rolling Hills Estates, and parts of San Pedro.

Website: www.lwvpalosverdes.org

League of Women Voters Torrance Area

310-223-6897

P.O. Box 964
Torrance, CA 90508

Non-partisan organization providing study groups and voter services to promote political responsibility through informed and active participation of citizens in government. Covers Gardena, Carson, Lomita, Torrance, and Harbor City.

Website: www.lwvtorrancearea.org

LEGISLATION

Ted Lieu, U.S. Congressman 33rd District

310-321-7664

1600 Rosecrans Ave., 4th floor
Manhattan Beach, CA 90266

M-F, 9-5

Represents: El Segundo, Manhattan, Hermosa and Redondo Beaches, Torrance (West of Hawthorne Blvd.), Palos Verdes Estates, Rolling Hills, and Rolling Hills Estates.

Washington address: 236 Cannon House Office Building, Washington DC 20515.

Phone (202)225-3976. Appointments necessary for Manhattan Beach.

Term expires January 2023.

Website: lieu.house.gov

Holly Mitchell, District 2 LA County Board of Supervisors

213-974-2222

500 W. Temple St., Suite 866
Los Angeles, CA 90012

M-F, 9-5

Represents Carson, Compton, Culver City, El Segundo, Gardena, Hawthorne, Inglewood, Redondo Beach, Hermosa Beach, Manhattan Beach and 32 other unincorporated cities.

Term expires November 2024.

Website: <https://mitchell.lacounty.gov>

Al Muratsuchi, California State Assembly District 66

310-375-0691

3424 Carson St., Suite 450
Torrance, CA 90503

M-F, 9-5

Represents Manhattan Beach, Hermosa Beach, Redondo Beach, Gardena, Torrance, West Carson, Lomita, Palos Verdes Estates, Rolling Hills Estates, Rancho Palos Verdes, Rolling Hills, El Camino Village, Harbor Gateway, and Harbor City. Sacramento address: P.O.

Box 942849, Room 2179, Sacramento, CA 94249. Term expires December 2027.

E-Mail: assemblymember.muratsuchi@assembly.ca.gov

Website: A66.ASMDC.org

LEGISLATION

Patrick O'Donnell, California State Assembly District 70

310-548-6420

461 W. 6th St., #209
San Pedro, CA 90731

M-F, 9-5

Represents San Pedro. Capitol office: P.O. Box 942849, Room 4001, Sacramento, CA 94249-0070, phone (916) 319-2070. Term expires December 2022.

E-mail: assemblymember.odonnell@assembly.ca.gov

Website: asmdc.org/members/a70

Alex Padilla, US Senator, California

310-231-4494

255 E. Temple St., Suite 1860
Los Angeles, CA 90012

M-F, 8:30-5:30

Represents statewide. Washington address: 112 Hart Senate Office Building, Washington, D.C. 20510. Phone: 202-224-3553. Term expires January 2023.

Website: www.padilla.senate.gov

Torrance City Hall

310-618-2801

3031 Torrance Blvd.
Torrance, CA 90503

Mayor and City Council members.

Website: www.torranceca.gov

Maxine Waters, U.S. Congresswoman 43rd District

323-757-8900

2851 W. 120th St., Suite H
Hawthorne, CA 90250

M-F, 9-5

Represents: Inglewood, Lennox, Gardena, El Camino Village, Hawthorne, Lawndale, Harbor City, Harbor Gateway, Torrance (East of Hawthorne Blvd.), Lomita, Playa del Rey, Watts, West Adams, and Westchester. and West Carson. Washington address: 2221 Rayburn House Office Building, Washington, DC 20515. Term expires January 2023.

Website: waters.house.gov

LIBRARIES

Braille Institute of America

800-272-4553

741 N. Vermont Ave.
Los Angeles, CA 90029

M-F, 8:30-5

Free complete service center for the visually impaired. Talking books. All ages accepted.
Also see Disabilities category.
Website: www.brailleinstitute.org

Carson Public Library (County)

310-830-0901

151 East Carson St.
Carson, CA 90745
Website: www.colapublib.org

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

310-327-4830

17906 S. Avalon Blvd.
Carson, CA 90746
Website: www.colapublib.org/libs/victoria

El Segundo Public Library

310-524-2722

111 W. Mariposa Ave.
El Segundo, CA 90245
Website: library.elsegundo.org

Gardena Mayme Dear Library (County)

310-323-6363

1731 W. Gardena Blvd.
Gardena, CA 90247
Website: www.colapublib.org/libs/gardena

Harbor City-Harbor Gateway Branch Library (L.A. City)

310-534-9520

24000 S. Western Ave.
Harbor City, CA 90710
Website: www.lapl.org/branches/harbor-city-harbor-gateway

LIBRARIES

Hawthorne Public Library (County)

310-679-8193

12700 S. Grevillea Ave.
Hawthorne, CA 90250
Website: www.colapublib.org/libs/hawthorne

Hawthorne Wiseburn Public Library (County)

310-643-8880

5335 W. 135th St.
Hawthorne, CA 90250
Website: www.colapublib.org/libs/wiseburn

Hermosa Beach Public Library (County)

310-379-8475

550 Pier Ave.
Hermosa Beach, CA 90254
Website: www.colapublib.org/libs/hermosa

Inglewood Public Library (County)

310-412-5380

Main Library
101 W. Manchester Blvd.
Inglewood, CA 90301
Website: www.cityofinglewood.org (search “library” on home page)

Inglewood Public Library (County)

310-412-5403

Crenshaw-Imperial Branch
11141 S. Crenshaw Blvd.
Inglewood, CA 90303
Website: www.cityofinglewood.org (search “library” on home page)

Lawndale Public Library (County)

310-676-0177

14615 Burin Ave.
Lawndale, CA 90260
Website: www.colapublib.org/libs/lawndale

LIBRARIES

Lennox Public Library (County)

310-674-0385

4359 Lennox Blvd.
Lennox, CA 90304
Website: www.colapublip.org/libs/lennox

Lomita Public Library (County)

310-539-4515

24200 Narbonne Ave.
Lomita, CA 90717

Manhattan Beach Public Library (County)

310-545-8595

1320 Highland Ave.
Manhattan Beach, CA 90266
Website: www.colapublib.org/libs/manhattan

Masao W. Satow Library (County)

310-679-0638

14433 S. Crenshaw Blvd.
Gardena, CA 90249
Website: www.colapublib.org/libs/satow

Palos Verdes - Malaga Cove Plaza Library

310-377-9584
Ext. 551

2400 Via Campesina
Palos Verdes Estates, CA 90274
Website: www.pvld.org/locations/mc

Palos Verdes - Miraleste Library

310-377-9584
Ext. 452

29089 Palos Verdes Drive East
Rancho Palos Verdes, CA 90275
Website: www.pvld.org/locations/mir

LIBRARIES

Palos Verdes - Peninsula Center Library

310-377-9584

701 Silver Spur Rd.
Rolling Hills Estates, CA 90274
Website: www.pvld.org/locations/pc

Redondo Beach - Main Library

310-318-0675

303 N. Pacific Coast Highway
Redondo Beach, CA 90277
Website: www.redondo.org/depts/library/default.asp

Redondo Beach - North Branch Library

310-318-0677

2000 Artesia Blvd.
Redondo Beach, CA 90278
Website: www.redondo.org/depts/library/default.asp

San Pedro Regional Branch Library (L.A. City)

310-548-7779

931 S. Gaffey St.
San Pedro, CA 90731
Website: www.lapl.org/branches/san-pedro

Torrance - El Retiro Branch Library

310-375-0922

126 Vista Del Parque
Redondo Beach, CA 90277
Website: <http://www.library.torranceca.gov/home-library>(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.library.torranceca.gov/home-library (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.library.torranceca.gov/home-library (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.library.torrance.gov/home-library (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.library.torranceca.gov/home-library (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.library.torranceca.gov/home-library (click on “Hours and Locations” on left side of page)

Wilmington Branch Library (L.A. City)

310-834-1082

1300 N. Avalon Blvd.

Wilmington, CA 90744

Website: www.lapl.org/branches/wilmington

LIBRARIES

Wiseburn Library (County)

310-643-8880

5335 W. 135th St.

Hawthorne, CA 90250

Website: www.colapublib.org/libs/wiseburn

LOCAL GOVERNMENT

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

MEALS & NUTRITION

Anderson Memorial Senior Center

310-548-7596

828 S. Mesa St.
San Pedro, CA 90731

M-F, 8:30-6

The nutrition program serves hot, well-balanced meals in congregate dining centers M-F @ 11 am for \$3. No pre-registration is necessary. Meals are served on a first come, first served basis. Also see Senior Centers category.

