



Prepared by the
Focal Point Volunteer Staff

June 2026-2027

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 can be reached by phone at (310) 320-1300. Office hours are Monday through Friday, 9 a.m. to noon. For questions or additional information, please call the Focal Point office.

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, several 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

(213) 351-5401

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 and serving L.A. County. Also see Advocacy and Hotline/Urgent categories.

Website: wdacs.lacounty.gov (Search for “APS” or “adult protective services” from home page)

Bureau of Victim Services

(800) 380-3811

Torrance (310) 222-3599

M-F, 8:00 a.m.-5:00 p.m.

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

(800) 339-3940

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) 477-3646
1-877-4-R-SENIORS
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

(800) 334-9473

Wise and Healthy Aging
4300 Long Beach Blvd., Suite 440
Long Beach, CA 90807

M-F, 8:30 a.m.-5:00 p.m.

Provides advocacy for individuals residing in long term care facilities such as skilled nursing facilities and residential care facilities for the elderly (aka assisted living) 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.wiseombudsman.org

ABUSE

National Council on Alcoholism and Drug Dependence

(310) 328-1460

1334 Post Ave.
Torrance, CA 90501

M-F, 8:30 a.m.-5:00 p.m.

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: bhs-inc.org

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 and serving L.A. County. Also see Abuse, Hotline/ Urgent categories. Website: wdacs.lacounty.gov (Search for “APS” or “adult protective services” from home page)

Asian Community Service Center

(310) 217-7300

441 E. Carson St
Carson, Ca 90745

M-F, 8:00 a.m.-7:30 p.m.

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. Also see Health Services category
Website: wdacs.lacounty.gov/venue/asian-community-service-center/

Bureau of Victim Services

(800) 380-3811

Torrance (310) 222-3599

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

M-F, 8:00 a.m.-5:00 p.m.

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

CANHR
1803 6th St.
Berkeley, CA 94710

M-F, 9:00 a.m.-5:00 p.m.

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

Rolling Hills Plaza Office
2601 Airport Dr., Suite 100
Torrance, CA 90505

M-Th, 9:00 a.m.-5:00 p.m.
F, 9:00 a.m.-1:00 p.m.

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.cscsouthbay.org

Center for the Pacific-Asian Family

(800) 339-3940

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

24/7

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

Website: www.nurturingchange.org

ADVOCACY

Commerce Health

(877) 588-1123

P.O. Box 2687
Virginia Beach, VA 23450

M-F, 9:00 a.m.-5:00 p.m.
Sat, Sun, 10:00 a.m.-4:00 p.m.

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. Also see Complaints category.

Website: www.commercehealthq10.cms.gov

Commission for Accreditation of Rehabilitation Facilities

(888) 281-6531

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

M-F, 8:00 a.m.-4:30 p.m.

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 27170
Washington, DC 20038

M-F, 8:00 a.m.-8:00 p.m.
ET

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

Website: www.consumerfinance.gov

ADVOCACY

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

(213) 974-1452
800-593-8222

320 W. Temple St., Room G10
Los Angeles, 90012

M-Th, 8:30 a.m.-4:30 p.m.
Closed noon-1 p.m.

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 a.m.-4:30 p.m. Contact the main office for urgent issues: (800) 593-8222. Also see Complaints and Legal categories.

Website: dcba.lacounty.gov

Disability Community Resource Center

(310) 390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9:00 a.m.-5:00 p.m.

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.co

Disability Rights California

(800) 776-5746

(213) 213-8000

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

M- F, 9:00 a.m.-5:00 p.m.

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

Website: www.disabilityrightsca.org

ADVOCACY

DMV Senior Driver Ombudsman Program

(833) 493-0675

M-Sat, 8:00 a.m.-5:00 p.m.

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.

Website: www.dmv.ca.gov/portal (Search “senior ombudsman program”)

Eldercare Locator

(800) 677-1116

M-F, 9:00 a.m.-8:00 p.m.
ET

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: eldercare.acl.gov

Family Caregiver Alliance

(800) 445-8106

235 Montgomery, Suite 930
San Francisco, CA 94104

M-F, 9:00 a.m.-5:00 p.m.

Provides information, education, and support for family caregivers, including fact sheets, online discussion groups, Tele-Caregiving workshops, and personal stories. Many resources available in Spanish, Chinese, Vietnamese, and Tagalog. Also see Alzheimer’s category.

Website: www.caregiver.org

ADVOCACY

Fiduciaries Bureau, Professional

(916) 574-7340

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

M-F, 8:00 a.m.-5:00 p.m.

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

Website: www.fiduciary.ca.gov

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/grandparentasparents

Hearing Aid Help Line

(866) 479-1519

M-F, 8:00 a.m.-5:00 p.m.
ET

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, 9:00 a.m.-5:00 p.m.

Provides health insurance counseling, advice on HMOs, medical claims, and comparisons of private medical and Medicare supplemental plans. Consultations are only by appointment. Also see Complaints, Health Services, and Insurance categories.

Website: www.cahealthadvocates.org

ADVOCACY

Housing Rights Center

(800) 477-5977

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

M-F, 8:30 a.m.-5:00 p.m.

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 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 Wednesday, 11:00 a.m. to 1:00 p.m. Please call to confirm the clinic is open. Also see Legal category.
Website: www.housingrightscenter.org

Little Tokyo Service Center

(213) 473-3035

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

M-F, 9:00 a.m.-5:00 p.m.

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

Long Term Care Ombudsman

(800) 334-9473

Wise and Healthy Aging
4300 Long Beach Blvd., Suite 440
Long Beach, CA 90807

M-F, 8:30 a.m.-5:00 p.m.

Provides advocacy for individuals residing in long term care facilities such as skilled nursing facilities and residential care facilities for the elderly (aka assisted living) 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, Complaints, and Hotline/Urgent categories.
Website: www.wiseombudsman.org

ADVOCACY

Medi-Cal Managed Care and Mental Health Ombudsman Office

(888) 452-8609

M-F, 8:00 a.m.-5:00 p.m.

Helps families to solve problems from a neutral standpoint to ensure Medi-Cal members health and county mental health care plans receive all medically necessary covered services that cannot be resolved by the Department of Public Social Services. Also see Complaints, Hotline/Urgent and Insurance categories.

Website: www.dhcs.ca.gov

Mobile home Assistance Center

(800) 952-5275

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

M-F, 9:00 a.m.-11:30 a.m.
Sat, Sun, 1:30 p.m.-4:00 p.m.

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

National Alliance on Mental Illness (NAMI)

(310) 533-0705

P.O. Box 5295
Torrance, CA 90501

M-F, 10:00 a.m.-10:00 p.m.

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, 9:00 a.m.-5:00 p.m.
ET

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

(714) 479-0107

2 Executive Circle, Suite 174
Irvine, CA 92614

M-F, 8:00 a.m.-5:00 p.m.
Helpline (800) 794-6559

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 a.m.-5:15 p.m.

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: bhs-inc.org

ADVOCACY

National Hospice and Palliative Care Organization

(800) 658-8898

1731 King St., Suite 100
Alexandria, VA 22314

M-F, 8:30 a.m.-5:30 p.m.
ET

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

(800) 896-3202

M-F, 9:00 a.m.-noon
1:00 p.m.-5:00 p.m.

Neighborhood Legal Services is one of the community-based programs 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. Other services include: housing, public benefits, immigration, workers' rights, medical-legal partnerships, consumer debt, bankruptcy and provide legal workshops and clinics. Also see Legal and Health Services categories.

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

Senior Medicare Patrol

(855) 613-7080

M-F, 9:00 a.m.-4:00 p.m.

Empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling and education. The SMP is a grant funded project of the federal U.S. Department of Health and Human services. Also see Health Services category.

Website: www.smpresource.org

ADVOCACY

SHARE! The Self-Help and Recovery Exchange

(310) 846-5270

(310) 305-8878

6666 Green Valley Circle
Culver City, CA 90230

Daily 1:00 p.m.-6:00 p.m.

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. Also see Education category.
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, 8:00 a.m.-5:00 p.m.

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 provides tips for purchasing hearing aids. Also see Disabilities category.
Website: www.speechandhearing.ca.gov

Stillman Sawyer Family Services Center

(310) 835-1986

820 Lomita Blvd.
Harbor City, CA 90710

M, W, F, 9:00 a.m.-4:00 p.m.

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. Areas served are Carson, Harbor City, Lomita, Palos Verdes, Torrance, and Wilmington. Also see Emergency Shelter/Food Programs and Hotline/urgent categories.
Website: stillmansawyercenter.salvationarmy.org

ADVOCACY

USC Family Caregiver Support Center

(800) 540-4442

3715 McClintock Ave.
Los Angeles, CA 90089

M-F, 8:30 a.m.-5:00 p.m.

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.losangelescrc.usc.edu

ALZHEIMER'S

Alternatives for Seniors

(323) 650-7988

2029 Century Park E, #4393
Los Angeles, CA 90067

24/7

Provides a senior housing and services resource publication. The magazine includes day care, hospice, retirement communities, independent and assisted living, residential care, Alzheimer's/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

371 Van Ness Way, Suite 200
Torrance, CA 90501

M-F, 9:00 a.m.-6:00 p.m.

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

Alzheimer's Association 24/7 Helpline

(800) 272-3900

24/7

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

ALZHEIMER'S

Alzheimer's Los Angeles

(323) 938-3379

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

M-F, 8:30 a.m.-5:00 p.m.

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.alzheimersla.org

Alzheimer's Disease Education and Referral Center (ADEAR)

(800) 438-4380

National Institute on Aging
P.O. Box 8057
Gaithersburg, MD 20898

M-F, 8:30 a.m.-5:00 p.m.
ET

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.adear@nia.nih.gov

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, 8:00 a.m.-5:00 p.m.

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

Alzheimer's Store

(800) 752-3238

P.O. Box 1242
Stroudsbury, PA 18360

M-F, 9:00 a.m.-5:00 p.m.
ET

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 by 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

Brittany House Care LLC

(562) 421-4717

5401 E. Centralia St.
Long Beach, CA 90808

M-Sat, 8:00 a.m.-8:00 p.m.

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.brittanyhouse.com

ALZHEIMER'S

C&C Adult Day Health Care Center

(310) 354-0031

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

M-F, 8:00 a.m.-4:30 p.m.

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. Languages spoken English, Filipino and Spanish. Also see Day Care category.

Website: www.ccadultdayhealthcare.com

Camino Health Care

(310) 675-3304

13922 Cerise Ave.
Hawthorne, CA 90250

M, W, Th, 8:00 a.m. -5:00 p.m.
Tu, 8:00 a.m.-8:00 p.m.

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

Website: www.caminohealthcare.net

Canterbury, The

(877) 727-3213

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

Carson Adult Day Health Care Center

(310) 522-3860

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

M-F, 8:00 a.m.-4:00 p.m.

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

Website: www.carsonadhc.com

ALZHEIMER'S

Carson Senior Assisted Living Center

(310) 830-4010

345 E. Carson St.
Carson, CA 90745

M-F, 9:00 a.m.-5:30 p.m.

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-Sun, 8:00 a.m.-4:30 p.m.
Office hours

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

Clearwater at South Bay

(424) 488-6340

3210 W. Sepulveda Blvd.
Torrance, CA 90503

24/7

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

ALZHEIMER'S

Easter Seals Redondo Senior Program

(310) 214-6963

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

M-F, 8:30 a.m.-4:30 p.m.

Day care for people 60 years or older who have memory impairments or physical disabilities, or the frail, older adult who needs socialization. Classes for participants. Also see the Day Care category.

Website: www.easterseals.com/southernca (Search "senior service center")

El Camino Adult Day Health Care Center

(310) 679-7624

15429 Crenshaw Blvd., Suite D
Gardena, CA 90249

M-F, 8:00 a.m.-2:00 p.m.

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. English and Spanish spoken. Also see Day Care category.

Website: www.elcaminoadhc.com

Family Adult Day Health Care Center

(310) 602-0123

2280 Lomita Blvd.
Lomita, CA 90717

M-F, 9:00 a.m.-3:00 p.m.

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, and Chinese spoken. Also see Day Care category.

Website: None

ALZHEIMER'S

Family Caregiver Alliance

(800) 445-8106

235 Montgomery St., Suite 930
San Francisco, CA 94104

M-F, 9:00 a.m.-5:00 p.m.

Provides information, education, and support for family caregivers, including fact sheets, online discussion groups, Tele-Caregiving workshop, and personal stories. Many resources available in Spanish, Chinese, Vietnamese, and Tagalog. 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, 9:00 a.m.-3:00 p.m.

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: cityofgardena.org/day-care-center/

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

ALZHEIMER'S

Get Together Adult Day Health Care

(310) 965-0110

16636 Crenshaw Blvd.
Torrance, CA 90504

M-F, 9:00 a.m.-5:00 p.m.

Day care program offering medical monitoring and therapeutic supervision. Activities include field trips, therapeutic exercises, games, arts and crafts, and gardening. Transportation can be arranged. Delicious meals and snacks. Languages spoken Cantonese, Japanese, Mandarin, Spanish, Russian, Tagalog, and Ukrainian. Also see Day Care category.

Website: www.adhc.net

Glen Park Senior Living

(562) 432-7468

1046 E. Fourth St.
Long Beach, CA 90802

M-Sun, 8:00 a.m.-5:00 p.m.

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 director, chapel with non-denominational services, and an internet/computer room. Also see Retirement category.

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

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

ALZHEIMER'S

Ivy Park at Palos Verdes

(310) 377-7425

25535 Hawthorne Blvd.
Torrance, CA 90505

8:00 a.m.-7:00 p.m.
7 days

A senior living community for 62 years and older offering assisted living and memory care. Provided are wellness services, three meals a day, activities, weekly housekeeping, laundry, and transportation. Community offers a bistro, patio, garden, beauty parlor and covered parking. Staff on site 24/7 to assist residents. Also see Retirement category.
Website: www.ivyliving.com/pv

Lifestyles ADHC

(424) 292-3480

14627 S. Western Ave.
Gardena, CA 90249

M-F, 8:30 a.m.-2:30 p.m.

Provides a safe, stimulating, and dignified environment that nourishes the mind, body, and spirit of all participants. Medi-Cal individuals qualify. Services: care planning, therapeutic activity program, social services, self-care training, transportation, and breakfast, lunch, and snacks. Cities served are Gardena, Hawthorne, Torrance, Carson, El Segundo, Lawndale, Inglewood, El Camino, Rancho Dominguez, and Lomita. Also see Day Care category.
Website: lifestylesadhc.com

MedicAlert Foundation

(800) 432-5378

2016 N. Monte Vista Ave.
Turlock, CA 95382

M-F, 6:00 a.m.-4:30 p.m.

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 and Identification categories.

Website: www.medicalert.org/

Merrill Gardens of Rolling Hills Estates

(424) 500-4869

627 Silver Spur Road
Rolling Hills Estates, CA 90274

A luxury senior living community for 65 yrs. and older located in the heart of the Peninsula, offering assisted living and memory care services. The community has 114 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

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: oakmontseniorliving.com/torrance

Return Home Registry (Torrance)

(310) 618-6391

M-Th, 8:00 a.m.-5:00 p.m.

(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 Disabilities and Hotline/Urgent categories.

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

Silverado Hospice

(818) 848-4048

(888) 328-6622

15821 Ventura Blvd., Suite 515
Encino, CA 91436

M-F, 8:00 a.m.-5:00 p.m.

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

ALZHEIMER'S

Silverado Live Chat and Hotline

Beach Cities (310) 896-3100

Rolling Hills (424) 488-0593

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

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 as well as physical, occupational, and speech therapies. Pets are welcomed.

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.)

USC Family Caregiver Support Center

(800) 540-4442

3715 McClintock Ave.

Los Angeles, CA 90089

M-F, 8:30 a.m.-5:00 p.m.

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.losangelescrc.usc.edu

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: <http://vermonthc.com>

WellPath Partners, LLC

(562) 248-2888

3950 Long Beach Blvd., Suite 205
Long Beach, CA 90807

24/7

WellPath Partners is a senior referral and resource agency. It was founded on the principle that older adults deserve access to the best possible care throughout their golden years. Placement services are offered in assisted living communities, residential board and care homes, Alzheimer's and dementia facilities, and independent living communities. Also offered are financial and real estate services including annuities, life insurance, retirement planning, long term care, and final expenses. WellPath strives to be an advocate that cares, comforts, and offers compassion to their clients. Areas served are L.A. and Orange counties. Also see Board and Care and Retirement categories.

Website: www.wellpathpartners.com

ANIMALS

Animal Care and Control

(310) 523-9566

216 W. Victoria St.
Gardena, CA 90248

24/7

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, 8:00 a.m.-4:00 p.m.

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, 8:00 a.m.-5:00 p.m.

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

Sat-Wed, 11:00 a.m.-3:00 p.m.

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, 9:00 a.m.-4:00 p.m.

Wellness Clinic, Sun, 9:00 a.m.-5:00 p.m.

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.

Vaccines are available M-Sun, 9:00 a.m.-3:45 p.m. Must make appointment for spay, neuter and Wellness clinic.

Website: www.snpla.org

Torrance Animal Control

(310) 618-3850

2200 Jefferson St.
Torrance, CA 90501

M-F, 8:00 a.m.-5:00 p.m.

Picks up every day 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. Online provides animal licensing and filing of complaints for the city of Torrance. For individuals qualifying for City Utility User's Tax Exemption, the total income may not exceed \$36,450/year. Persons must be 65 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. Also see Discounts category.

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, 7:30 a.m.-6:00 p.m.
Sat, 8:00 a.m.-4:00 p.m.

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

Website: www.westernvetgroup.com

BOARD AND CARE

Alternatives for Seniors

(323) 650-7988

2029 Century Park E, #4393
Los Angeles, CA 90067

Provides a senior housing and services resource publication. The magazine includes day care, hospice, retirement communities, independent and assisted living, residential care, Alzheimer's/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

371 Van Ness Way, Suite 200
Torrance, CA 90501

M-F, 9:00 a.m.-6:00 p.m.

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

Amada Senior Care

(310) 953-0440

3812 Sepulveda Blvd., Suite 200
Torrance, CA 90505

M-F, 8:00 a.m.-5:00 p.m.

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.amadalongbeach.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

New LifeStyles

(800) 869-9549

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

WellPath Partners, LLC

(562) 248-2888

3950 Long Beach Blvd., Suite 205
Long Beach, CA 90807

24/7

WellPath Partners is a senior referral and resource agency. It was founded on the principle that older adults deserve access to the best possible care throughout their golden years. Placement services are offered in assisted living communities, residential board and care homes, Alzheimer's and dementia facilities, and independent living communities. Also offered are financial and real estate services including annuities, life insurance, retirement planning, long term care, and final expenses. WellPath strives to be an advocate that cares, comforts, and offers compassion to their clients. Areas served are L.A. and Orange counties. Also see Alzheimer's and Retirement categories.
Website: www.wellpathpartners.com

CASE MANAGEMENT

Always Best Care Senior Services

(310) 792-8666

371 Van Ness Way, Suite 200
Torrance, CA 90501

M-F, 9:00 a.m.-6:00 p.m.
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 In-Home Services categories.

Website: www.alwaysbestcare.com

Amada Senior Care

(310) 953-0440

3812 Sepulveda Blvd., Suite 200
Torrance, CA 90505

M-F, 8:00 a.m.-5:00 p.m.
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.amadalongbeach.com

Arosa Care Management

(424) 600-8362

2447 Pacific Coast Highway, Suite 200
Hermosa Beach, CA 90254

24/7

Care managers are certified in nursing, gerontology, social work, mental health, and related fields. Their service includes advocacy, transition support for living arrangements/recommendations, and customize plan of care. The caregivers focus on the specific needs of each client. Accepts long term care insurance. Spanish spoken. Serves the South Bay. Also see In-Home Care Services category.

Website: www.rosacare.com/care-management/

CASE MANAGEMENT

At Home with Care

(320) 822-3060

Helping older adults meet their independent living challenges by providing support and service that preserves the clients independence. Provided are personalized guidance, help families understand care options, guide homecare decisions, coordinate services, support adult children who live far away, and help families during transitions.

Website: www.athomewithcare.com

Attentive Home Care

(714) 516-9200

(800) 731-0071

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

M-F, 8:00 a.m.-5:00 p.m.
24/7

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 and Los Angeles counties. Also see In-Home Services category.

Website: www.attentivecare.com

Beach Cities Health District

(310) 374-3426

Option 1

1200 Del Amo Street
Redondo Beach, CA 90277

M-F, 8:30 a.m.-5:00 p.m.

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

CASE MANAGEMENT

Carson Senior Social Services

(310) 835-0212

Ext. 1467

801 E. Carson St.
Carson, CA 90745

M-Th, 7:00 a.m.-6:00 p.m.

Information and referral; on a variety of services including Medicare advocacy, home assistance, transportation, and recreation . Has representative from Housing Rights Authority. Call for days and hours.. Serves Carson and surrounding areas. Stroke Center open to residents and non-residents. Also see Meals/Nutrition category and Senior Centers categories.

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

Disability Community Resource Center

(310) 390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9:00 a.m.-5:00 p.m.

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.dcrc.co

CASE MANAGEMENT

First Light Home Care of South Bay

(424) 704-5330

3655 Torrance Blvd., #300
Torrance, CA 90503

M-F, 9:00 a.m.-5:00 p.m.

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.southbayfirstlighthomecare.com

Gardena Senior Citizens Bureau

(310) 217-9552

1670 W. 162nd St.
Gardena, CA 90247

M-F, 8:00 a.m.-5:00 p.m.

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

Website: www.cityofgardena.org

Genesis

(213) 351-7284

510 S. Vermont Ave., 17th floor
Los Angeles, CA 90005

M-F, 8:00 a.m.-5:00 p.m.

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>

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

(866) 421-1964

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

M-F, 8:00 a.m.-5:00 p.m.

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

Inglewood Senior Center XE Inglewood Senior Center

(310) 412-5338

111 N. Locust St.
Inglewood, CA 90301

M-F, 8:00 a.m.-5:00 p.m.
Sat, 10:00 a.m.-5:00 p.m.

Case Management program provides support and services to frail and disabled seniors and adults. The goal is to put services in place to enable them to live as independently as possible, avoiding inappropriate institutionalization. This includes services for caregivers who are caring for a minor child or children as well as seniors 60 yr. or older. Supportive counseling is available. Areas served are Hawthorne, Inglewood, Ladera Heights, View Park and Windsor Hills. Also see Meals/Nutrition and Senior Centers.

Website: cityofinglewood.org

Lawndale Community Center-Senior Services

(310) 973-3270

14700 Burin Ave.
Lawndale, CA 90260

M-Th, 7:00 a.m.-8:00 p.m.
Fri, 7:00 a.m.-3:00 p.m.

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

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

Little Tokyo Service Center

(213) 473-3035

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

M-F, 9:00 a.m.-5:00 p.m.

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

CASE MANAGEMENT

Physician's Choice

(310) 793-1616

3528 Torrance Blvd., Suite 220
Torrance, CA 90503

M-F, 9:00 a.m.-5:00 p.m.

Health care services providing case management, physical therapy, occupational and speech therapies, 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.physchoicehh.com

Salus Homecare

(310) 436-43801

21151 S. Western Ave., #207
Torrance, CA 90503

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

San Pedro Service Center

(310) 519-6091

769 W. Third St.
San Pedro, CA 90731

M-F, 8:30 a.m.-5:00 p.m.

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

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

CASE MANAGEMENT

Toberman Center

(310) 832-1145

131 N. Grand Ave.
San Pedro, CA 90731

M,W, F, 8:30 a.m.-5:00 p.m.
Tu, Th, 8:30 a.m.-7:30 p.m.
1st, 3rd Sat, 9:00 a.m.-1:00 p.m.

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

3121 Skypark Dr., Suite 3124
Torrance, CA 90505

M-F, 8:00 a.m.-4:30 p.m.

Case management, coordinating services of RN, 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

Wilmington Multipurpose Senior Center

(310) 518-4533

1371 N. Eubank Ave.
Wilmington, CA 90744

M-F, 8:00 a.m.-4:30 p.m.

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, 8:00 a.m.-5:00 p.m.

Complaints and inquiries from consumers. Covers businesses in L.A., Orange, Riverside, San Bernardino Counties and all the USA. Can email: info@checkbc.org
Website: www.checkbca.org

California Bureau of Automotive Repair

(310) 410-0024

6001 Bristol Pkwy, #100
Culver City, CA 90230

M-F, 8:00 a.m.-5:00 p.m.

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.
Website: www.bar.ca.gov

California Contractors State License Board

(800) 321-2752

(916) 255-3900

1250 Imperial Highway
Norwalk, CA 90650

M-F, 8:00 a.m.-5:00 p.m.

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

California Department of Insurance

(800) 927-4357

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

M-F, 8:00 a.m.-5:00 p.m.

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, 8:00 a.m.-6:00 p.m.

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 Hotline/Non-urgent category.

Website: www.dmhc.ca.gov

Cemetery and Funeral Bureau

(916) 574-7870

1625 N. Market Blvd., Suite S208
Sacramento, CA 95834

M-F, 8:00 a.m.-5:00 p.m.

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

Commerce Health

(877) 588-1123

P.O. Box 2687
Virginia Beach, VA 23450

M-F, 9:00 a.m.-5:00 p.m.
Sat, Sun, 10:00 a.m.-4:00 p.m.

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. Also see Advocacy category.

Website: www.commercehealthq10.cms.gov

COMPLAINTS

Dental Board of California

(877) 729-7789

2005 Evergreen St., Suite 1550
Sacramento, CA 95815

M-F, 8:00 a.m.-5:00 p.m.

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

Website: www.dbc.ca.gov

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

(213) 974-1452

(800) 593-8222

320 W. Temple St., Room G10
Los Angeles, CA 90012

M-Th, 8:30 a.m.-4:30 p.m.

Closed noon-1:00 p.m.

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 a.m.-4:30 p.m. 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, 8:00 a.m.-5:00 p.m.

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

600 Pennsylvania Avenue
North West Washington, D.C. 20580

M-F, 9:00 a.m.-8:00 p.m.

ET

Works for the consumer to prevent fraudulent, deceptive, and unfair business practices, and provides information to help consumers spot, stop, and avoid them. They might refer caller to local police or other governmental agency. Free information on 400 consumer topics.

Website: www.reportfraud.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, 9:00 a.m.-5:00 p.m.

Provides health insurance counseling, advice on HMOs, medical claims, and comparisons of private medical and Medicare supplemental plans. Consultations are only by appointment. 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, 8:00 a.m.-5:00 p.m.

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

(800) 334-9473

Wise and Healthy Aging
4300 Long Beach Blvd., Suite 440
Long Beach, CA 90807

M-F, 8:30 a.m.-5:00 p.m.