Website: www.laparks.org/dos/senior/facility/andersonscc.htm

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

M-F, 8-4

Hot lunch \$3.00 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/our-city/recreation/seniors

Carson Senior Social Services

310-835-0212

801 E. Carson St.
Carson, CA 90745

Hot lunch \$3.50 provided by the YMCA for seniors on Monday-Friday @ 11:30 am. Sack lunches delivered to Carson residents only on the weekends costing \$3.75. To start home delivery process application must be filled out. Call 310-505-5253. Reservations required. Also see Case Management and Senior Centers categories.

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

First United Methodist Church of Redondo Beach

310-372-8445

243 So. Broadway
Redondo Beach, CA 90277

Hot meals on Wednesday, 4:30-6:30 pm. Hygiene items and clothes when available.

Website: www.beachfaith.com

MEALS & 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.
Website: www.firstumctorrance.org

Food Stamps (CalFresh)

877-597-4777

Department of Public Social Services, L.A. County

24/7

Offers services and resources for food assistance.
Website: www.benefitcal.org

Gardena Senior Citizens Bureau

310-217-9552

1670 W. 162nd St.
Gardena, CA 90247

M-F, 8-5

Lunch program M-F, 12:30-1 p.m. Cost \$2.75 for adults 60 yrs. and older; reservations needed 24 hr. ahead of time. Has home-delivered meals. Also see Case Management and Senior Centers categories.

Website: www.cityofgardena.org (Search “senior citizen’s bureau” from the home page)

Gardena Valley Japanese Cultural Institute (JCI)

310-324-6611

1964 W. 162nd St.
Gardena, CA 90247

M-F, 9-5

Japanese box lunches, \$3.25. For non-residents of Gardena lunch is \$4.50 and served Monday and Wednesday. Reserve by Wednesday noon of prior week. Eat in or at home. Call for time. Also see Senior Centers category.

Website: www.jci-gardena.org

MEALS & NUTRITION

Hawthorne Senior Center

310-349-1650

3901 W. El Segundo Blvd.
Hawthorne, CA 90250

M-F, 9-4

Meals served at 12 noon, \$2 donation and \$3 for non-seniors. Also see Senior Centers category.

Website: www.cityofhawthorne.org (search “Senior center” in search box at bottom of home page)

Inglewood Senior Center

310-412-5338

111 Locust St.
Inglewood, CA 90301

Lunch served Monday to Friday from 12 noon to 12:30 pm. Home delivered meals also served. Suggested donation \$2. Also see Case Management and Senior Centers categories.

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

Japanese Cultural Institute (JCI)

310-324-6611

1964 W. 162nd St.
Gardena, CA 90247

Japanese lunch box for pick up, M-F, 10:45-11:45 for \$3.25. Reservations required by Wednesday noon of prior week.

Website: www.jci-gardena.org

Lawndale Community Center-Senior Services

310-973-3270

14700 Burin Ave.
Lawndale, CA 90260

M-Th, 7 am-8 pm

F, 7 am-4 pm

Sat, 10 am-2 pm

Lunch served Monday-Friday from 12 noon to 1 pm, suggested donation \$2.25. Sign up required ahead of time. Also see Case Management and Senior Centers categories.

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

MEALS & NUTRITION

Meals on Wheels

Carson – 310-835-0212, ext. 1487

El Segundo – 310-322-9033

Gardena – 310-217-9552 - www.ci.gardena.ca.us (search “home delivered meals” from home page)

Harbor City – 310-518-4533 – serves 1 meal/day

Harbor Gateway – 310-518-4533 – serves 1 meal/day

Hawthorne – 310-412-4380 - www.cityofhawthorne.org/senior-activities

Inglewood – 310-412-5338 - www.cityofinglewood.org (search for “senior services” on home page, and click on first link for senior services information)

Lawndale – 310-973-3270 – www.lawndalecity.org (search “meals on wheels” from home page and click on link called “Programs and Services”) Or leave a voicemail to request more information.

Lennox – 310-412-5338 - www.cityofinglewood.org (search for “senior services” on home page, and click on first link for senior services information)

Manhattan, Redondo, Hermosa Beaches, Torrance west of Hawthorne Blvd.
310-318-2827 - www.salvationarmy-socal.org (search using city name on home page)

Palos Verdes – 310-318-2827 (east of Hawthorne only)

San Pedro – 310-518-4533 – only 1 meal/day

San Pedro – 310-832-7335, **SAN PEDRO RESIDENTS ONLY**, serves 2 meals/day

Torrance/Lomita – 310-542-3434 (M-F, 8:30-2:30) – www.tlmow.org

Wilmington – 310-518-4533 – serves 1 meal/day

Hot meals delivered to homes of housebound seniors or disabled. Call for details.

Nakaoka Community Center

310-217-9552

Senior Citizens Bureau
1670 W. 162nd St.
Gardena, CA 90247

Hot meals served Monday to Friday at 12:30, \$2.75 suggested donation for seniors and provides home delivered meals @ \$2.25 suggested donation. Also see Senior Centers category.

www.ci.gardena.ca.us (Search “senior citizens bureau” from home page.)

MEALS & 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. Cost is \$3.00. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information. Also see Senior Centers category.

Website: www.redondo.org/senior

Redondo Beach Senior and Family Services

310-318-0650

1922 Artesia Blvd.
Redondo Beach, CA 90278

M-F, 7:30-5:30

YMCA sponsored lunches, \$3.00 donation served Tuesday and Thursday at Veterans Park, and Monday, Wednesday, and Friday at Perry Park. For more information call Senior and Family Services. Also see Legal and Senior Center categories.

Website: www.redondo.org/senior

Riviera United Methodist Church

310-378-9273

375 Palos Verdes Blvd.
Redondo Beach, CA 90277

Every 5th Saturday of each month, 11-1 pm, for low income and homeless is provided a "Loaves and Fish" lunch that serves a full course home cooked meal. Brown bag sandwich meals, socks and toiletries are available to take as a person leaves.

Website: www.rivieraumc.com

Salvation Army

310-318-2827

125 W. Beryl St.
Redondo Beach CA 90277

Delivers hot meals for those who cannot prepare for themselves. Cost is \$4:50-\$5.50 and need to register first. 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

MEALS & NUTRITION

San Pedro Service Center

310-519-6091

769 W. Third St.
San Pedro, CA 90731

M-F, 8:30-5

Senior nutrition site with hot lunch meal for \$3 (suggested donation) at 11:30 am on a first come, first served basis. Call for more information and reservations. Also see Case Management, and Senior Centers categories.

Website: <https://wdac.lacounty.gov/programs/centers/sanpedro>

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 am and continues until all food is gone.

Website: www.saintandrewstorrance.org

St. Andrews Presbyterian Church

310-540-5252

301 Ave D
Redondo Beach, CA 90277

T-Th, 9-3
F, 9-1

Hot lunches are provided from 12 noon -1 pm on Tuesday and Thursday. Canned food, hygiene, bedding items and used clothing given when available.

Website: www.sntandrews.org

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 which is part of "Feed the Needy" program.

Website: www.saintjameschurch.org

MEALS & NUTRITION

St. John Evangelical Lutheran Church

310-676-8804

14517 Crenshaw Blvd.
Gardena, CA 90249

Hot meals served Monday and Friday at 6:00 pm. Dinner served every 4th Saturday each month at 4 pm. Sack lunches are served Sunday at 12 noon.

Website: none

St. Paul's United Methodist Church

310-370-4319

2600 Nelson Ave.
Redondo Beach, CA 90278

Hot supper served at church from 6-7 pm on Tuesday. Food pantry is open from 9-11 am on the 1st and 3rd Thursday of the month. Clothing available at both events.

e-mail: projectneedsrb@gmail.com

Website: www.stpaulrb.org

Torrance 1st Baptist Church

310-328-5030

2118 W. Carson St.
Torrance, CA 90501

Hot meal served on the first Saturday of each month, 11 am-1 pm.