Provides advocacy for individuals residing in long term care facilities such as skilled nursing facilities and residential care facilities for the elderly (aka assisted living) 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.wiseombudsman.org

COMPLAINTS

Medical Board of California

(800) 633-2322

(916) 263-2424

2005 Evergreen St., Suite 1200
Sacramento, CA 95815

M-F, 8:00 a.m.-5:00 p.m.

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

Website: www.mbc.ca.gov

Medi-Cal Managed Care and Mental Health Ombudsman Office

(888) 452-8609

M-F, 8:00 a.m.-5:00 p.m.

Helps families to solve problems from a neutral standpoint to ensure Medi-Cal members health and county mental health care plans receive all medically necessary covered services that cannot be resolved by the Department of Public Social Services. Also see Advocacy, Hotline/Urgent and Insurance categories.

Website: www.dhcs.ca.gov

Medi-Cal Fraud Hotline

(800) 822-6222

Dept. of Health Care Services

M-F, 8:00 a.m.-5:00 p.m.

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, 8:00 a.m.-5:30 p.m.

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

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

COMPLAINTS

Mobile Home Assistance Center

(800) 952-8356

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

M-F, 8:00 a.m.-4:30 p.m.

For complaints about mobile home dealers, sales agents, warranties, and residency laws. Investigates mobile home park problems, including electrical, roads, structures, and water.
Website: www.hcd.ca.gov

Public Utilities Commission (Calif.)

(800) 649-7570

(213) 576-7000

M-F, 8:30 a.m.-4:30 p.m.

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, 10:00 a.m.-4:00 p.m.
ET

Report fraud, waste, or abuse within the Social Security programs such as retirement, disabilities, survivors, and supplemental security income. Report persons who are buying or selling social security numbers. Also see 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, 8:45 a.m.-5:00 p.m.
Wed, 8:45 a.m.-4:00 p.m.

Takes complaints only. Also see Legal category.

Website: www.calbar.ca.gov

COMPLAINTS

Utility Reform Network (TURN)

(800) 355-8876

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

M-F, 9:00 a.m.-5:00 p.m.

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
(949) 608-3530, or the Public Affairs Specialists (818) 226-1856

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, (949) 608-4407.

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

DAY CARE

C&C Adult Day Health Care Center

(310) 354-0031

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

M-F, 8:00 a.m.-4:00 p.m.

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. Languages spoken are English, Filipino, and Spanish. Also see Alzheimer's 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, 8:00 a.m.-4:00 p.m.

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

Website: www.carsonadhc.com

Easter Seals Redondo Senior Program

(310) 214-6963

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

M-F, 8:30 a.m.-4:30 p.m.

Day care for people 60 years or older who have memory impairments or physical disabilities, or the frail, older adult who needs socialization. Classes for participants in program. Also see Alzheimer's category.

Website: www.easterseals.com/southernca (Search "senior service center")

DAY CARE

El Camino Adult Day Health Care Center

(310) 679-7624

15429 Crenshaw Blvd., Suite D
Gardena, CA 90249

M-F, 8:00-2:30 p.m.

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. English and Spanish spoken. 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, 9:00 a.m.-3:00 p.m.

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, and Chinese 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, 9:00 a.m.-3:00 p.m.

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. English and Korean spoken. Also see Alzheimer's category.

Website: cityofgardena.org/day-care-center/

DAY CARE

Get Together Adult Day Health Care

(310) 965-0110

16636 Crenshaw Blvd.
Torrance, CA 90504

M-F, 8:00 a.m.-5:00 p.m.

Day care program offering medical monitoring and therapeutic supervision. Activities include field trips, therapeutic exercises, games, arts and crafts, and gardening. Transportation can be arranged. Delicious meals and snacks. Languages spoken Cantonese, Japanese, Mandarin, Spanish, Russian, Tagalog, and Ukrainian. Also see Alzheimer's category.
Website: www.adhc.net

Lifestyles ADHC

(424) 292-3480

14627 S. Western Ave.
Gardena, CA 90249

M-F, 8:30 a.m.-2:30 p.m.

Provides a safe, stimulating, and dignified environment that nourishes the mind, body, and spirit of all participants. Medi-Cal individuals qualify. Services: care planning, therapeutic activity program, social services, self-care training, transportation, and breakfast, lunch, and snacks. Cities served are Gardena, Hawthorne, Torrance, Carson, El Segundo, Lawndale, Inglewood, El Camino, Rancho Dominguez, and Lomita. Also see Alzheimer's category.
Website: lifestylesadhc.com

Lomita Adult Day Health Care Center

(310) 539-4800

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

M-F, 8:00 a.m.-4:30 p.m.

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.
Website: none

DENTAL

Dental Board of California

(877) 729-7789

2005 Evergreen St., #1550
Sacramento, CA 95815

M-F, 8:00 a.m.-5:00 p.m.

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
1800 15th St., Suite 100
Denver, CO 80202

M-Th, 8:00 a.m.-4:00 p.m.

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.

Currently accepting applications in L.A. County from **Veterans only**. Also see Disabilities and Veterans categories.

Website: www.dentallifeline.org

Herman Ostrow School of Dentistry USC

(213) 740-2805

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

M-F, 9:00 a.m.-5:00 p.m.

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

Website: www.dentistry.usc.edu

DENTAL

Saban Community Clinic

(323) 653-1990

8405 Beverly Blvd.
Los Angeles, CA 90048

M-Th, 7:00 a.m.-7:00 p.m.
F, 7:00 a.m.-4:00 p.m.
Sat, 7:30 a.m.-4:00 p.m.

Dental care, including X-rays, fillings, extractions, and cleanings. Also provides full dentures for eligible patients. Also see Health Services.

Website: www.sabancommunityclinic.org

South Bay Family Health Care Center

(310) 802-6170

Venice Family Clinic partner
23430 Hawthorne Blvd., #210
Torrance, CA 90505

M, Tu, Th, 8:00 a.m.-4:30 p.m.
F, 9:00 a.m.-5:30 p.m.

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.;
Gardena, 742 W. Gardena Blvd. Also see Health Services category.

Website: www.sbfhc.org

UCLA School of Dentistry

(310) 206-3904

714 Tiverton Dr.
Los Angeles, CA 90095

M-F, 8:00 a.m.-5:00 p.m.

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

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

DENTAL

UCLA - Venice Dental Center

(310) 392-4103

323 S. Lincoln Blvd.
Venice, CA 90291

M-F, 8:00 a.m.- 5:00 p.m.

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

Wilmington Community Clinic

(310) 549-5760

1009 N. Avalon Blvd
Wilmington, CA 90744

M-Th, 8:00 a.m.-9:00 p.m.
F, Sat, 8:00 a.m.-4:30 p.m.

Offers low-cost dental options for patients. Services include exams, X-rays, cleanings, fillings, sealants, and extractions. By appointment only.

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, 8:00 a.m.-5:00 p.m.

Assistive Technology Network is an online database of organizations and businesses that sell, service, rent, providing 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 Services, Inc.

(800) 827-0829

Services all L.A. County

M-F, 8:00 a.m.-5:00 p.m.
(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

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

DISABILITIES

American Foundation for the Blind

(212) 502-7600

1101 Wilson Blvd., 6th Floor
Arlington, VA 22209

M-F, 8:00 a.m.-5:00 p.m.
ET

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.

Website: www.afb.org

Amramp

(310) 530-1570

2702 Ridgeland Rd.
Torrance, CA 90505

M-F, 9:00 a.m.-5:00 p.m.

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

Website: www.amramp.com/laoc

Anderson Park Senior Center (Beach Cities Health District)

(310) 318-0650

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

M, 10:00 a.m.-noon

Provides information and referrals, recreation programs and services for the older adult for residents of Redondo Beach and surrounding cities. Also see Senior Center category.

Website: www.redondo.org/senior

ATEC (Assistive Technology Exchange)

Website only

1221 E. Dyer Rd., Suite 105
Santa Ana, CA 92705

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.atec@ocgoodwill.org

DISABILITIES

Better Hearing Institute

(800) 327-9355

1301 K Street NW, Suite 300 W
Washington, DC 20005

M-F, 9:00 a.m.-5:00 p.m.
ET

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

Website: www.betterhearing.org

Braille Institute of America

(800) 272-4553

(323) 663-1111

741 N. Vermont Ave.
Los Angeles, CA 90029

M-F, 8:30 a.m.-5:00 p.m.

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 Abilities Network – ICAN

(310) 374-8295

2375 Sepulveda Blvd.
Torrance, CA 90501

M-F, 8:30 a.m.-6:00 p.m.

ICAN a 501C non-profit organization serving the community for over 40 yrs. Provided are quality recreational employment, empowerment, and socialization programs for Southern California's adults with physical and developmental disabilities, meeting the needs of not just the individual but his or her entire family. Locations in Redondo Beach and Long Beach.

Website: <https://ican.org>

DISABILITIES

California Aquatic Therapy and Wellness Center

(310) 537-2224

6801 Long Beach Blvd.
Long Beach, CA 90805

T-F, 8:30 a.m.-3:00 p.m.
Sat, 7:45 a.m.-1:00 p.m.

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

California Connect

M-F, 9:00 a.m.-5:00 p.m.

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) 385-6800

7601 E. Imperial Highway
Downey, CA 90242

M-F, 8:30 a.m.-4:30 p.m.

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: www.cartla.org

Comfort Clothing

(202) 572-2916

P.O. Box 1396
Standish, ME 04084

7 days, 7:00 a.m.-8:00 p.m.
ET

A complete source of full elastic waist pants, jeans, and shorts for anyone seeking a solution to a dressing challenge, including seniors, nursing homes, and home health care residents. Also, will label the clothes with name of wearer free.

Website: www.comfortclothing.net

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 (TTY): (800) 806-4474.

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

Donated Dental Services
1800 15th St., Suite 100
Denver, CO 80202

M-Th, 8:00 a.m.-4:00 p.m.

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, Hotline/Urgent, and Veterans categories.

Website: www.dmh.lacounty.gov

DISABILITIES

Department of Rehabilitation, CA

(424) 488-6570

21250 Hawthorne Blvd., Suite 220
Torrance, CA 90503

M-F, 8:00 a.m.-5:00 p.m.

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) 390-6612

**Centralized Intake (888) 807-7250
24 hr. Suicide Prevention Hotline, 988**

4760 Sepulveda Blvd.
Culver City, CA 90232

M-F, 8:30 a.m.-5:00 p.m.

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 Benefits 101

Website

With articles, examples, and try-it-yourself tools, Disability Benefits 101 helps people with disabilities figure out how benefits work and how to be better off while working.

Website: <https://ca.db.org>

DISABILITIES

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.gov is managed by the U.S. Department of Labor's office of Disability Employment Policy.

Website: www.disability.gov

Disability Community Resource Center

(310) 390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9:00 a.m.-5:00 p.m.

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 Resource Directory

Website only

P.O. Box 204
Manhattan, KS 66505

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

Website: www.disabilityresources.org

DISABILITIES

Disability Rights California

(800) 776-5746

(213) 213-8000

M-F, 9:00 a.m.-5:00 p.m.

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

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

Website: www.disabilityrightsca.org

Disability Rights Legal Center

Intake number (213) 736-1334

350 S. Grand Ave., Suite 2010
Los Angeles, CA 90071

M-F, 9:00 a.m.-5:00 p.m.

The center provides free legal and other assistance to the Southern California community, focusing on discrimination against disabled 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

Ext. 2

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).

DISABILITIES

Enhanced Vision

(888) 811-3161

15301 Springdale St.
Huntington Beach, CA 92649

M-F, 8:00 a.m.-5:00 p.m.

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

First Serve Community Services of the South Bay, Inc.

(310) 320-3818

1725 Flower Ave.
Torrance, CA 90503

M-F, 8:00 a.m.-4:00 p.m.

First Friends, 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 at 2900 Carson St., Torrance. Call for times. Also see Meals/Nutrition and Senior Clubs categories.

Website: www.first-serve.org

Guide Dogs for the Blind, Inc.

(800) 295-4050

P.O. Box 151200
San Rafael, CA 94915

M-F, 8:00 a.m.-5:00 p.m.

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

(424) 306-4000

1000 W. Carson St.
Torrance, CA 90509

24 hrs.

Facility for all psychiatric and medical emergencies. Also see Hotline/Urgent category.
Website: www.dhs.lacounty.gov/harbor-ucla-medical-center/contact-us

DISABILITIES

Hearing Aid Help Line

(800) 521-5247

M-F, 8:00 a.m.-5:00 p.m.

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

9385 Dielman Industrial Dr.
Olivette, MO 63132

M-Th, 8:30 a.m.-7:00 p.m.
F, 8:30 a.m.-5:00 p.m.
Sat, 8:30 a.m.-2:00 p.m.
CT

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

7846 SW Jack James Dr.
Stuart, FL 34997

M-F, 8:30 a.m.-6:00 p.m.
ET

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.
Carson, CA 90745

M-Th, 8:30 a.m.-4:30 p.m.

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

Website: <https://ci.carson.ca.us> (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 mental 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) 201-8850

5834 Cresswell Lane
Whites Town, IN 46075-4561

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

Lions Clubs International

Collects and recycles used eyeglasses. For all information contact Roy Peters at (310) 527-4373. Collection box at Redondo Beach Main Library, 303 N. Pacific Coast Highway, and North Library, 2000 Artesia Blvd., Redondo Beach.

Website: www.lionsclubs.org

Long Beach Artificial Limb Company, Inc.

(562) 426-5531

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

M-F, 8:00 a.m.-5:00 p.m.

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, 9:00 a.m.-5:00 p.m.
ET

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, 9:00 a.m.-5:00 p.m.