Website: www.tbclife.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 \$3.00 for seniors 60 yrs. plus and caregivers, \$4.00 for non-seniors. Also see Senior Centers category.

Website: www.ymcala.org/t56

MEALS & NUTRITION

Veterans Park Senior Center

310-318-0650

Redondo Beach Senior Club
301 Esplanade (corner of Catalina and Torrance Blvd.)
Redondo Beach, CA 90277

Lunch program \$3.00 donation on Tuesday and Thursdays at 12 noon with reservations required 24 hr. ahead of time. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information or go to website. Also see Senior Centers category.
Website: www.redondo.org/senior

Walteria United Methodist Church

310-375-0622

3646 Newton St.
Torrance, CA 90505

Full hot meal served the 2nd Saturday of each month from 11 am -1 pm for the needy and homeless.
Website: www.walteriaumc.org

Wilmington Multipurpose Senior Center

310-518-4533

1371 Eubank (Banning Park)
Wilmington, CA 90744

Hot meal served at 12 noon with contribution for seniors 60 yrs. and over. Call for more information and reservations. Also see Case Management, Legal, Senior Centers and Transportation categories.
Website: www.wilmingtonnjcfoundation.yolasite.com

Yvonne Burke Senior and Community Center

323-298-6038

4750 W. 62nd St.
Los Angeles, CA 90056

M-F, 8-5

Senior Nutrition Program serving lunch Monday to Friday, 12 noon – 12:30 pm. Suggested donation \$2, \$5.00 for non-seniors. On site is Meals on Wheels. Also see Senior Centers category.
Website: cityofinglewood.org (search “Yvonne Burke” from home page and click on “Senior congregate meals” in the results)

POLICE AND FIRE

Carson	Sheriff's Department	310-830-1123
	LA County Fire Department	323-881-6156
El Segundo	Police Department	310-524-2200
	Fire Department	310-524-2269
Gardena	Police Department	310-217-6148
	LA County Fire Department	323-881-6156
Harbor City	LA City Police Department	310-726-7700
	LA City Fire Department	310-548-7585
Harbor Gateway	LA City Police Department	310-726-7700
	LA City Fire Department	310-548-7579
Hawthorne	Police Department	310-675-4443
	LA County Fire Department	323-881-6156
Hermosa Beach	Police Department	310-318-0360
	Fire Department	310-376-2479
Inglewood	Police Department	310-412-5211
	LA County Fire Department	323-881-6156
Lawndale	Sheriff's Department	323-820-6700
	LA County Fire Department	323-881-6156
Lomita	Sheriff's Department	310-539-1661
	LA County Fire Department	323-881-6156
Manhattan Beach	Police Department	310-802-5140
	Fire Department	310-802-5200
Palos Verdes Estates	Police Department	310-378-4211
	LA County Fire Department	323-881-6156
Rancho Palos Verdes	Sheriff's Department	310-539-1661
	LA County Fire Department	323-881-6156
Redondo Beach	Police Department	310-379-2477
	Fire Department	310-318-0663
Rolling Hills	Sheriff's Department	310-539-1661
	LA County Fire Department	323-881-6156
Rolling Hills Estates	Sheriff's Department	310-539-1661
	LA County Fire Department	323-881-6156

POLICE AND FIRE

San Pedro	LA City Police Department	310-726-7700
	LA City Fire Department	310-548-2836
Torrance	Police Department	310-618-5641
	Community Affairs	310-618-6391
	Fire Department	310-781-7042
Wilmington	LA City Police Department	310-726-7700
	LA City Fire Department	310-548-7538

RETIREMENT

DISCLAIMER

The following providers are listed here as referrals only and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability for this list of referrals. We suggest that you or a friend carefully investigate the resources.

Alternatives for Seniors

800-350-0770

P.O. Box 833
Southfield, MI 48037

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

Website: www.alternativesforseniors.com

Always Best Care Senior Services

310-503-6893

370 S. Crenshaw Blvd., Suite E 106
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

RETIREMENT

Belmont Village Senior Living

310-377-9977

5701 Crestridge Rd.
Rancho Palos Verdes, CA 90275

24/7

An upscale assisted living community for adults 62 years and older, providing personalized care, medication management through a licensed nurse, fitness and purposeful activities, on-site water aerobics in the spring and summer, transportation to and from doctors' appointments. In memory care Circle of Friends Memory Enrichment Program, physical therapy, private residences, companion room options, and chef-prepared meals. Facility has an Alzheimer's secured environment, offers short-term respite and hospice, and 24 hr. licensed nurses around the clock. Also see Alzheimer's category.

Website: www.belmontvillage.com

Bixby Knolls Towers

562-426-6123

3737 Atlantic Ave.
Long Beach, CA 90807

24/7

A non-profit Retirement Housing Foundation community offering affordable senior housing with independent, assisted living, skilled nursing and rehabilitation. Provides 3 meals/day and social activities, excursions, laundry services, beauty shop and weekly housekeeping. The full-service senior apartments accept 55 yrs. and older, and skilled nursing is provided for 62 yrs. and older.

Website: www.bixbyknollstowers.org

Brookdale South Bay

310-543-1174

5481 Torrance Blvd.
Torrance, CA 90503

24/7

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.brookdale.com (search for "Torrance, CA" on home page)

RETIREMENT

Canterbury, The

310-541-2410

5801 Crestridge Rd.
Rancho Palos Verdes, CA 90275

24/7

The Canterbury is a non-profit Life Planning community providing independent living units with varying levels of service from minimal to full assistance. Memory care and skilled nursing with 24 hr.-custodial care are available to residents. One- and two-bedroom independent living units are well appointed including kitchen facilities. Restaurant style dining is supported by a staff chef and nutritionist. A full range of planned social, recreational and intellectual activities are available augmented by partnerships with local community institutions. Transportation is available. Other amenities include a gym, lap pool and outdoor BBQ area. Also see Alzheimer's category.
Website: www.thecanterbury.org

Carson Senior Assisted Living Center

310-830-4010

345 E. Carson St.
Carson, CA 90745

24/7

Some SSI, 3 meals a day. Arbor Hall for Alzheimer's and dementia. Respite care available. Also see Alzheimer's category.
Website: www.carsonassistedliving.net

Clearwater at South Bay

424-488-6340

3210 W. Sepulveda Blvd.
Torrance, CA 90503

Assisted living and memory care for 65 yrs. and older and disabled. Studio, one- 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.clearwaterliving.com

RETIREMENT

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

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 loved one. Assists 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 veterans Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate and assess care needs, establish location which is comfortable for client and family. Establish client's social and personal interests 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, Case Management, Board and Care, and Veterans categories.

Website: www.freeseniorplacements.com

Glen Park at Long Beach

562-432-7468

1046 E. Fourth St.
Long Beach, CA 90802

M-Sun, 8-5

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

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

RETIREMENT

Harbor Terrace Retirement Center

310-547-0090

435 W. 8th St.
San Pedro, CA 90731

24/7

87-person capacity for 60 years and older, providing 3 meals a day, studio and one bedroom with utilities included. Daily recreation. Social programs, and chef prepared meals. Ambulatory patients only. No wheelchairs. Dietitian meets with each new resident. 24-hour full-service and medical transportation provided.

Website: www.harborterraceretirement.com

Heart Light Referral Service

310-308-9967

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

Website: www.heartlightonline.com

Huntington Retirement Hotel

310-370-5828

20920 Earl St.
Torrance, CA 90503

24/7

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

RETIREMENT

Merrill Gardens of Rolling Hills Estates

310-750-9877

627 Silver Spur Road
Rolling Hills Estates, CA 90274

A luxury senior living community for 60 yrs. and older located in the heart of the Peninsula, offering assisted living and memory care services. The community has 94 independent/assisted living apartment homes, 19 private studios and 1 companion unit in the secured memory care neighborhood. Staff onsite 24/7 to assist with care needs. Services include 3 meals per day, weekly housekeeping and linen service, and an Active Living activity program which focuses on social engagement. The community also has a theater, bistro, living room with fireplace, library, wellness/fitness center, beauty salon, tech center and has covered parking. Also see Alzheimer's category.
Website: www.MerrillGardens.com

New LifeStyles

800-869-9549

4144 N. Central Expressway #1000
Dallas, TX 75204

CST

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

Oakmont of Torrance

424-338-4457

3620 Lomita Blvd.
Torrance, CA 90505

A senior living community for 62 years and older offering assisted living and memory care services. Provided are wellness services, 3 meals a day, activities, theater, and transportation. Also see Alzheimer's category.
Website: <http://oakmontseniorliving.com/torrance>

RETIREMENT

Palos Verdes Villa

310-547-9941

29661 S. Western Ave.
Rancho Palos Verdes, CA 90275

24/7

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

Rosecrans Villa

310-675-9163

14110 Corday Ave.
Hawthorne, CA 90250

24/7

Retirement and board and care facility for 60 yrs. 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

Spring Senior Assisted Living

310-370-3594

20900 Earl St.
Torrance, CA 90503

24/7

Retirement and assisted living providing 3 levels of care and 3 meals a day for 65 yrs. and older. Semi and private rooms, wheelchairs okay. Transportation to appointments.
Website: www.geneshcc.com/springassistedliving

Sunnyside Retirement Center

310-320-3318

22711 S. Vermont
Torrance, CA 90502

M-Sun, 8-5
Business Office

70 semiprivate and private rooms for 60 yrs. and older. Provides assisted living and 3 meals a day. Does not accept Alzheimer's patients or those in wheelchairs. Transportation, activities, housekeeping, laundry, and medication supervision.
Website: www.sunnysideretirement.com

RETIREMENT

Sunrise Assisted Living of Hermosa Beach

310-937-0959

1837 Pacific Coast Highway
Hermosa Beach, CA 90254

60 yrs. and older offering three levels of assisted living, three meals a day, laundry services, housekeeping, scheduled transportation, and care for persons with dementia/Alzheimer's disease or other types of memory impairment. See also Alzheimer's category.

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

Sunrise at Palos Verdes

310-377-7425

25535 Hawthorne Blvd.
Torrance, CA 90505

60 yrs. and older offering assisted living, memory care, and coordination of hospice. Daily physical fitness, creative, social, learning and spiritual activities. Scheduled transportation, laundry services, housekeeping and 3 meals a day. Memory Care services for individuals with memory impairment. Trained staff available 24 hrs./day. Also see Alzheimer's category.

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

Villa Sorrento

310-539-6826

23450 Madison St.
Torrance, CA 90505

24/7

62 years and older, 108 units, studio and 1-bedroom with 3 meals a day. Limited wheelchairs. Mild cognitive impairment accepted. Transportation and activities. Pets allowed.

Website: www.villasorrentoretirement.com

SENIOR CENTERS

Anderson Memorial Senior Center

310-548-7596

828 S. Mesa St.
San Pedro, CA 90731

M-F, 8:30-4

Exercise classes, bingo, sewing, art classes, ceramic classes and guitar. Applications for City Ride program available. Hot lunches M-F for \$3, \$5 non-seniors at 10:30 am. Also see Meals and Nutrition category.

Website: 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, Zumba and bingo. Adaptive mobility post-stroke class and support group staffed by Beach Cities Health District. Nutrition program serves hot, well-balanced meals in congregate dining center M-F @ 11:30 for \$2. Adult Day Care Center staffed by Easter Seals open Monday through Friday, 7:30-5:30 pm. Call Easter Seals at 310-214-6963 for more information. Also see Alzheimer's and Disabilities categories.

Website: www.redondo.org/senior

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

M-F, 8-4

5-0 And on the Go! Promoting fitness, fun and friendships.

M-F lunches for \$3 at 11:30 am for adults 50 yrs. 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 and Nutrition categories.

Website: www.torranceca.gov/our-city/recreation/seniors

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 and Nutrition categories.

Website: 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 (search “Joslyn center” from home page.)

Website: www.esrec.org (registration only)

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 and Nutrition categories.

Website: www.cityofgardena.org (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 and Nutrition category.

Website: www.jci-gardena.org

Hawthorne Senior Center

310-349-1650

3901 W. El Segundo Blvd.
Hawthorne, CA 90250

M-F, 9-4

Meals served at 12 noon (\$2 donation, \$3 non-senior). Reservations required. Transportation, sewing, knitting, crocheting, cards, bingo, legal appointments, Tai-Chi, dances, pool, field trips, games, line dance classes, movies and computer lab, AARP driving class; call for information. Also see Meals and Nutrition category.

Website: 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, 9-3

5-0 And on the Go! Promoting fitness, fun and friendships.

Bridge, table games, bingo, crafts, gentle fitness, watercolor workshop, chair dancing, quilting workshop, exercise, and movie matinee. Greeting Card workshop the 1st Tuesday of the month.

Website: www.torranceca.gov/our-city/recreation/seniors

SENIOR CENTERS

Hermosa Five-0 Senior Activity Center

310-318-0280

710 Pier Ave.
Hermosa Beach, CA 90254

Bingo, lectures, trips, art classes, computer help, movies, ping pong, yoga, Tai Chi, brain fitness and physical fitness classes. Call for times.

Website: www.hermosabch.org (search “seniors” from home page.)

Inglewood Senior Center

310-412-5338

111 Locust St.
Inglewood, CA 90301

M-F, 8-5

Information and referral, lunch served on site as well as home delivered meals, transportation, caregiver support services, senior Tai Chi classes, trips and excursions. Also see Meals and Nutrition category.

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

Ken Miller Recreation Center

310-320-5918

310-618-6396

3341 Torrance Blvd. (behind Benstead Plunge)
Torrance, CA 90503

F, 9-1

5-0 And on the Go! Promoting fitness, fun and friendships.

Programs offered: Cardio salsa and physical fitness classes. Fees vary. Special events throughout the year, senior prom, senior faire, flu clinic, and holiday arts and crafts sale.

Website: www.torranceca.gov/our-city/recreation/seniors

SENIOR CENTERS

Lawndale Community Center-Senior Services

310-973-3270

14700 Burin Ave.
Lawndale, CA 90260

M-Th, 7 am-8 pm
F, 7-4
Sat, 10-2

Multipurpose senior center offering information and referral, case management, transportation, meals on wheels, and legal services. Social and recreational activities include Bunco, scrapbooking, movies, art and internet classes, small bus excursions, lunch program at noon, Monday through Friday, sign-up required ahead of time. See also Case Management category.

Website: www.lawndalecity.org (search “senior services” from home page.)

Lomita Recreation Center

310-326-0140

24428 Eshelman Ave.
Lomita, CA 90717

M-F, 9-8:30

Lomita “Goodtimers” meets on Thursdays from 10:30 am to 3:00 pm. Bingo starts around 12:30 pm. Exercise/aerobic classes offered Tuesdays and Thursdays; 8-week classes; \$16 fee. Chair Yoga on Mondays, 10 am to 10:50 am; 8-week class: \$40 residents/\$45 non-residents. Badminton games Tuesdays, 10:30 am-1:30 pm and Thursdays, 10:30 am-12:30 pm; fee \$10 per 10-week period.

Website: 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 (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, horseshoes, line dancing, shuffleboard, dances, Woman to Woman discussion groups, book club, poetry reading, movies, bingo, games, cards, trips, social gatherings, and potlucks.

Website: www.cityymb.info (search "older adults program" from home page.)

Manhattan Beach Torah 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 and where programs are held. Fee of \$5 per program. Light lunch is served.

Website: www.jccmb.com (click "Community Programs" tab at top of home page and select "Senior Club.")

Nakaoka Community Center

310-217-9552

Senior Citizens Bureau of Gardena
1670 W. 162nd St.
Gardena, CA 90247

M-F, 8-5

Hot lunches on site M-F (\$2.75 for seniors), and home-delivered meals. Bingo, exercise classes, legal advice, movies, day trips, candlelight dinners and special transit for 60 years and older and disabled, nutrition counseling, food management. Call for schedule. Also see Meals and Nutrition category.