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

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")

DISABILITIES

MaxiAids

(800) 522-6294

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

M-F, 8:30 a.m.-5:00 p.m.
ET

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

Mobility City

(949) 521-7300

23625 El Toro St., Suite C
Lake Forest, CA 92630

M-F, 9:00 a.m.-6:00 p.m.
Sat, 10:00 a.m.-4:00 p.m.

Sales and rental mobility equipment, mobility accessories, equipment repairs, stair lifts, customize wheelchairs, home medical equipment to meet individuals unique needs.
Website: mobilitycity.com

National Alliance on Mental Illness - NAMI

(310) 567-0748

1940 S. Prospect
Redondo Beach, CA 90277

Tu, 5:30 p.m.

Spanish speaking support group offering family support dedicated to improving the lives of families who have relatives with a mental illness. Offers family-to-family education series, and peer-to-peer recovery education. The monthly meetings are held at St. Lawrence Martyrs church in the parish hall. Park in rear of church and proceed to parish hall following signs. Contact person is Rick Pullido at (310) 567-0748.

DISABILITIES

National Rehabilitation Information Center

(800) 346-2742

8400 Corporate Dr., #500
Landover, MD 20785

M-F, 8:30 a.m.-5:30 p.m.
ET

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-Th, 9:00 a.m.-5:00 p.m.

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

135 E. Main Ave., Suite 110
Morgan Hill, CA 95037

M-F, 8:00 a.m.-4:00 p.m.

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, 8:00 a.m.-4:00 p.m.

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, 8:00 a.m.-5:00 p.m.

(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

South Bay Home Health Care

(310) 618-9555

Mobility Care
1349 El Prado Ave.
Torrance, CA 90501

M-F, 9:00 a.m.-5:30 p.m.
Sat, 10:00 a.m.-3:00 p.m.

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

1601 Response Rd., Suite 260
Sacramento, CA 95815

M-F, 8:00 a.m.-5:00 p.m.

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

Website: www.speechandhearing.ca.gov

St. Mary's Low Vision Center

(562) 491-9275

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

M-F, 8:00 a.m.-4:30 p.m.
By appointment only

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

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

DISABILITIES

Torrance Home Improvement Program

(310) 618-2731

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

Torrance Public Library

(310) 618-5959

Katy Geissert Civic Center Library

3301 Torrance Blvd.
Torrance, CA 90503

M, W, 12 noon-8:00 p.m.
T, Th, F, 10:00 a.m.- 6:00 p.m.
Sat, 9:00 a.m.-5:00 p.m.

The library offers large print books, handheld magnifiers, audio books on CD, Playaway's and many DVD's with closed captions. 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 a.m.-5:30 p.m.
Alternate Fridays

Torrance residents, 62 years or older and/or permanently disabled with income not to exceed \$36,450 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, Cashiering counter/Revenue. Also see Discounts category.
Website: www.torranceca.gov (search "discounts" from home page, then scroll to bottom of results)

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) 773-1331

ADVANTAGE Program

(310) 517-4666

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

M-F, 9:00 a.m.-12:30 p.m.
1:00 p.m.-4:15 p.m.

Free network of health and wellness services for people 50 yrs. and older. Advantage members receive discounts on select health education services and wellness classes, and a 25% discount on cafeteria meals. Also see Education and Health Services 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 a.m.-5:30 p.m.
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's category.

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

DISCOUNTS

Disabled Discount Pass Program, CA State Parks

(800) 777-0369

Ext. 2

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 “distinguished veteran and disabled discount passes” from home page)

Energy Savings Assistance Program

(800) 736-4777

M-F, 8:00 a.m.-6:00 p.m.

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 \$42,300 for 1-3 persons, 3 persons up to \$64,300.

Website: www.sce.com/eaf

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”)

DISCOUNTS

Postal Solutions

(310) 371-7184

4733 Torrance Blvd.
Torrance, CA 90503

M-F, 9:00 a.m.-6:00 p.m.
Sat, 9:00 a.m.-5:00 p.m.

Provides UPS, FedEx, U.S. Postal services, mailboxes, faxes, packing and moving supplies. Persons must mention Focal Point to receive discounts. 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.postalsolutionsb.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.

Senior Parking Passes (L.A. County Beaches)

(424) 526-7777

Department of Beaches and Harbors
4701 Admiralty Way
Marina del Rey, CA 90292

In-person hours, M-Th, 9:00 a.m.-2:00 p.m.

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)

DISCOUNTS

Southern California Edison Co.

(800) 205-8596

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, 7:00 a.m.-7:00 p.m.
Sat, 8:00 a.m.-5:00 p.m.

These programs provide income qualifying customers a saving of 18% or better on their monthly electric bill. Refer to Energy Assistance Fund in this category. Call for details.
Website: www.sce.com/careandfera

Southern California Gas Co.

(877) 238-0092

Medical Baseline Allowance Program

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

AT&T, (800) 310-2355
Verizon, (800) 837-4966

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)

DISCOUNTS

Utility Users Tax Exemption (Torrance)

(310) 618-5830

M-Th, 7:30 a.m.-5:30 p.m.
Alternate Fridays

Torrance residents, 62 years or older and/or permanently disabled with income not to exceed \$36,450 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, Cashier/Revenue. 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.,
West Tower Building, 1st floor
Torrance, CA 90505

M-F, 9:00 a.m.-12:30 p.m.
1:00 p.m.-4:15 p.m.

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, advance directives, AARP Driver Safety Program, information, and referral to community resources for seniors. Also see Health Services category.

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

American Board of Home Care (ABHC)

(800) 554-2323

647 Camino De Las Mares, #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 a.m.-5:00 p.m.

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

Cancer Support Community

(310) 376-3550

Rolling Hills Plaza Office
2601 Airport Drive, Suite 100
Torrance, CA 90505

M-Th, 9:00 a.m.-5:00 p.m.
F, 9:00 a.m.-1:00 p.m.

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.cscsouthbay.org

Community Services Department, City of Torrance

(310) 618-2720

3031 Torrance Blvd., West Annex
Torrance, CA 90503

M-Th, 8:00 a.m.-5:00 p.m.
Alternate Fridays

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

Website: www.torranceca.gov/services/community-services

El Camino College

(310) 660-6460

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

M-F, 9:00 a.m.-4:00 p.m.

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

EDUCATION

Health Links - Torrance Memorial Medical Center

(310) 517-4711

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

M-F, 9:00 a.m.-12:30 p.m.
1:00 p.m.-4:15 p.m.

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

Website: www.torrancememorial.org/healthlinks

Health Resources L.A. County Library

(562) 868-4003

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

M, Th, F, 9:00 a.m.-6:00 p.m.
T, W, 9:00 a.m.-7:00 p.m.

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

Website: www.lacountylibrary.org/collections

H.E.L.P.

(310) 533-1996

Helping Elders Live Productively
23001 Hawthorne Blvd., #203 (in AAA building)
Torrance, CA 90505

M-F, 9:00 a.m.-5:00 p.m.

Provides free referral services, information, and resources to seniors and their families including homebound adult services, caregiver support program, and Bohannon community education program.

Website: www.help4srs.org

EDUCATION

National Center for Complementary and Integrative Health

(888) 644-6226

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

M-F, 10:00 a.m.-4:00 p.m.
ET

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, 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 a.m.-5:00 p.m.
ET

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

M, W, 9:00 a.m.-1:00 p.m.
T, Th, 1:00 p.m.-5:00 p.m.
F, 9:00 a.m.-1:00 p.m.

A program of educational, cultural, and social interactions for retired and semi-retired individuals aged 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., Suite L8
Redondo Beach, CA 90277-3036

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 Patient Enhancement Center

(877) 227-3457

0

7:00 a.m.- 7:00 p.m.

7 days

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

Road Scholar (formerly Elderhostel)

(800) 454-5768

11 Avenue de Lafayette
Boston, MA 02111-1746

M-F, 9:00 a.m. - 6:30 p.m.

ET

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

Website: www.road scholar.org

EDUCATION

Senior Studies Center (Long Beach City College)

(562) 938-3047

1305 E. Pacific Coast Highway, Room QQ-122
Long Beach, CA 90806

W, 10:00 a.m.-2:00 p.m.
F, 10:00 a.m.-3:30 p.m.
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.lbccfoundation.org

SHARE! The Self-Help and Recovery Exchange

(310) 846-5270

(310) 305-8878

6666 Green Valley Circle
Culver City, CA 90230

Daily 1:00 p.m.-6:00 p.m.

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. Also see Advocacy category.

Website: www.shareselfhelp.org

SoCal ROC

(310) 224-4200

2300 Crenshaw Blvd.
Torrance, CA 90501

M-Th, 9:00 a.m.-6:00 p.m.

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

Website: www.socalroc.com

EDUCATION

South Bay Literacy Council

(310) 373-7003

18436 Hawthorne Blvd., Suite 110
Torrance, CA 90504

Leave voice message

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.org

South Bay Professional Association

(310) 782-2164

1220 Engracia Ave.,
Torrance, CA 90501

M, 9:00 a.m.-noon
W, 10:00 a.m.-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

EDUCATION

Torrance Adult School

(310) 533-4689

M-Th, 8:00 a.m.-9:00 p.m.

F, 8:00 a.m.-4:30 p.m.

Summer hours, M-F, 8:00 a.m.-4:30 p.m.

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. Follow on Instagram, Facebook, U tube.

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) 517-4711

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

M-F, 8:30 a.m.-12:30 p.m.
1:00 p.m.-4:15 p.m.

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

3301 Torrance Blvd.
Torrance, CA 90503

M, W, 12 noon-8:00 p.m.
T, Th, F, 10:00 a.m.-6:00 p.m.
Sat, 9:00 a.m.-5:00 p.m.

The library offers large print books, handheld magnifiers, audio books on CD, Playaway's and many DVD's with closed captions. The library's website is accessible 24 hours a day. Also see Disabilities category.

Website: www.library.torranceca.gov

UCLA Longevity Center

(310) 794-0679

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

M-F, 9:00 a.m.-4:30 p.m.

Senior Scholars Program encourages lifelong 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 **(The Way for Men)**

(310) 830-7063

525 Broad Ave.
Wilmington, CA 90744

M-F, 9:00 a.m.-6:45 p.m.

Provides a safe and nurturing environment for homeless men in the South Bay. Residents receive food, clothes, showers, and emergency shelter for up to 30 days. Must attend chapel services every night.

Website: www.beaconlightmission.org

Calvary Assembly of God (His Helping Hands)

(310) 326-2757

25501 Oak St.
Lomita, CA 90717

T-F, 9:00 a.m.-2:00 p.m.

Surplus food distribution for the needy on Wednesday starts at 9 a.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 starts at 9:00 a.m.

Website: calvarylightchristiancenter.org

EMERGENCY SHELTER/FOOD PROGRAMS

Calvary Presbyterian Church

(310) 676-1144

13560 Hawthorne Blvd.
Hawthorne, CA 90250

F, 9:00 a.m.-noon

Grocery distribution for the needy the first Saturday of the month from 8 a.m.-11 a.m. 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

(866) 613-3777

M-F, 7:30 a.m.-6:30 p.m.

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-F, 10:00 a.m.-1:00 p.m.

Provides a safe and nurturing environment for homeless women in the South Bay. Residents receive food, clothes, showers, temporary shelter up to 30 nights. Must attend chapel services every night to insure a bed. Telephone screening required during intake hours. Referrals to local recovery programs and agencies.

Website: www.doorsofhopewomensshelter.org

EMERGENCY SHELTER/FOOD PROGRAMS

Food Oasis

Web

24/7

Food oasis is a web-based directory that connects people to free food resources, food pantries and meal programs.

Website: www.foodoasis.la

Harbor Interfaith Services

(310) 831-9123

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

M-F, 9:00 a.m.-5:00 p.m.

Emergency shelter, food, and transitional housing for homeless, working poor, and education programs for their children.

Website: www.harborinterfaith.org

Hope In Action

(310) 374-4673

Hope Chapel
2420 Pacific Coast Highway
Hermosa Beach, CA 90254

T-F, 9:00 a.m.-5:00 p.m.

Once a month food item distributed to residents of South Bay cities including Inglewood, Hawthorne, Torrance and the Beach Cities. Distribution takes place Wednesday and Friday, 8 a.m.-noon and 1 p.m.-4 p.m.

Website: www.hopechapel.org (click “Helping” link at top of home page, then “local” and “Hope in Action”)

House of Yahweh

(310) 675-1384

4046 W. Marine
Lawndale, CA 90260

M-F, 9:00 a.m.-4:00 p.m.
Sat, 1:45 p.m.-2:45 p.m.

Provides free sack lunch, M-F, 10 a.m.-2 p.m., clothing one time/month, and other supportive services to the economically disadvantaged and impoverished.

Website: www.hoy-southbay.org

EMERGENCY SHELTER/FOOD PROGRAMS

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 a.m.-4:30 p.m.

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, 9:00 a.m.-noon
T-F, 9:00 a.m.-5:00 p.m.

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

Website: www.loveincsb.com

New Challenges Ministries

(310) 320-4171

18801 Crenshaw Place
Torrance, CA 90504

M, Th, F, 12:30 p.m.-1:30 p.m.
closed Wednesday
Sat, 1:15 p.m.-2:30 p.m.

The mission is to serve community by gathering and distributing food, engage in partnerships that advance self-sufficiency and provide leadership in issues related to hunger. This “Fresh Rescue Food Bank” does not discriminate against anyone. It is a private food bank with no federal funding. A donation of \$10 for a box of food is appreciated.