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

SENIOR CENTERS

Peninsula Seniors

310-377-3003

30928 Hawthorne Blvd.
Rancho Palos Verdes, CA 90275

M-F, 10-4

Legal appointments, tours, lectures, bridge, Scrabble, Mahjong classes and games; call for information, bingo monthly, movies, writers' group, AARP driving classes, Peninsula Veterans monthly luncheon, Hesse Park lectures weekly, income tax service, podiatrist, caregivers' support group, chair yoga, and exercise classes. Travel programs and lectures.
Website: www.pvseniors.org

Perry Park Senior Center

310-318-0650

North Redondo Senior Club
2308 Rockefeller Lane
Redondo Beach, CA 90278

Arthritis Foundation exercise classes, cards, bingo, chair yoga, movies, 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 and Nutrition category.

Website: www.redondo.org/senior

Redondo Beach Senior and Family Services

310-318-0650

1922 Artesia Blvd.
Redondo Beach, CA 90278

M-F, 7:30-5:30
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 and Nutrition categories.

Website: www.redondo.org/senior

SENIOR CENTERS

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 (click on “Adult” tab at top of home page and select “Rosenberg Cultural Center.”)

San Pedro Service Center

310-519-6091

769 W. Third St.
San Pedro, CA 90731

M-F, 8:30-5

Multi-purpose facility with a wide range of educational, social and recreational activities and programs for seniors 60 yrs. 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, senior nutrition site with hot lunch meal @ 11 am for \$3 (suggested donation).

Also see Case Management and Meals and Nutrition categories.

Website: <https://wdac.lacounty.gov/programs/centers/sanpedro>

Torrance YMCA Senior Center

310-325-5885

Ext. 2732

2900 W. Sepulveda Blvd.
Torrance, CA 90505

M-F, 9-11, 2-4

Daily lunches (donation \$2.75) M-F, 12 noon with reservations required. Wellness and nutrition, fitness, exercise, line dance, bridge, bingo, parties, travel tours, AARP 55 Alive Mature Driving Program, and volunteer opportunities. Membership in YMCA not required. Also see Meals/Nutrition and Volunteer categories.

Website: www.ymcala.org/torrance-south-bay (search “active older adults” by clicking on magnifying glass icon on home page.)

SENIOR CENTERS

Veterans Park Senior Center

424-247-8517

Redondo Beach Senior Club, Inc.
301 Esplanade (corner of Catalina and Torrance Blvd.)
Redondo Beach, CA 90277

Exercise, weight loss, square dance, cards, potlucks, theater group, line dancing, knitting, book club, Tai Chi, bridge, yoga, computer tutoring class. Lunch program on Tuesdays 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 and Nutrition category.

Website: www.redondo.org/senior

Walteria Park Senior Citizens Center

310-320-5918

3855 W. 242nd St.
Torrance, CA 90505

M, Th, 11-3

Monday – Pinochle, board games, 11-3

Thursday – join in the fun and games: hand and foot and ping pong

Website: www.torranceca.gov/our-city/recreation/seniors

Wilmington Multipurpose Senior Center

310-518-4533

1371 N. Eubank
Wilmington, CA 90744

M-F, 8-4:30

Multipurpose center offering classes in sewing, exercise, and nutrition. Lunch served at 12 noon for \$3 for seniors 60 yrs. and older. Transportation available for residents of Wilmington, Harbor City, LA Strip and San Pedro. Health screening, case management, information and referral, social services, legal aid, and meal delivery (if eligible). Registry for in-home services. Also see Case Management, Legal, Meals and Nutrition and Transportation categories.

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

SENIOR CENTERS

Yvonne Burke Senior and Community Center

323-298-7075

4750 W. 62nd St.
Los Angeles, CA 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 and Nutrition category.

Website: cityofinglewood.org (search “Yvonne Burke” from home page and click on “Senior congregate meals” in the results)

SENIOR CLUBS

Banning Manor Senior Club

310-548-7776

1331 Eubank St.
Wilmington, CA 90744

M, 9-12

Activities include trips, potlucks, and social events.
Website: none

Carson V.I.P. Senior Club

310-835-0212
Ext. 1475 or 1478

Carson Community Center
Dominguez Room
801 E. Carson St.
Carson, CA 90745

Club operates under auspices of the senior recreation programs. Activities include bingo, games, cards, potluck dinners, holiday activities, excursions, birthday parties, etc. Membership is required. Call for information on meeting days.
Website: ci.carson.ca.us (on home page, click on "Departments" tab at top of page, then select "Community Services," then "Human Services," and finally "Senior Recreation")

Hi Neighbors Senior Club

310-534-5866

Harbor Recreational Center
24901 Frampton Ave.
Harbor City, CA 90710

T, 9:30-2

Bingo and card games. The club also celebrates birthdays, anniversaries and special celebrations. Bring brown bag lunch. Contact person: Theresa Shelley.
Website: none

Normandale Center Senior Club

310-328-3689

22400 S. Halldale Ave.
Torrance, CA 90501

M-F, 9-12:30

General meeting, bingo, lunch \$3.00, trips, and gardening program.
Email: rapnormandalerc@lacity.org
Website: none

SENIOR CLUBS

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

Peck Park Seniors

310-548-7580

560 N. Western Ave.
San Pedro, CA 90732

M, 10-1

Plays bingo, planned day trips, tours, and provides lunch.
Website: none

Redondo Beach Senior Club

310-318-0650

Veterans Park Senior Club
301 Esplanade
Redondo Beach, CA 90277

Call for current programming.
Website: www.redondo.org (search “senior clubs” from home page.)

Roaring 90’s Club

888-537-8705

Solutions for Senior Living
P.O. Box 465
Redondo Beach, CA 90277

A social and educational club for those 90 yrs. and older, to meet and enjoy fellowship with their peers. Those 85 yr. and older are invited to join as “Trainee”. The South Bay chapter boasts over 150 members. Contact person: Lynn Brennan.

email: lynn@solutionsforseniorliving.com

Website: www.solutionsforseniorliving.com (select “Roaring 90’s Club” from links on left side of home page.)

SENIOR CLUBS

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 -11 am.
Website: www.torranceca.gov/our-city/recreation/seniors

Sunshine Seniors

310-834-2312

VFW Hall
1130 Anaheim St.
Wilmington, CA 90744

Offers bingo and fun trips. Dancing the 3rd Sunday of each month. Meets in the VFW room at 11 am on the 1st and 3rd Tuesday of the month. Special project making blankets for wounded soldiers meets at 9 am every 2nd and 4th Tuesday of the month.
Website: none

Toberman Seniors Club

310-547-9266

Toberman Center
131 N. Grand Ave.
San Pedro, CA 90731

W, 11:30-2

Weekly meetings, birthday celebrations, and trips. Must be a resident of San Pedro, Wilmington, or Harbor City. Contact person, Diana Bejarano.
Website: none

SKILLED NURSING

DISCLAIMER

The following providers are listed here as referrals only and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability for this list of referrals. We suggest that you or a friend or family member carefully investigate the resources.

Bay Crest Care Center

310-371-2431

3750 Garnet St.
Torrance, CA 90503

24/7

80 beds. Medicare and Medi-Cal accepted. Skilled nursing, rehabilitative services, hospice and custodial care.

Website: www.genesis.hcc.com

Beachside Post-Acute

310-326-9131

22520 Maple Ave.
Torrance, CA 90505

24/7

110 bed facility providing skilled nursing, rehabilitation therapy, respite, custodial, and hospice care. Medicare and Medi-Cal accepted.

Website: www.genesishealth.com

Del Amo Gardens Care Center

310-378-4233

22419 Kent Ave.
Torrance, CA 90505

24/7

94 beds in facility. Services include skilled nursing, wound care, pain management, rehabilitation therapies, hospice, and respite care. Accepts Medicare, Medi-Cal, private and managed care plans.

Website: www.delamogardens.com

SKILLED NURSING

Driftwood Healthcare Center

310-371-4628

4109 Emerald St.
Torrance, CA 90503

99 beds in facility. Services include rehabilitation, hospice and custodial care in addition to skilled nursing. Accepts Medicare, Medi-Cal, and private pay.
Website: www.driftwoodhealthcare.com

Earlwood Care Center

310-371-1228

20820 Earl St.
Torrance, CA 90503

82 beds in facility. Various levels of care depending on condition of patient. Has an Express Recovery Unit. Medicare and Medi-Cal accepted.
Website: www.earlwoodcarecenter.com

Gardena Convalescent Center

310-532-9460

14819 S. Vermont Ave.
Gardena, CA 90247

74 beds in facility. Services include skilled nursing, pain management care, rehabilitation therapies, hospice and respite care. American and Japanese food served. Accepts private pay, Medicare, Medi-Cal, and managed care plans.
Website: www.gardenaconvalescentcenter.com

Harbor Post-Acute Care Center

310-320-0961

21521 S. Vermont Ave.
Torrance, CA 90502

24/7

127 beds in facility. Provides 24 hr. skilled nursing care, wound and pain management, hospice and respite care, intravenous therapy and renal dialysis. Accepts Medicare, Medi-Cal, and HMOs.
Website: www.harborcarecenter.com

SKILLED NURSING

Kei-Ai Nursing Home

310-532-0700

15115 S. Vermont Ave.
Gardena, CA 90247

24/7

96 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.keiai-la.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

New LifeStyles

800-869-9549

4144 N. Central Expressway #1000
Dallas, TX 75204

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

Website: www.newlifestyles.com

Primrose Post-Acute

310-674-4500

515 Centinela Ave.
Inglewood, CA 90302

24/7

68 beds in facility. Accepts Medicare, Medi-Cal, HMOs, and private pay.

Websites: www.primrosepostacute.com

SKILLED NURSING

Providence Little Company of Mary Sub-Acute Care Center

310-732-6700

1322 W. 6th St.
San Pedro, CA 90732

24/7

125 beds in facility. Skilled nursing providing care for patients with tracheostomies and ventilators. For more information call the Resource Center at 888-432-5464. Accepts Medi-Cal, Medicare and all insurance plans.

Website: california.providence.org/sanpedro

Providence Little Company of Mary Transitional Care Center

310-303-5900

4320 Maricopa St.
Torrance, CA 90503

24/7

80-bed short-term facility and rehabilitation center. For more information call the Resource Center at 888-432-5464. Medicare and Medi-Cal accepted.

Website: california.providence.org/torrance

Sunnyside Nursing Center

310-320-4130

22617 S. Vermont Ave.
Torrance, CA 90502

24/7

300 beds providing skilled nursing, custodial and hospice care. Medicare and Medi-Cal accepted.

Website: www.sunnysidenursing.com

Vermont Health Care Center

310-328-0812

22035 S. Vermont Ave.
Torrance, CA 90502

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

Website: none

SKILLED NURSING

West Gardena Post-Acute

310-329-9929

16530 S. Broadway
Gardena, CA 90248

24/7

50 beds in facility. Must qualify for skilled nursing by referral from doctor. Medicare and Medi-Cal accepted.

Website: none

SOCIAL SECURITY

Disability Community Resource Center

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

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 and Employment categories.

Website: www.dcrc.com

Social Security Administration

800-772-1213

TTY 800-325-0778

20000 Mariner Ave., Suite 150
Torrance, CA 90503

M, T, Th, F, 9-4
W, 9-noon

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

Social Security Fraud Hotline

800-269-0271

M-F, 10-4
EST

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

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

TAX ASSISTANCE

Internal Revenue Service

Federal Tax Forms, 800-829-3676
National Tax Payer Advocate Hotline, 877-777-4778
Website: www.irs.gov

L.A. County Treasurer and Tax Collector

888-807-2111

213-974-2111

M-F, 8-5

Kenneth Hahn Hall of Administration
225 N. Hill St.
Los Angeles, CA 90012

Responsible for tax collection and tax law enforcement. Website contains downloadable forms, instructions and publications. To order tax forms and material call 800-829-3676. Live telephone assistance is available M-F, 7 am-10 pm to ask questions, help prepare a tax return and inquire about a notice received.
Website: ttc.lacounty.gov

TRANSPORTATION

Access Services, Inc.

800-827-0829

Services all L.A. County

M-F, 8-5
office hours

Serves the disabled, who cannot board, ride or exit a public bus or train. Wheelchair accessibility. Call for eligibility requirements. There are also services offered by local transportation offices. Operates 7 days a week. Also see Disabilities category.

Website: www.accessla.org

Amtrak

800-872-7245

A passenger railroad service that provides medium and long-distance inter-city rail service in the US and 9 cities in Canada.

Website: www.amtrak.com

Beach Cities Transit

Information – 310-802-7686
Wave dispatch – 310-802-7684
Wave hours daily, 8-4:30

The Wave
1521 Kingsdale
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 free, 7 days a week, M-F, 8-4:30. Lift vehicles available. Transportation is provided within Hermosa and Redondo Beach, as well as satellite locations, which include several health care facilities, El Camino Community College, Social Security office, Providence Little Company of Mary Hospital, and Torrance Memorial Hospital.

Website: www.redondo.org (search “BCT monthly pass” from home page)

Carson Circuit

310-952-1757

M-F, 7 am-10 am
2 pm-5 pm

Bus service in Carson. Standard ride costs \$1. Seniors 60 yrs. and older are free. Call for route information and hours. Connects to other South Bay services.

Website: www.ci.carson.ca.us (click on “Residents” link at top of home page and click on “Transportation.”)

TRANSPORTATION

Carson Dial-a-Ride

310-835-0212

Ext. 1401

M-Th, 8-5

Services residents of Carson seniors 60 years and older, and/or disabled. Provides taxi cards for rides within the city and satellite destinations.

Website: www.ci.carson.ca.us (click on “Residents” link at top of home page and click on “Transportation.”)

Department of Motor Vehicles (DMV)

800-777-0133

1785 W. 220th St.
Torrance, CA 90501

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

Issues drivers and vehicle licenses and identification cards. Torrance location is south of Carson St. near Abalone. For faster service, call for appointment or use website. Other locations: Hawthorne, 3700 W. El Segundo Blvd., San Pedro, 1511 N. Gaffey St. Also see Advocacy category listing DMV Senior Driver Ombudsman Program.

Website: www.dmv.ca.gov

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

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 (Alondra 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 (search “special transit” from home page.)

TRANSPORTATION

Hermosa Beach Dial-a-Taxi

Office 310-318-0251
Office hours M-Th, 7 am to 6 pm
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) until it meets Crenshaw Blvd. Taxi service operates 24 hours. TO order service call 800-829-4378. 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.hermosabeach.gov<http://www.hermosabch.org/> (go to “service” 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 residents of Lawndale age 60 and over, and/or disabled. 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-hour advance notice is required (Monday through Friday only).

Website: www.lawndalecity.org

Lomita Dial-A-Ride

310-325-7110

Ext. 102

24300 Narbonne Ave.
Lomita, CA 90717

M-Th, 7:30-5:30
Alternate Fridays 8-5

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

TRANSPORTATION

Lomita Dial-A-Taxi

24300 Narbonne Ave.
Lomita, CA 90717

310-325-7110

Ext. 102

M-Th, 7:30-5:30

Alternate Fridays 8-5

Lomita residents who are disabled/wheelchair bound. No age restriction. Service to Lomita and Torrance and several South Bay medical facilities and colleges. Swipe card system used.

Website: www.lomita.com

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

For Manhattan Beach residents is offered curb to curb transportation service for seniors 55 years and older and/or disabled of any age, within city boundaries, and designated satellite locations in Hermosa Beach, Redondo Beach, and Torrance.

Website: www.citymb.info (search for “dial a ride” from home page.)

Metropolitan Transit Authority (MTA)

323-466-3876

One Gateway Plaza
Los Angeles, CA 90012-2952

M-F, 5 am-9 pm

Sat/Sun, 6:30 am-7 pm

Information on a Metro System offering 200 bus lines and 4 rail lines. For senior-disabled discount, call 213-680-0054, the Reduce Fare Office, M-F, 8-4. Riders with hearing or speech impairments, use the CA Relay Service, 711, and then dial phone number you need. Wheelchair Lift Hotline: 800-621-7828. Frequent bus riders should obtain a TAP card. Metro Rail only accepts TAP cards. Information available for the counties of L.A., Orange, Riverside, San Bernardino, and Ventura. Operating hours, M-F, 6 am - 8:30 pm, Sat/Sun, 8 am-6 pm.