Website: newchallengeministries.com

EMERGENCY SHELTER/FOOD PROGRAMS

San Pedro Temple Corps Community Center

(310) 832-7228

Salvation Army
138 S. Bandini
San Pedro, CA 90731

Food distribution for the needy, Wednesday and Friday, 9 a.m.-noon. Also see Meals and Nutrition category.

Website: www.salvationarmyusa.org

St. Lawrence Martyr Church

(310) 540-0329

1900 S. Prospect Ave.
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, 8:30 a.m.-10:00 a.m.

Website: www.stlm.org

St. Margaret's Center

(310) 672-2208

10217 Inglewood Ave.
Lennox, CA 90304

M-F, 8:30 a.m.-5:00 p.m.
Closed noon-1:00 p.m.

Provides emergency assistance (food pantry) for low income and homeless families, residing in Inglewood, Gardena, Hawthorne, Lennox, El Segundo, Lawndale, Torrance, Beach Cities and parts of South L.A. Must live in zip codes: 90043, 90044, 90045, 90047 and 90056.

Website: www.catholiccharitiesla.org

EMERGENCY SHELTER/FOOD PROGRAMS

St. Margaret Mary Catholic Church

(310) 326-3364
Ext. 15

25511 Eshelman Ave.
Lomita, CA 90717

Food distribution Monday to Thursday, 10:00 a.m. 11:30 a.m. and 1:00. p.m. to 2:00 p.m. Friday distribution 9:30 a.m. – noon. Appointment must be made. 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, 9:00 a.m.-4:00 p.m.

Provides weekly and/or monthly donated food distribution as well as government commodities to qualifying families and individuals. Areas served are Carson, Harbor City, Lomita, Palos Verdes, Torrance, and Wilmington. Also see Advocacy and Hotline/Urgent categories.

Website: <https://stillmansawyercenter.salvationarmy.org>

Toberman Family Source Center

(310) 832-1145

131 N. Grand Ave.
San Pedro, CA 90731

M,W, F, 8:30 a.m.-5:30 p.m.
Tu, Th, 8:30 a.m.-8:00 p.m.
1st and 3rd Sat., 9:00 a.m.-2:00 p.m.

Family Source Center providing personalized support through individual case management, clothing, shelter, food pantry M-F, 3:30 p.m.- 5:30 p.m., health screening, employment counseling, utility bill assistance, court-mandated programs, thrift shop, 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, 8:00 a.m.-5:00 p.m.

Provides services and advocacy for Californians with disabilities to obtain and retain employment and maximize their ability to live independently in their communities. Deaf and hard of hearing services provide a wide range of vocational rehabilitation to persons who are deaf, hard of hearing, and deaf-blind. 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, 9:00 a.m.-5:00 p.m.

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, 8:00 a.m.-5:00 p.m.

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

Gardena One-Stop Employment

(310) 538-7070

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

M-F, 7:30 a.m.-4:30 p.m.

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

L.A. Harbor College
1111 Figueroa Place, Room 101
Wilmington, CA 90744

M-F, 8:00 a.m.-5:00 p.m.

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 can be available on an appointment basis, however no appointment is necessary. Also see Veterans category.
Website: www.pacific-gateway.org/veterans

JVS Veterans First

(310) 309-6000

AJCC/JVC Socal
Jewish Vocational Service of Los Angeles
5446 Sepulveda Blvd., Suite #240
Culver City, CA 90230

M-F, 8:00 a.m.-5:00 p.m.

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

EMPLOYMENT

Love Inc.

(310) 831-5683

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

M, 9:00 a.m.-noon
T-F, 9:00 a.m.-5:00 p.m.

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, 9:00 a.m.- 6:30 p.m.

Vocational training programs providing job preparation and employment assistance in the community. Adult registration must be in person, with fees \$25 which are nonrefundable. Class fees from \$250 to \$2500. Call for brochure of classes. Also see Education category.
Website: www.socalroc.com

South Bay Professional Association

(310) 782-2164

1220 Engracia Ave.
Torrance, CA 90501

M, 9:00 a.m.-noon
W, 10:00 a.m.-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

EMPLOYMENT

Toberman Center

(310) 832-1145

131 N. Grand Ave.
San Pedro, CA 90731

M,W,F, 8:30 a.m.-5:30 p.m.
T/Th., 8:30 a.m.-8:00 p.m.

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

Consumer Financial Protection Bureau

(855) 411-2372

P.O. Box 27170
Washington, DC 20038

9:00 a.m.-6:00 p.m.
ET

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.consumerfinance.gov

FINANCES

Credit Reporting Agencies

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

(800) 525-6285 (fraud reporting)
Customer Care (888) 378-4329

Experian
P.O. Box 4500
Allen, TX 75013
Website: www.experian.com

(888) 397-3742

Trans Union
P.O. Box 2000
Chester, PA 19016-2000
Website: www.transunion.com

(800) 916-8800

Department of Public Social Services, Los Angeles

(866) 613-3777

M-F, 7:30 a.m.-6:30 p.m.

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

Jewish Free Loan Association

(323) 761-8830

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

M-Th, 8:30 a.m.-4:45 p.m.
F, 8:30 a.m.-3:30 p.m.

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

FINANCES

Love Inc.

(310) 831-5683

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

M, 9:00 a.m.-noon
T-F, 9:00 a.m.-5:00 p.m.

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, and Employment categories.
Website: www.loveincsb.com

Money Management International

(323) 618-6664
(866) 550-8004

6080 Center Dr., Suite 605
Los Angeles, CA 90045

T-Th, 9:00 a.m.-3:00 p.m.

A non-profit agency offering phone counseling for budgeting, money management, debt, internet counseling, default prevention, educational workshops, bankruptcy, and reverse mortgage help. Counseling is available 24/7 by phone. Appointments required. English and Spanish spoken.
Website: www.moneymanagement.org

National Council on Aging

(714) 479-0107

2 Executive Circle, Suite 174
Irvine, CA 92614

M-F, 8:00 a.m.-5:00 p.m.
Helpline (800) 794-6559

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 Advocacy and Health Services categories.
Website: www.benefitscheckup.org or 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.alzheimersla.org

American Brain Tumor Association

(800) 886-2282

www.abta.org

American Cancer Society

(800) 227-2345

www.cancer.org

American Chronic Pain Association

(800) 533-3231

www.theacpa.org

American Council of the Blind

(800) 424-8666

www.acb.org

American Dental Association

(312) 440-2500

www.ada.org

HEALTH ORGANIZATIONS

American Diabetes Association

(800) 232-3472

www.diabetes.org

American Heart Association

(800) 242-8721

www.heart.org

American Liver Foundation

(800) 465-4837

www.liverfoundation.org

American Lung Association

(800) 586-4872

www.lung.org

American Macular Degeneration Foundation

(888) 622-8527

www.macular.org

American Society on Aging

(800) 537-9728

www.asaging.org

American Speech-Language-Hearing Association (ASHA)

(800) 638-8255

www.asha.org

American Stroke Association

(800) 553-6321

www.strokeassociation.org

American Tinnitus Association

(800) 634-8978

www.ata.org

HEALTH ORGANIZATIONS

American Trauma Society

(800) 556-7890

www.amtrauma.org

American Urological Association Foundation

(866) 746-4282

www.auanet.org

Amputee Coalition

(888) 267-5669

www.amputee-coalition.org

Arthritis Foundation

(800) 954-2873

www.arthritis.org

Asthma and Allergy Foundation of America

(800) 727-8462

www.aafa.org

Better Hearing Institute

(800) 327-9355

www.betterhearing.org

Brain Injury Association of America

(800) 444-6443

www.biausa.org

Caregiver Action Network (CAN)

(202) 454-3970

www.caregiveraction.org

Christopher and Dana Reeve Foundation

(800) 225-0292

(Paralysis/Spinal Cord Injuries)

www.christopherreeve.org

HEALTH ORGANIZATIONS

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

HEALTH ORGANIZATIONS

Muscular Dystrophy Association

(888) 435-7632

www.mda.org

National Alliance on Mental Illness (NAMI)

(800) 950-6264

www.nami.org

National Association for Continence

(800) 252-3337

www.nafc.org

National Council on Aging

(800) 424-9046

www.ncoa.org

National Eye Institute (NEI)

(301) 496-5248

nei.nih.gov

National Headache Foundation

(312) 274-2650

www.headaches.org

National Heart, Lung, and Blood Institute – Info Center

(301) 592-8573

www.nhlbi.nih.gov

National Hospice and Palliative Care Organization

(800) 658-8898

www.nhpco.org

National Institute of Neurological Disorders and Stroke

(800) 352-9424

www.ninds.nih.gov

HEALTH ORGANIZATIONS

National Kidney Foundation

(800) 747-5527

www.kidney.org

National Multiple Sclerosis Society

(800) 344-4867

www.nationalmssociety.org

National Osteoporosis Foundation

(800) 231-4222

www.nof.org

National Parkinson Foundation

(800) 473-4636

www.parkinson.org

National Psoriasis Foundation

(800) 723-9166

www.psoriasis.org

National Sleep Foundation

(703) 243-1697

www.sleepfoundation.org

National Stroke Association

(800) 787-6537

www.stroke.org

Skin Cancer Foundation

(800) 754-6490

www.skincancer.org

Stroke Association of Southern California

(310) 575-1699

www.strokesocal.org

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.
West Tower Building, 1st floor
Torrance, CA 90505

M-F, 9 a.m.-12:30 p.m.
1:00 p.m.-4:15 p.m.

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 a.m. and 5:00 p.m., Monday through Friday. Also see Discounts and Education categories.

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

Aging Life Care Association

(520) 881-8008

3275 W. Ina Road, Suite 130
Tucson, AZ 85741

M-F, 8:00 a.m.-4:30
p.m.

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, 9:00 a.m.-5:00 p.m.

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 a.m.-5:00 p.m.

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, 7:00 a.m.-3:00 p.m.

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. Forms are available on the website however one may request a brochure and donation form, call (323) 442-1191 or email: danahall@usc.edu.

Website: agp.usc.edu

HEALTH SERVICES

Arthritis Foundation

(323) 238-6048

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

M-f, 9:00 a.m.-5:00 p.m.
F, 8:30 a.m.-4:30 p.m.

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

Website: www.arthritis.org

Asian Community Service Center

(310) 217-7300

441 E. Carson St
Carson, Ca 90745

M-F, 8:00 a.m.-7:30 p.m.

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. Also see Advocacy category.

Website: wdacs.lacounty.gov/venue/asian-community-service-center/

Beach Cities Health District

(310) 374-3426

Option 1

(Ask for Officer of the Day)

M-F, 8:30 a.m.-5:00 p.m.

1200 Del Amo Street
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 Case Management and Volunteering categories.

Website: www.bchd.org

HEALTH SERVICES

Beacon House

(310) 514-4940

1003 S. Beacon St.
San Pedro, CA 90731

M-F, 9:00 a.m.-3:00 p.m.

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

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, 9:00 a.m.-7:00 p.m.
F, 9:00 a.m.-5:00 p.m.
ET

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

Website: cancercare.org

HEALTH SERVICES

Cancer Resource Center

(310) 517-7077

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

M-F, 8:00 a.m.-5:00 p.m.

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

Cancer Support Community

(310) 376-3550

Rolling Hills Plaza Office
2601 Airport Dr., Suite 100
Torrance, CA 90505

M-Th, 9:00 a.m.-5:00 p.m.
F, 9:00 a.m.-1:00 p.m.

A program offering over 200 support groups and educational programs. No charge for any services or programs for those impacted by cancer. Serves South Bay, Long Beach, and Orange County. Also see Advocacy and Education categories.

Website: www.cscsouthbay.org

Center For Optimal Aging

(310) 514-5370

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

M-F, 8:30 a.m.-5:00 p.m.

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

HEALTH SERVICES

Clutterers Anonymous

(310) 325-0373

Harbor Church
25401 S. 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.

Friday 10:30-noon.

Website: www.clutterersanonymous.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, Hotline/Urgent and Veterans categories.

Website: www.dmh.lacounty.gov

Didi Hirsch Mental Health Services

(310) 390-6612

**Centralized Intake (888) 807-7250
24 hr. Suicide Prevention Hotline, 988**

4760 Sepulveda Blvd.
Culver City, CA 90232

M-F, 8:30 a.m.-5:00 p.m.

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 and Hotline/Urgent categories.

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

HEALTH SERVICES

First Serve Community Services of the South Bay, Inc.

(310) 320-3818

1725 Flower Ave.
Torrance, CA 90503

M-F, 8:00 a.m.-4:00 p.m.

Hope Circle is a virtual conversation group that helps participants discover hope amid life's struggles and losses. Held on the third Thursday each month at 6:30 p.m.-7:30 p.m. Hope Circle also has a dementia online group on first Thursdays at 6:30 p.m. to provide support for people caring for loved ones with dementia and other memory care issues. For either group email or call the office for monthly Zoom link at:

firstservesouthbay@gmail.com or call 310-320-3818. Also see Disabilities, Meals and Nutrition, and Senior Clubs categories.

Website: www.first-serve.org

Genesis

(213) 351-7284

510 S. Vermont Ave., 17th floor
Los Angeles, CA 90005

M-F, 8:00 a.m.-5:00 p.m.

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 L.A. 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-Th, 7:30 a.m.-5:00 p.m.
F, 8:30 a.m.-5:00 p.m.

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. Second location, Pacific Ave. Health Clinic, 425 S. Pacific Ave., San Pedro. Serves the South Bay and Harbor regions.

Website: www.harborcommunityclinic.com

HEALTH SERVICES

Health Consumer Alliance

(888) 804-3536

M-F, 9:00 a.m.-5:00 p.m.
Closed Wed, 2:00 p.m.-4:00 p.m.

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

Website: www.healthconsumer.org

Health Links - Torrance Memorial Medical Center

(310) 325-9110

Ext. 24225

Health Resources and Retail Center
3325 Lomita Blvd.
West Tower Bldg., 1st floor
Torrance, CA 90505

M-F, 8:30 a.m.-5:00 p.m.

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. Also see Education category.

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

Website: www.torrancememorial.org/healthlinks

Help Me Help You

(562) 612-5001

1301 W. 12th Street
Long Beach, CA 90813

M-F, 8:00 a.m.-2:00 p.m.

A non-profit charity helping homeless and low-income seniors, veterans and disabled with food, health education, healthcare, and benefits enrollment for CalFresh, SSI/SSDI, GR, Social Security, and MediCal.

Website: www.helpmehelpu.org

HEALTH SERVICES

Heritage Clinic

(562) 264-6001

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

M-F, 8:30 a.m.-5:00 p.m.

Heritage Clinic, 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, 9:00 a.m.-5:00 p.m.

Provides health insurance counseling, advice on HMOs, medical claims, and comparisons of private medical and Medicare supplemental plans. Consultations are only by appointment. Also see Advocacy, Complaints, and Insurance categories.
Website: www.cahealthadvocates.org

L.A. County Department of Mental Health

(800) 854-7771

24 hrs.

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

HEALTH SERVICES

Lawndale Medical and Mental Health Services

(310) 675-9555

Lawndale Medical Clinic
4023 Marine Ave.
Lawndale, CA 90260

M-F, 8:00 a.m.-6:00 p.m.
Sat., 7:00 a.m.-5:00 p.m.

Provides primary care and general practice medical services, mental health and substance use disorder services for people of all ages who live in Los Angeles County.

Website: www.americanhealthservices.org

Mental Health America of L.A.

(562) 285-1330

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

M-F, 9:00 a.m.-5:00 p.m.

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, 9:00 a.m.-9:00 p.m.
ET

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

(714) 479-0107

2 Executive Circle, Suite 174
Irvine, CA 92614

M-F, 8:00 a.m.-5:00 p.m.
Helpline (800) 794-6559

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 Advocacy and Finances categories.

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

Northeast Community Clinic

(310) 645-0444

#2 for referrals

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

M-F, 8:00 a.m.-5:00 p.m.

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

Neighborhood Legal Services of L.A. County

(800) 433-6251

(800) 896-3202

M-F, 9:00 a.m.-noon
1:00 p.m.-5:00 p.m.

Neighborhood Legal Services is one of the community-based programs 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. Other services include: housing, public benefits, immigration, workers' rights, medical-legal partnerships, consumer debt, bankruptcy and provide legal workshops and clinics. Also see Advocacy and Legal Services categories.

Website: www.nlsla.org

HEALTH SERVICES

Providence Little Company of Mary Patient Engagement Center (877) 227-3457

20555 Earl St.
Torrance, CA 90503

7:00 a.m.-7:00 p.m.
7 days

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., Building C
San Pedro, CA 90732

Office, M-F, 8:30 a.m.-5:00 p.m.
24/7

Premier inpatient rehabilitation program for chemical dependency. Not all insurance accepted. 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, 8:00 a.m.-4:30 p.m.

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.

Website: www.researchforlife.org

HEALTH SERVICES

Senior Medicare Patrol

(855) 613-7080

M-F, 9:00 a.m.-4:00 p.m.

Empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling and education. The SMP is a grant funded project of the federal U.S. Department of Health and Human services. Also see Advocacy category.

Website: www.smpresource.org

Saban Community Clinic

(323) 653-1990

8405 Beverly Blvd.
Los Angeles, CA 90048

M-Th, 7:30 a.m.-8:30 p.m.
F, 7:30 a.m.-5:00 p.m.

Provides comprehensive, high-quality healthcare services to the underserved population of Los Angeles. Case management, vision, hearing, cancer screening, and homeless services. Behavior health services such as crisis intervention, counseling and therapy, emotional wellness, and support groups available. Insurance enrollment and pharmacy on site. Also see Dental category.

www.sabancommunityclinic.org

South Bay Family Health Care Center

(310) 802-6170

Venice Family Clinic partner

M, W, Th, 8:00 a.m.-4:30 p.m.
F, 9:00 a.m.-5:30 p.m.

Provides access to quality health care for individuals, families regardless of their ability to pay. 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. Clinics at Carson, 270 E. 223rd St.; Gardena, 742 W. Gardena Blvd.; Inglewood, 1091 S. La Brea Ave.; Redondo Beach, 2114 Artesia Blvd. Call for hours. Also see Dental category.

Website: www.sbfhc.org

HEALTH SERVICES

South Bay Home Health Care

(310) 618-9555

Mobility Care
1349 El Prado Ave.
Torrance, CA 90501

M-F, 9:00 a.m.-5:30 p.m.
Sat., 10 a.m.-3:00 p.m.

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 a.m.-5:00 p.m.

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

Taking Time

(424) 634-1956

514 N. Prospect Ave., Suite L6
Redondo Beach, CA 90277

9:00 a.m.-5:00 p.m.

Provides compassionate, culturally sensitive, caring bereavement services that allow individuals from diverse populations to take time to grieve and process their losses. They have responded to the needs of all ages who have experienced the death of a loved one from any cause, including sudden death from a traumatic event and death from illnesses. The program is designed for clients to take time to learn about and process grief and loss, receive support and develop coping skills to manage the sorrow and life transitions.

Website: www.takingtime.org

HEALTH SERVICES

Torrance Memorial Medical Center – Health Links

(310) 517-4711

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

M-F, 8:30 a.m.-5:00 p.m.

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

Venice Family Clinic

310-392-8636

604 Rose Ave.
Venice, CA 90291

M-Th, 8:00 a.m.-8:00 p.m.
F, 8:00 a.m.-5:00 p.m.

Quality primary care for people in need. Accepts uninsured, underinsured, Medi-Cal, immigrants, and homeless. Offers specialty care, dental, vision, behavior health, substance use treatment, health education. Care for homeless through the street medicine program. Also helps people to enroll and maintain insurance coverage.

Website: <http://venicefamilyclinic.org>

HEALTH SERVICES

Welbehealth - PACE

(800) 734-8041

1220 E. 4th St.
Long Beach, CA 90814

M-F, 9:00 a.m.-5:00 p.m.

Welbehealth is a program of all-inclusive care for the elderly (PACE), 55 years and older. This federal and state program works toward addressing various issues that seniors face in their daily lives concerning their health, brain function, social stimulation, and general quality of life helping the client live independently in the community. Provided are in-home care services in addition to transportation to adult care centers where they can receive medical care, rehabilitative therapies, and social services. To be eligible the applicant must be 55 years and older and be able to live in the community safely meeting the level of care requirements determined by California Department of Health Care Services. The level of care required is identical to those needed for skilled nursing. Another location in Carson. Phone number (888) 279-1051.

Website: <https://welbehealth.com>

HOSPICE

Caring House

(310) 796-6625

2842 El Dorado St.
Torrance, CA 90503

M-F, 9:00 a.m.-5:00 p.m.
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

Hospice Foundation of America

(800) 854-3402

1707 L Street NW, Suite 220
Washington, DC 20036

M-F, 9:00 a.m.-5:30 p.m.
ET

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>

National Hospice and Palliative Care Organization

(800) 658-8898

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

M-F, 8:30 a.m.-5:30 p.m.
ET

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. Publications and website resources available on topics including how to find and evaluate hospice services.

Website: www.nhpco.org

HOSPICE

New LifeStyles

(800) 869-9549

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 at Home with Compassus Hospice Care

(310) 543-3400

(800) 829-8660

5315 Torrance Blvd., Suite B1
Torrance, CA 90503

24/7

Doctor referral, Medicare certified, and accepts Medi-Cal and private insurance. Hospice and palliative care service for patients of all hospitals. Comforting and empowering support with patient and families coping with end-of-life care. Bereavement support for patients and family. Specialty programs for the Hispanic community.
Website: www.providenceathomewithcompassushospicecare.com

Research for Life

(800) 229-3244

41743 Enterprise Circle N, Suite 104
Temecula, CA 92590

M-F, 8:30 a.m.-4:30 p.m.

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

(888) 328-6622

(818) 848-4048

24/7

15821 Ventura Blvd., Suite 515
Encino, CA 91436

M-F, 8:00 a.m.-5:00 p.m. 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

Hospice (310) 784-3751

3121 Skypark Dr., Suite 3126
Torrance, CA 90505

M-F, 8:00 a.m.-4:30 p.m.

Provides support to entire family when patient is terminally ill. Coordinates hospice care with other programs at Torrance Memorial including home health and palliative care. 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.memorialhospitalgardena.com

Providence Little Company of Mary Medical Center, San Pedro

(310) 832-3311

1300 W. 7th St.
San Pedro, CA 90732
Website: providence.org/sanpedro

Providence Little Company of Mary Medical Center, Torrance

(310) 540-7676

4101 Torrance Blvd.
Torrance, CA 90503
Website: 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

L.A. County

24/7

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

AARP Fraud Watch Network

(877) 908-3360

M-F, 8:00 a.m.-8:00 p.m.
ET

Tips to help spot and avoid scams like identity theft, investment fraud and holiday scams.

Website: www.aarp.org

American Medical ID

(800) 363-5985

949 Wakefield, Suite 100
Houston, TX 77018

M-F, 8:00 a.m.-6:00 p.m.
CT

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, 9:00 a.m.-5:30 p.m.
ET

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

Website: www.bodyguardidtags.com

HOTLINE/NON-URGENT

California Department of Managed Health Care

(888) 466-2219

M-F, 8:00 a.m.-6:00 p.m.

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

California Voter Hotline

(916)-653-6814

California Secretary of State

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

Caring Transitions

(310) 924-6048

1216 Date Ave.
Torrance, CA 90503

24/7

Senior relocation including decision coaching, space planning, packing, move management, unpacking, and resettling. Help with downsizing, decluttering, and home cleanouts. Manages estate sales and online auctions via CTBids.com and donation management. Serves South Bay, Palos Verdes, beach cities and surrounding areas.

Website: caringtransitionsbpv.com

Department of Public Social Services, Los Angeles

(866) 613-3777

M-F, 7:30 a.m.-6:30 p.m.

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

HOTLINE/NON-URGENT

Emergency Response Systems

Life Alert, (800) 814-1030
LifeFone, (800) 882-2280
Lifeline, (855) 681-5351
Rescue Alert, (800) 688-9576

Home Improvement Program – Torrance

(310) 618-2731

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

Household Hazardous Waste Recycling (L.A. County)

(626) 458-5100

Los Angeles County Department of Public Works

M-Th, 7:00 a.m.-5:00 p.m.

Website: dpw.lacounty.gov/epd/hhw

L.A. County Registrar Recorder

(800) 201-8999

County Clerk Office

M-F, 8:00 a.m.-5:00 p.m.

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

HOTLINE/NON-URGENT

Life Alert

(800) 814-1030

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

(800) 882-2280

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

2016 N. Monte Vista Ave.
Turlock, CA 95382

M-F, 6:00 a.m.-4:30 p.m.

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.

Medic Alert+Safe Return

(800) 432-5378

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 and Identification categories.

Website: www.medicalert.org

HOTLINE/NON-URGENT

Medi-Cal Information

(310) 258-7400

M-F, 8:00 a.m.-5:00 p.m.

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

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

HOTLINE/NON-URGENT

Southern California Gas Co.

(800) 427-2200

Furnace repair or replacement and appliance check for low-income seniors, call (800) 207-8567. Safety inspections and repairs. For weatherization, energy saving assistance program, call (800) 331-7593, hours M-F, 7 a.m.-4 p.m.
Website: www.socalgas.com

Wellrive

(844)204-5619

3625 Del Amo Blvd., Suite 150
Torrance, CA 90503

M-F, 9:00 a.m.-6:00 p.m.

Helps plan, coordinate, and supervise all aspects of a move, specializing in senior moves and hiring a mover. Bonded, insured, and references provided.
Website: www.gentletransitions.com

HOTLINE/URGENT

1736 Family Crisis Center

(866) 249-3350

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. Also see Veterans category.

Website: www.1736fcc.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 a.m. or after 4:30 p.m. 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

988 Suicide and Crisis Hotline

988

24/7

Free and confidential support to people in suicide crisis or emotional distress.

HOTLINE/URGENT

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 and serving L.A. County. Also see Abuse and Advocacy categories. Website: wdacs.lacounty.gov (Search for “APS” or “adult protective services” from home page)

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, 9:00 a.m.-5:00 p.m.

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

HOTLINE/URGENT

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

Department of Public Social Services, Los Angeles

(866) 613-3777

M-F, 7:30 a.m.-6:30 p.m.

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

Didi Hirsch Mental Health Services

(310) 390-6612

Centralized Intake (888) 807-7250

**24 hr. Suicide Prevention Hotline,
988**

M-F, 8:30 a.m.-5:00 p.m.

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 and Health Services categories.

Website: www.didihirsch.org

HOTLINE/URGENT

Elder Abuse Hotline

(877) 477-3646
1-877-4-R-SENIORS
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, 9:00 a.m.-5:00 p.m.

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

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

Harbor-UCLA Medical Center Psychiatric Emergency Room

(424) 306-4000

1000 W. Carson St.
Torrance, CA 90509

24/7

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

Website: www.dhs.lacounty.gov/harbor-ucla-medical-center/contactus

Hoarding Hotline (GENESIS Program)

(800) 854-7771

550 S. Vermont Ave., #601
Los Angeles, CA 90020

24/7
M-F, 8:00 a.m.-5:00 p.m.
office

Sponsored by the L.A. County Department of Mental Health.