Website: www.commutessmart.info (route information)

Website: www.metro.net (using the Metro system)

Website: www.metro.net/riding/senior-tips (senior tips for riding Metro)

TRANSPORTATION

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 62 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 persons 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/

Torrance Community Transit Program

Torrance City Hall, West Annex
3031 Torrance Blvd.
Torrance, CA 90503

310-618-2536
M-F, 10-noon, 1-5
Closed alternate Fridays

Torrance Transit System (TTS) serves the public in the South Bay region of Los Angeles County. It operates a fleet of buses serving Torrance and neighboring cities as well as connecting with county wide Metro bus and rail systems. All Torrance buses are equipped with wheelchair ramps. A volunteer staff service is available to help navigate the first trip. Supplemental taxi programs are provided for disabled and senior residents.

Website: TorranceCA.gov/Transit

TRANSPORTATION

Torrance Dial-A-Taxi Service

310-618-2536

Torrance City Hall, West Annex
3031 Torrance Blvd.
Torrance, CA 90503

M-F, 10-noon, 1-5
Closed alternate Fridays

Dial-A-Taxi provides service for disabled citizens who are unable to access regular modes of public transportation. Ticket price is \$1 regardless of income. Tickets have a value of \$13 and cover a ride up to 3 miles. Any ride over \$13 participants pay the difference; multiple tickets okay. Tickets can be used for travel outside of Torrance boundaries. Call to determine eligibility. Torrance taxi tickets are loaded on a “Swipe” card. Your picture, name and account number are visible on the card and can only be used by that person, but a caregiver or partner can ride free with you. Hand the card to the cab driver to redeem your ticket(s). Tickets expire 90 days after acquired and cannot be carried forward or otherwise redeemed. For Torrance residents living east of Western Avenue specialty transportation services are provided by Wilmington Transportation Department. For information call: 310-518-4533. Website: TorranceCA.Gov/Transit. Scroll to page bottom and click on senior taxi & dial-a-taxi program hot button at bottom of page.

Torrance Senior Taxi Service

310-618-2536

Torrance City Hall, West Annex
3031 Torrance Blvd.
Torrance, CA 90503

M-F, 10-noon, 1-5
Closed alternate Fridays

Torrance Senior Taxi Service is for residents 65 yrs. or older who reside west of Western Avenue. First time riders must register in person at the City Hall West Annex Transit Center. Taxi tickets are offered on a sliding scale based on household income; \$1, \$3, or \$5; all tickets have a value of \$13 and cover a ride up to 3 miles. To register bring proof of age, residency (utility bill), and income tax return if applying for discounted ticket pricing. Any ride over \$13 participants pay the difference; multiple tickets okay. Tickets can be used for travel outside of Torrance boundaries. Torrance taxi tickets are loaded on a “Swipe” card. Your picture, name and account number are visible on the card and can only be used by that person, but a caregiver or partner can ride free with you. Hand the card to the cab driver to redeem your ticket(s). Tickets expire 90 days after acquired and cannot be carried forward or otherwise redeemed. To inquire about taxi tickets balance on the swipe card call 855-932-4245. For Torrance residents living east of Western Avenue specialty transportation services are provided by Wilmington Transportation Department. For information call: 310-518-4533. Website: TorranceCA.Gov/Transit. Scroll to bottom of page and click on senior taxi & dial-a-taxi program hot button at bottom of page.

TRANSPORTATION

Torrance 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

Wilmington Multipurpose Senior Center

310-518-4533

1371 Eubank Ave.

M-F, 8-4:30

Wilmington, CA 90744

Transportation for Wilmington, San Pedro and Harbor City residents who are 60 years and older or disabled. Van services zips: 90744, 90731, 90732, 90710, 90501, 90502 (east of Western Ave, Torrance). Information on CITYRIDE and L.A. City transport program (Para-transit) available by calling Maribel in the Transportation Department. Payment for the services is only cash. Also see Case Management, Legal, Meals and Nutrition and Senior Centers categories.

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

VETERANS

1736 Family Crisis Center

424-772-5668

213-745-6434

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 Los Angeles and Orange County. Call for an eligibility screening over the phone.

Website: www.1736familycrisiscenter.org

Amada Senior Care

310-953-0440

3812 Sepulveda Blvd., Suite 200

Torrance, CA 90505

M-F, 8:30-5:30

On call 24/7

As a contractor with the Veterans Administration, Amada Senior Care provides VA subsidized in-home care to veterans who can qualify for these benefits. They will conduct a complimentary assessment of eligibility under both the Aid and Attendance Homemaker/Home Health programs and guide you through the process of getting the Veterans Administration to pay for services to assist with personal care, errands, light housekeeping, etc. Amada will help qualify for the benefit and provide the caregivers who assist you. Also see the In-Home Services category.

www.amadaseniorcare.com

VETERANS

California Department of Veterans Affairs

213-620-2755

Los Angeles District Office
11000 Wilshire Blvd., #5203
Los Angeles, CA 90024

M-Th, 8-3:30
F, 8-noon

Provides California veterans and their families with compensation and pension benefits, beneficial opportunities through low-cost loans, and rehabilitative, residential, and medical care and services at the California Veterans Homes.

Veterans Affairs resources:

Education Assistance 888-442-4551

Veterans Health Administration 877-222-8387

Homeless Vets Hotline 877-424-3838

VA Insurance Services 800-669-8477

Dept. of Veterans Affairs Telephone Assistance Service 800-827-1000

Women Veterans 855-829-6636, 8 am-10 pm EST Mon-Sat

All other benefits, press #3 for pensions, disability compensation, education, G.I. Bill, home loan, insurance and more.

Website: www.calvet.ca.gov

Century Villages at Cabrillo

562-388-8000

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. For housing appointments call 562-388-8000.

Website: www.centuryvillages.org

VETERANS

Defense Finance and Accounting Services (DFAS)

800-321-1080

Customer Care Center

M-F, 8-5
EST

DFAS provides finance, accounting, and annuity payment services for veterans and their dependents including survivor benefits. The survivor benefit plan provides eligible beneficiaries with a monthly payment based on a percentage of the deceased retiree's pay. For eligibility and related personal questions contact the agency directly. For general information access the website.

Website: www.dfas.mil

Employment Development Department

310-782-2101

1220 Engracia Ave.
Torrance, CA 90501

M-F, 8-5

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

Website: www.edd.ca.gov

First Light Home Care

424-704-5330

3655 Torrance Blvd., #300
Torrance, CA 90503

M-F, 9-5

Veteran and minority owned agency knowledgeable on VA benefits and their surviving spouse including Veterans Aid and Attendance program. Open 24/7 for consultation. Free in-home assessment available. Also see Case Management and In-Home Services categories.

Website: www.firstlighthomecare.com

VETERANS

Geriatric Solutions Unlimited

310-403-3499

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

24/7

Specializes in providing personalized free resources and information to seniors and families looking for alternative options in transitioning their loved one. Assists 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 veterans Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate, and assess care needs, establish location which is comfortable for client and family. Establish client's social and personal interests 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, Case Management, Board and Care, and Retirement categories.

Website: www.freeseniorplacements.com

Harbor Gateway Workforce Investment Network

310-732-5700

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

M-Th, 7-6

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

Website: www.pacific-gateway.org/veterans

VETERANS

JVS Veterans First

310-309-6000

Jewish Vocational Service of Los Angeles
5448 Sepulveda Blvd.
Culver City, CA 90230

M-F, 8-5

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

Website: www.jvs-socal.org

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, Health Services, and Hotline/Urgent categories.

Website: www.dmh.lacounty.gov

Legal Aid Foundation of Los Angeles

800-399-4529

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

M-F, 9-12

Free civil legal aid for low-income individuals in L.A. County. Offers a variety of legal help including defense against unjust evictions, restraining and custody orders for domestic violence survivors, assistance with obtaining or restoring government benefits, and a variety of services for military veterans. Also see Legal category.

Website: www.lafla.org

VETERANS

Mental Health America of L.A.

562-285-1330

200 Pine Ave., Suite 400
Long Beach, CA 90802

M-F, 9-5

Helps individuals with mental health needs, including transition-age youth, veterans, and their families and those who may be struggling with homelessness. Also see Health Services category.

Website: www.mhala.org

National Coalition for Homeless Veterans

800-838-4357

1730 M Street NW, #705
Washington, DC 20036

M-F, 9-5 EST

Veterans in Crisis - 800-838-4357

After 5 pm call 911

The organization is the resource and technical assistance center for a national network of community-based service providers and local, state and federal agencies that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support for homeless veterans.

Website: www.nchv.org (click on "Help for veterans" tab at top of home page, then select Locate Organization).

National Organization of Veterans' Advocates

202-587-5708

1775 Eye Street NW, Suite 1150
Washington, D.C. 20006

M-F, 9-5

A non-profit group that maintains an excellent directory of lawyers who practice veteran's law. The easy-to-navigate directory is organized by state. See also Legal category.

Website: www.vetadvocates.org

VETERANS

Public Counsel

610 S. Ardmore Ave.
Los Angeles, CA 90005

800-870-8090

213-385-2977

M-F, 9-5:15

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 Monday and Wednesday 10-12, 2-4 pm. Appointment required, and no walk-ins accepted. Also see Legal category.

Website: www.publiccounsel.org

Social Security Administration

20000 Mariner Ave., Suite 150
Torrance, CA 90503

800-772-1213

TTY 800-325-0778

M, T, Th, F, 9-4

W, 9-noon

Information and referral on Social Security, Medicare, SSI and retirement benefits for seniors, survivors, and disability insurance. Also see Hotline/Non-urgent category.

Website: www.ssa.gov

VETERANS

South Bay Professional Association

310-782-2164

1220 Engracia Ave.
Torrance, CA 90501

M, 9-noon
W, 10-noon

Operated by the state of California, provides job search workshops, a resource center, counseling, and skills to return to the workplace. 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 Education category.

Website: www.sbpa-la.org

U.S. Veterans Center, Gardena

310-767-1221

Gardena Medical Plaza
1045 W. Redondo Beach Blvd., Suite 150
Gardena, CA 90247

M, Tu, Th, 8-8
W, F, 8-4:30

Counseling for veterans. After hours, weekends and holidays call 877-927-8387.

Website: www.va.gov (search "Los Angeles Vet Center" from home page.)

V.A. Caregiver Support Line

855-260-3274

5 am-5 pm PST

Assistance in finding the appropriate support services for the veteran.

Website: www.caregiver.va.gov

V.A. Long Beach Health Care System

562-826-8000

5901 E. 7th Street
Long Beach, CA 90822

M-F, 8-4

A teaching hospital providing full range of patient care services as well as education and research. Telephone prompts are given for prescription refills and medicine questions, appointments, or nurse calls, applying for V.A. healthcare or eligibility and contacting community-based outpatient clinics.

Website: www.longbeach.va.gov

VETERANS

V.A. Greater Los Angeles Healthcare System

310-478-3711

Ext. 49711

11301 Wilshire Blvd.
Los Angeles, CA 90073

M-F, 8-4

Services provided for veterans: homeless programs, health care services, transitional housing programs, benefits counseling, and mental health outpatient care. Contact Juma Rafiki, a veteran's outreach worker, for questions and assistance.

Website: www.losangeles.va.gov/

Veterans Affairs, California Department of

800-952-5626

Cal Vet Program
Federal Building
11000 Wilshire Blvd.
Los Angeles, CA 90024

M-F, 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.calvet.ca.gov

Veterans Crisis Line

800-273-8255

Ext. 1

Suicide Prevention Hotline

24/7

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

Website: www.veteranscrisisline.net

VOLUNTEERING

American Red Cross

562-595-6341

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

CPR, First Aid, and instruction in disaster preparedness. Also see Education and Health Services categories.

Website: www.redcross.org

Beach Cities Health District

310-374-3426

Ext. 256

M-F, 9-5

514 N. Prospect Ave., 1st floor
Redondo Beach, CA 90277

Volunteers needed for the wellness programs, Conversation Companions, Peer Counseling Program, Errand Volunteer Program, support line, Move-Well in-home exercise program, community events, fitness programs, office help, and working with children. Also see Case Management, Education and Health Services categories.

Website: www.bchd.org

Focal Point on Aging

310-320-1300

1339 Post Ave.
Torrance, CA 90501

M-F, 9-12

Provides free information and referrals for services in the community for seniors, caregivers, and family members. Volunteer commitment is a 3 hour shift each week.

Website: www.torranceca.gov/focalpoint

James Armstrong Theatre

310-618-6339

3330 Civic Center Drive
Torrance, CA 90503

Volunteers needed to serve as ushers and ticket takers.

Website: <http://arts.torranceca.gov/our-city/general-services/cultural-arts/james-r-armstrong-theatre>

VOLUNTEERING

Providence Little Company of Mary Medical Center, Torrance

310-303-5805

4101 Torrance Blvd.
Torrance, CA 90503

Wide range of volunteer opportunities throughout the hospital and its affiliated sites.
Website: www.providence.org/southbay

South Coast Botanic Garden

310-544-1847

26300 Crenshaw Blvd.
Palos Verdes Peninsula, CA 90274

7 days, 9-5

Volunteers needed as tour guides, garden maintenance jobs, gift shop, and craft workshops.

Website: www.southcoastbotanicgarden.org

South Bay Literacy Council

310-373-7003

18436 Hawthorne Blvd., Unit 110
Torrance, CA 90504

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

Torrance Memorial Medical Center

310-325-9110

Ext. 4752

3330 Lomita Blvd.
Torrance, CA 90505

A variety of volunteer positions available at the medical center all days and times. Orientation is conducted five times per year and training is provided.

Website: www.torrancememorial.org

VOLUNTEERING

Torrance Volunteer Programs

310-618-5965

Volunteers participate in many city programs, working 4 to 40 hours a week in a variety of jobs such as City Cable, Finance, Fire Department, General Services, Library, Community Services Department, Police Department, Madrona Marsh, sports programs, cultural arts center, and street services.

Website: www.torranceca.gov/our-city/volunteering

Torrance YMCA

310-325-5885

2900 W. Sepulveda Blvd.
Torrance, CA 90505

Volunteer positions available.

Website: www.ymcala.org

Volunteer Center

310-212-5009

1230 Cravens Ave.
Torrance, CA 90501

Serves South Bay, Harbor, and Long Beach areas. Will provide volunteer referral to over 600 agencies.

Website: volcenter.org

APPENDIX: Successful Aging Reading List

Becoming a Life Change Artist: 7 Creative Skills to Reinvent Yourself at Any Stage of Life by Fred Mandell and Kathleen Jordan (Avery, 2010).

Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age by Jo Ann Jenkins, (Public Affairs, 2016)

Don't Retire, Rewire by Jerry Sedlar and Rick Miner (Penguin 2003). Updated paperback version: *Don't Retire, Rewire, Second Edition* (2008).

Encore: Find Work That Matters in the Second Half of Life by Marc Freedman (Public Affairs, 2007).

Essential Retirement Planning for Solo Agers: A retirement and aging roadmap for single and childless adults by Sara Zeff Geber, (Mango Publishing, 2018)

Getting Good at Getting Older by Richard Siegel and Rabbi Laura Geller, (Behrman House, 2019)

Great Jobs for Everyone 50+ by Kerry Hannon (John Wiley & Sons, 2012)

How to Live Forever; The enduring power of connecting the generations by Marc Freedman, (Public Affairs, 2018)

Legacies of the Heart: Living a Life that Matters by Meg Newhouse. (Ebook Bakery 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).

Money Confidence: Really Smart Financial Moves for Newly Single Women by Kerry Hannon, (Post Hill Press, 2017)

Prime Time: How Baby Boomers Will Revolutionize Retirement and Transform America by Marc Freedman (Public Affairs, 1999).

Project Renewment: The First Retirement Model for Career Women by Bernice Bratter and Helen Dennis (Scribner, 2008).

APPENDIX: Successful Aging Reading List

Second Wind: Navigating the Passage to a Slower, Deeper and More Connected Life by Bill Thomas, M.D. (Simon & Schuster, 2014).

The Big Shift - Navigating the New Stage Beyond Midlife by Marc Freedman (Public Affairs, 2011).

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 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 Upside of Aging: How Long Life is Changing the World of Health, Work, Innovation, Policy & Purpose by Paul Irving (Wiley, 2014).

Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder by Arianna Huffington (Harmony, 2014).

Wisdom@Work: The making of a modern elder by Chip Conley (Crown Publishing Group, 2018)

Your Life Calling: Reimagining the Rest of Your Life by Jane Pauley (Simon & Schuster, 2014)

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