Website: dmh.lacounty.gov (search hoarding from home page)

HOTLINE/URGENT

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 mental emergency and crisis intervention. Also see Health Services category.

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

LA-Hop

website

24/7

LA-Hop will assist people experiencing homelessness in LA County with outreach services. The information is used to dispatch a homeless services outreach team to the area.

Website: la-hop.org

HOTLINE/URGENT

Long Term Care Ombudsman

(800) 334-9473

Wise and Healthy Aging
4300 Long Beach Blvd., Suite 440
Long Beach, CA 90807

M-F, 8:30 a.m.-5:00 p.m.

Provides advocacy for individuals residing in long term care facilities such as skilled nursing facilities and residential care facilities for the elderly (aka assisted living) 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 Complaints categories.

Website: www.wiseombudsman.org

Medi-Cal Fraud Hotline

(800) 822-6222

Dept. of Health Care Services

M-F, 8:00 a.m.-5:30 p.m.
ET

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

Website: www.dhcs.gov

Medi-Cal Managed Care and Mental Health Ombudsman Office

(888) 452-8609

M-F, 8:00 a.m.-5:00 p.m.

Helps families to solve problems from a neutral standpoint to ensure Medi-Cal members health and county mental health care plans receive all medically necessary covered services that cannot be resolved by the Department of Public Social Services. Also see Advocacy, Complaints and Insurance categories.

Website: www.dhcs.ca.gov

HOTLINE/URGENT

Medicare Fraud Hotline

(800) 447-8477

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

M-F, 8:00 a.m.-5:30 p.m.
ET

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

National Suicide Prevention Lifeline

988

24/7

Hotline for people thinking of suicide, in suicidal crisis or emotional distress. Interpreters for any language.

Website: www.suicidepreventionlifeline.org

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, 8:00 a.m.-5:00 p.m.

(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)

HOTLINE/URGENT

Silverado Live Chat and Hotline

Beach Cities (310) 896-3100

Rolling Hills (424) 488-0593

24/7

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

Website: www.silveradocare.com

Social Security Fraud Hotline

(800) 269-0271

M-F, 10:00 a.m.-4:00 p.m.
ET

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

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

Stillman Sawyer Family Services Center

(310) 835-1986

820 Lomita Blvd.
Harbor City, CA 90710

M, W, F, 9:00 a.m.-4:00 p.m.

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. Areas served are Carson, Harbor City, Lomita, Palos Verdes, Torrance, and Wilmington. Also see Advocacy and Emergency Shelter/Food Programs categories.

Website: stillmansawyercenter.salvationarmy.org

Suicide Prevention Center

988

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

HOTLINE/URGENT

Veterans Crisis Line

Dial 988 then 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

Camino Village Senior Complex

(310) 835-1899

21735 Main St.
Carson CA 90745

M-F, 9:00 a.m.-5:00 p.m.

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. No pets allowed. 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, 9:00 a.m.-5:00 p.m.

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)

Don Senior Apartments

(310) 549-3338

105 East I Street
Wilmington, CA 90744

M-F, 9:00 a.m.-5:00 p.m.

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

HOUSING NON-SUBSIDIZED

Harmony Court Apartments

(310) 214-1416

4502 186th St.
Redondo Beach, CA 90278

M-F, 8:30 a.m.-5:30 p.m.

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

Website: harmonycourt.wngapartments.com

Heritage Point Apartments

(310) 318-8418

1801 Aviation Way
Redondo Beach, CA 90278

M-F, 8:00 a.m.-5:00 p.m.

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

Website: heritagepointapartments.net

Manhattan Village Senior Villas

(310) 546-4062

1304 Park View Ave.
Manhattan Beach, CA 90266

M-F, 9:00 a.m.-5:00 p.m.

106 units, one and two bedroom with wheelchair accessibility. Senior independent living for 55 yrs. and older.

Website: none

Ocean Terrace

(310) 373-0903

3851 W. 226th St.
Torrance, CA 90505

M-F, 9:00 a.m.-1:00 p.m.

35 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 St.
Redondo Beach, CA 90277

M-F, 8:00 a.m.-3:00 p.m.

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

Website: none

Ross Manhattan Terrace

(310) 545-5063

3400 N. Valley Dr.
Manhattan Beach, CA 90266

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

Website: None

Seaside Villa

(310) 376-9363

319 N. Broadway St.
Redondo Beach, CA 90277

M-F, 9:00 a.m.-5:00 p.m.

46 one-bedroom units. 40 units available to seniors, and 6 for 18 years and older who qualify. 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, 8:00 a.m.-5:00 p.m.

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, 9:00 a.m.-4:00 p.m.

Accepts L.A. County Vouchers and veterans 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, 9:00 a.m.-5:00 p.m.

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, 9:00 a.m.-4:00 p.m.

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. No pets allowed. Tenants need to provide their own voucher. Up to 2 year waiting list. Also see Housing, Non-Subsidized category.

Website: carsonterrace.com

HOUSING, SUBSIDIZED

Casa De Los Amigos

(310) 376-3457

123 S. Catalina Ave.
Redondo Beach, CA 90277

M-F, 9:00 a.m.-6:00 p.m.

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

Website: www.casadelosamigoshousing.org

Coleman Court

(310) 212-5898

1421 Cravens Ave.
Torrance, CA 90501

M-F, 9:00 a.m.-5:00 p.m.

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, 9:00 a.m.-5:00 p.m.

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, 10:00 a.m.-2:00 p.m.

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

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

HOUSING, SUBSIDIZED

Harbor Towers

(310) 831-8981

340 S. Mesa St.
San Pedro, CA 90731

M-F, 8:30 a.m.-4:30 p.m.

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 a.m.-5:30 p.m.

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.wngapartments.com

Heritage Point Apartments

(310) 318-8418

1801 Aviation Way
Redondo Beach, CA 90278

M-F, 8:00 a.m.-5:00 p.m.

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

Los Angeles County Development Authority

(800) 731-4663

700 W. Main St.
Alhambra, CA 91801

M-F, 8:00 a.m.-4:00 p.m.

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

HOUSING, SUBSIDIZED

Mirandela Senior Apartments

(310) 265-5200

5555 Crestridge Rd.
Rancho Palos Verdes, CA 90275

M-F, 9:00 a.m.-5:00 p.m.

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.
Torrance, CA 90505

M-F, 9:00 a.m.-1:00 p.m.

Accepts Section 8 vouchers, 35 one-bedroom units, 62 years, and older active seniors; accepts disabled 62 yrs. Rent includes water, gas, and trash. Prefers city of Torrance Section 8 applicants. 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.
Long Beach, CA 90813

M-Th, 9:00 a.m.-5:00 p.m.
Fri, 9:00 a.m.-3:00 p.m.

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>

Plymouth West

(562) 432-9589

240 Chestnut Ave.
Long Beach, CA 90802

M-F, 9:00 a.m.-4:00 p.m.

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)

HOUSING, SUBSIDIZED

Seaside Villa

(310) 376-9363

319 N. Broadway
Redondo Beach, CA 90277

M-F, 8:30 a.m.-5:30 p.m.

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, 8:00 a.m.-5:00 p.m.

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 a.m.-5:30 p.m.

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

The Gateway

(310) 522-4343

720 E. Carson St.
Carson, CA 90745

M-F, 9:00 a.m.-5:00 p.m.

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)

HOUSING, SUBSIDIZED

Torrance Housing Office

(310) 618-5840

Torrance City Hall
3031 Torrance Blvd.
Torrance, CA 90503

M-F, 8:00 a.m.- 5:00 p.m.
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 \$41,700, 2 persons \$47,650, 3 persons \$53,600 and 4 persons \$59,550.

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, 9:00 a.m.-4:00 p.m.

Tax credit property accepting L.A. County Vouchers only. Property has 149 units, accepts disabled.

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

Vista Lee Rosa

(310) 326-2733

1001 Pacific Coast Highway
Harbor City, CA 90710

M-Th, 7:00 a.m.-4:00 p.m.
F, 7:00 a.m.-2:00 p.m.

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 Los Angeles

(323) 938-3379

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

M-F, 8:30 a.m.-5:00 p.m.

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.alzheimersla.org

American Medical ID

(800) 363-5985

949 Wakefield, Suite 100
Houston, TX 77018

M-F, 8:00 a.m.-5:00 p.m.
CT

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

111 E. Parkway Dr.
Pleasantville, NJ 08232

M-F, 9:00 a.m.-5:30 p.m.
ET

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

2016 N. Monte Vista Ave.
Turlock, CA 95382

M-F, 6:00 a.m.-4:30 p.m.

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

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, and Hotline/Non-urgent categories.

Website: www.medicalert.org/

Motor Vehicles, Department of (DMV)

(800) 777-0133

1785 W. 220th St.
Torrance, CA 90501

M- F, 8:00 a.m.-5:00 p.m.

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

Real ID

Website

Real ID is a form of identification that meets increased security standards for state issued drivers licenses. It is a federally accepted form of identification. Real ID can be obtained from in person DMV office and selected auto club locations. Guidelines are found on the DMV site.

Website: <http://realid.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) 751-8308

21311 Hawthorne Blvd., Suite 101
Torrance, CA 90503

24/7

A community-based home care company providing care for Medi-Cal beneficiaries. The company provides personal care assistance, meal preparation, home making assistance, medication reminders, transportation, and protective supervision. All caregivers are licensed home care aids registered under the Department of Social Services. Caregivers are licensed, bonded and insured 24-point criminal background screening. Cost for care is fully subsidized by Medi-Cal health plans. They are contracted with all Managed Care Organizations in Los Angeles counties and some in Orange counties. Contact person is Jocelyn Fu.

Website: www.24hecares.com

Accent Care Personal Care Services

(408) 610-7413

21515 Hawthorne Blvd., #240
Torrance, CA 90503

24/7

Non-medical in-home care services providing companion care, meal preparation, light housekeeping, transportation, bathing, dressing, grooming, medication reminders, incontinence care, and stand by assistance for safety while ambulating. All care providers are bonded and insured. Criminal background check, and Workers Compensation Insurance. Accepts private pay, long term insurance, and VA benefits. Spanish and English spoken. Also see Veterans category.

Website: www.accentcare.com

IN-HOME SERVICES

Always Best Care Senior Services

(310) 503-6893

371 Van Ness Way, Suite 200
Torrance, CA 90501

M-F, 9:00 a.m.-6:00 p.m.

Provides non-medical in-home services for people who prefer to stay at home but need ongoing care that can not be 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 Case Management categories.
Website: www.alwaysbestcare.com

Amada Senior Care

(310) 953-0440

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

M-F, 8:00 a.m.-5:00 p.m.
On call 24/7

Amada Senior Care is a resource for fully integrated care providing care givers to assist with ADLs, 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 Veterans categories.
Website: www.amadalongbeach.com

IN-HOME SERVICES

A Peaceful Way Home Care

(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 Peaceful Way 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: www.apeacefulwayhomecare.com

Arosa

(424) 600-8362

2447 Pacific Coast Highway, Suite 200
Hermosa Beach, CA 90254

24/7

Arosa offers non-medical home care services with a range of personalized support solutions including personal care, assistance, companionship, and household help. The caregivers focus on the specific needs of each client. Arosa also provides medical home health care with authorization from a physician. Accepts long term care insurance. Services the South Bay. Spanish also spoken. Also see Case Management category.

Website: www.arosacare.com

Attentive Home Care

(800) 731-0071

(714) 516-9200

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

M-F, 8:00 a.m.-5:00 p.m.

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 and Los Angeles counties. Also see Case Management category.

Website: www.attentivecare.com

IN-HOME SERVICES

Care to Stay Home

424-250-2005

370 Amapola Ave., Unit 200B
Torrance, CA 90501

M-F, 9:00 a.m.-5:00 p.m.

The Care to Stay Home Team is focused on enhancing the independence, dignity, and quality of life for loved ones who desire to stay in their own homes. The professional caregivers provide services which include personal care and hygiene, grocery shopping, preparing meals, light housekeeping, transportation to appointments and assisting with daily activities. Assists veterans and their spouses in seeing if they qualify for the VA Aid and Attendance benefit to help pay for care giving services. Stroke, Parkinson's, and respite care provided. Languages available are Spanish, Portuguese, and Korean. Also see Veterans category.

Website: www.caretostayhome.com

Comfort Keepers

(310) 325-6500

21171 S. Western Ave., Suite 220
Torrance, CA 90501

24/7

In-home care services providing assistance with activities of daily living to include all personal care, bathing, dressing, laundry, transportation, light housekeeping, transfers, companionship, and much more. Caregivers emphasize elevating the human spirit and improving the quality of life.

Website: www.southbayca.com/comfortkeepers.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 Workers 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 of South Bay

424-704-5330

3655 Torrance Blvd., #300
Torrance, CA 90503

M-F, 9:00 a.m.-5:00 p.m.
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.southbayfirstlighthomecare.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, 9:00 a.m.-12 noon
T-F, 9:00 a.m.-5:00 p.m.

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

Physician's Choice

(310) 793-1616

3528 Torrance Blvd., Suite 220
Torrance, CA 90503

M-F, 9:00 a.m.-5:00 p.m.

Health care services providing case management, physical therapy, occupational and speech therapies, 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.physchoicehh.com

Salus Homecare

(310) 436-4301

21151 S. Western Ave., #207
Torrance, CA 90503

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 Workers 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

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 Disabilities and Hotline/Non-urgent categories.

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

INSURANCE

California Department of Insurance

(800) 927-4357

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

M-F, 8:00 a.m.-5:00 p.m.

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, 9:00 a.m.-5:00 p.m.

Provides health insurance counseling, advice on HMOs, medical claims, and comparisons of private medical and Medicare supplemental plans. Consultations are only by appointment. Also see Advocacy, Complaints and Health Services categories.

Website: www.cahealthadvocates.org

HMOs – Medicare (LA County)

Aetna Medicare	(800) 832-2640
Anthem Blue Cross	(877) 811-3107
Blue Shield 65+	(800) 776-4466
Wellcare by Health Net	(800) 275-4737
Kaiser Permanente Senior Advantage	(800) 777-1238
SCAN Health Plan	(800) 559-3500
United Health Care-Secure Horizons	(800) 357-0978

Long Term Care Insurance Information

(818) 597-3227

California Department of Insurance

M-F, 8:00 a.m.-5:00 p.m.

Provides an overview of long-term care insurance, types of benefits, and policies for purchase. Can provide brochures.

Website: insurance.ca.gov-01-ltc-insurance

INSURANCE

Medi-Cal Information

(310) 258-7400

M-F, 7:30 a.m.-6:30 p.m.

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

Medi-Cal Managed Care and Mental Health Ombudsman Office

(888) 452-8609

M-F, 8:00 a.m.-5:00 p.m.

Helps families to solve problems from a neutral standpoint to ensure Medi-Cal members health and county mental health care plans receive all medically necessary covered services that cannot be resolved by the Department of Public Social Services. Also see Advocacy, Complaints and Hotline/Urgent categories.

Website: www.dhcs.ca.gov

Medi-Cal Telephone Service Center

(800) 541-5555

M-F, 8:00 a.m.-5:00 p.m.

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

(800) 633-4227

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

M-F, 9:00 a.m.-5:00 p.m.
ET

INSURANCE

Medicare Information

(800) 633-4227
24/7

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 category.
Website: www.medicare.gov

LEGAL

American Civil Liberties Union of Southern California

(213) 977-9500

1313 West 8th St.
Los Angeles, CA 90017

M-F, 9:00 a.m.-5:00
p.m.

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

Website: www.aclusocal.org

Bet-Tzedek Legal Services

(323) 939-0506

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

M-F, 9:00 a.m.-5:00 p.m.
Appointment only

Legal team visits and assists needy people aged 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) 349-1649 (every other month)

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

Website: www.bettzedek.org

California Advocates for Nursing Home Reform

(800) 474-1116

CANHR
1803 6th St.
Berkeley, CA 94710

M-F, 9:00 a.m.-5:00 p.m.

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

M-F, 8:45 a.m.-5:00 p.m.
complaints, 9:00 a.m.-4:00 p.m.

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”)

LEGAL

Cancer Justice at Public Counsel

(213) 736-1455

(866) 843-2572

610 S. Ardmore Ave.
Los Angeles, CA 90005

M-F, 9:00 a.m.-5:00 p.m.

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

Website: www.publiccounsel.org

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

(213) 974-1452

(800) 593-8222

320 W. Temple St., Room G10
Los Angeles, CA 90012

M-Th, 8:30 a.m.-4:30 p.m.
closed noon-1:00 p.m.

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 courthouse (located at 825 Maple in Torrance) on Thursdays from 8:30 a.m.-4:30 p.m. Main office for urgent issues: (800) 593-8222. Also see Advocacy and Complaints categories.

Website: dcbalacounty.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- F, 9:00 a.m.-5:00 p.m.
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.disablilityrightsca.org

LEGAL

Disability Rights Legal Center

Intake number (213) 736-1334

350 S. Grand Ave., Suite 2010
Los Angeles, CA 90071

M-F, 9:00 a.m.-5:00 p.m.

The Disability Rights Legal Center (formerly the Western Law Center for Disability Rights) provides free legal and other assistance to the Southern California community, focusing on discrimination against the disabled. 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

Fiduciaries Bureau, Professional

(916) 574-7340

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

M-F, 8:00 a.m.-5:00 p.m.

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

Also see Advocacy category.

Website: www.fiduciary.ca.gov

Housing Rights Center

(800) 477-5977

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

M-F, 8:30 a.m.-5:00 p.m.

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. Carson Senior Center (310) 835-0212, Ext. 1775, has a walk-in clinic with a person from the Housing Rights Center on the 1st Wednesday, 11:00 a.m.-1:00 p.m. Also see Advocacy category.

Website: www.housingrightscenter.org

LEGAL

Immigration Legal Assistance Project (LACBA)

(213) 485-1873

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

M-Th,
8:00 a.m.-noon, 1:00 p.m.-3 p.m.
Fri, 8:00 a.m.-noon

Fee-based service for assistance with immigration issues. Call to make an appointment or fill out application online. Spanish available.

Website: www.counselforjustice.org

L.A. Court, Self Help Center

Web

L.A. Court self-help center assists individuals who need to proceed on their own without using an attorney. The service catalog provides explanation of an issue with steps needed before completing documents.

Website: ww.lacounty.ca.gov

Legal Aid Foundation of Los Angeles

(800) 399-4529

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

M-Th, 9:00 a.m.-noon
F, 8:00 a.m.-noon

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

Legal Aid Foundation of Los Angeles

No Phone

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

M-Th, 8:30 a.m.-noon, 1:30 p.m.-4:30 p.m.
Fri, 8:30 a.m.-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 Academy of Elder Law Attorneys

Web

The National Academy of Elder Law Attorneys is a professional association of attorneys dedicated to improving the quality of legal services to people as they age and those with special needs, and who advocate for the needs of such individuals. Elder and special needs law encompass many different fields of law. Some of these include long-term health care, planning for retirement, estate planning and probate, guardianship and conservatorship, health care decision making, and elder abuse and neglect. The website provides lists of elder law attorneys in geographic areas.

Website: NAELA.org

National Organization of Veterans' Advocates

(202) 587-5708

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

M-F, 9:00 a.m.-5:00 p.m.

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

Neighborhood Legal Services of L.A. County

(800) 433-6251

(800) 896-3202

M-F, 9:00 a.m.-noon

1:00 p.m.-5:00 p.m.

Neighborhood Legal Services is one of the community-based programs 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. Other services include: housing, public benefits, immigration, workers' rights, medical-legal partnerships, consumer debt, bankruptcy and provide legal workshops and clinics. Also see Advocacy and Health Services categories.

Website: www.nlsla.org

Public Counsel

(800) 870-8090

(213) 385-2977

610 S. Ardmore Ave.

Los Angeles, CA 90005

M-F, 9:00 a.m.-5:00 p.m.

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". Appointment is required, and no walk-ins accepted. Also see Veterans category.

Website: www.publiccounsel.org

LEGAL

Public Guardian

(213) 974-0515

Conservatorships
320 W. Temple St., 15th floor
Los Angeles, CA 90012

M-F, 8:00 a.m.-5:00 p.m.

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.

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

South Bay Bar Assn. Attorney Referral Service

(310) 325-4200

M-F, 9:00 a.m.-5:00 p.m.
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)

State Bar of California

(800) 843-9053

845 S. Figueroa St.
Los Angeles, CA 90017

M, T, Th, F, 8:45 a.m.-5:00 p.m.
Wed, 8:45 a.m.-4:00 p.m.

Takes complaints only. Resources on website offers lawyer referral service and free legal information such as preparing for a consultation, pamphlets, etc. Also see Complaints category.

Website: www.calbar.ca.gov

LEGAL

Toberman Center

(310) 832-1145

131 N. Grand Ave.
San Pedro, CA 90731

M-F, 9:00 a.m.-5:00 p.m.

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
(855) 460-9641

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

M-F, 9:00 a.m.-4:00 p.m.

Online information about bankruptcy.
Website: www.cacb.uscourts.gov

U.S. Citizenship and Immigration Service (USCIS)

(800) 375-5283

Customer Service, 2nd level, Room 7631
300 N. Los Angeles St.
Los Angeles, CA 90012

M-F, 7:30 a.m.-noon
12:30 p.m.-4 p.m.

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

(800) 540-4442

3715 McClintock Ave.
Los Angeles, CA 90089

M-F, 8:30 a.m.-5:00 p.m.

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.losangelescrc.usc.edu

Wilmington Multipurpose Senior Center

(310) 518-4533

1371 N. Eubank Ave.
Wilmington, CA 90744

M-F, 8:00 a.m.-4:30 p.m.

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

Nanette Barragan, Congressperson 44th District

(310) 831-1799

638 S. Beacon St.
San Pedro, CA 90731

M-F, 8:30 a.m.-5:30 p.m.

Represents Rancho Dominguez, Lynwood, Long Beach, Paramount, Bellflower, Southgate, Lakewood, West Carson, Harbor City, Harbor Gateway, San Pedro, and Wilmington. Has an office in Carson and Long Beach. Washington address: 2312 Rayburn House Office Building, Washington, DC 20515. Term expires January 2025.

Website: www.barragan.house.gov

Adam Schiff, U.S. Senator, California

(202) 224-3841

SH-110 Senate Hart Office Building
Washington, DC 20510

Represents statewide. Term expires January 2031.

Website: www.zciff.senate.gov

Janice Hahn, County Supervisor 4th District

(213) 974-4444

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

M-F, 8:00 a.m.-5:00 p.m.

Janice Hahn's district stretches from Torrance and the Palos Verdes Peninsula through Long Beach and the Gateway cities. Jennifer La Marque, Field Deputy, is the local representative. San Pedro office: 302 W. 6th St., Suite 200, zip code 90731 (310) 222-3015. Term expires December 2028.

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

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

Ted Lieu, U.S. Congressman 36th District

(323) 651-1040

1645 Corinth Ave., Suite 101
Los Angeles, CA 90025

M-F, 9:00 a.m.-5:00 p.m.

Represents: El Segundo, Manhattan, Hermosa and Redondo Beaches, Torrance, Palos Verdes Estates, Rolling Hills, and Rolling Hills Estates. Washington address: 2454 Rayburn House Office Building, Washington DC 20515, phone (202) 225-3976. Appointments necessary for Manhattan Beach. Term expires January 2027. Website: lieu.house.gov

LEGISLATION

Holly Mitchell, District 2 L.A. County Board of Supervisors

(213) 974-2222

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

M-F, 9:00 a.m.-5:00 p.m.

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

Term expires December 2031.

Website: mitchell.lacounty.gov

Al Muratsuchi, California State Assembly District 66

(310) 375-0691

3424 N. Carson St., Suite 450
Torrance, CA 90503

M-F, 9:00 a.m.-5:00 p.m.

Represents Manhattan Beach, Hermosa Beach, Redondo Beach, El Segundo, Gardena, Rolling Hills, San Pedro, Torrance, West Carson, Lomita, Palos Verdes Estates, Rolling Hills Estates, Rancho Palos Verdes, Rolling Hills, El Camino Village, and small section of Lawndale.

Sacramento address: Capitol Swing Space, 1021 O St., Suite 5310, Sacramento, CA 94249,

phone (916) 319-2066. Term expires December 2027.

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

Website: A66.ASMDC.org

Blanca Pacheco, California State Assembly District 64

(562) 861-5803

8255 Firestone Blvd., Suite 203
Downey, CA 90241

M-F, 9:00 a.m.-5:00 p.m.

Represents 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 January 2027.

Website: www.A64.asmdc.org

LEGISLATION

Alex Padilla, U.S. Senator, California

(310) 231-4494

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

M-F, 8:30 a.m.-5:30 p.m.

Represents statewide. Washington address: 331 Hart Senate Office Building,
Washington, D.C. 20510. Phone: (202) 224-3553. Term expires January 2029.
Website: www.padilla.senate.gov

Laura Richardson, California State Senate District 35

(310) 217-4728

970 West 180th St., Suite 310

M-F, 9:00 a.m.-5:00 p.m.

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 January 2027.
Website: sd35.senate.ca.gov

Adam Schiff, U.S. Senator, California

(202) 224-3841

SH-110 Senate Hart Office Building
Washington, DC 20510

Represents statewide. Term expires January 2031.
Website: www.zciff.senate.gov

Tri Ta, California State Assembly District 70

(714) 379-0970

14361 Beach Blvd., Suite 211
Westminster, CA 92683

M-F, 9:00 a.m.-5:00 p.m.

Represents: Fountain Valley, Garden Grove, Los Alamitos, Midway City, Rossmoor,
Stanton, Westminster, and portions of Huntington Beach, Santa Ana, and Seal Beach.
Capitol office, P.O. Box 942849, Sacramento, CA 94249. Term expires January 2027.
Website: ad70.asmrc.org

LEGISLATION

Torrance City Hall

(310) 618-2801

3031 Torrance Blvd.
Torrance, CA 90503

M-F, 8:00 a.m.-5:00 p.m.

Mayor and City Council members.
Website: www.torranceca.gov

Maxine Waters, U.S. Congresswoman 43rd District

(323) 757-8900

13605 Hawthorne Blvd.
Hawthorne, CA 90250

M-F, 9:00 a.m.-5:00 p.m.

Represents: Inglewood, Lennox, Gardena, El Camino Village, Hawthorne, Lawndale, Torrance, Lomita, Playa del Rey, Compton, Willowbrook, Lennox, Watts, West Adams, and West Carson. Washington address: 2221 Rayburn House Office Building, Washington, DC 20515. Term expires January 2025.
Website: waters.house.gov

LIBRARIES

Braille Institute of America

(800) 272-4553

741 N. Vermont Ave.
Los Angeles, CA 90029

M-F, 8:30 a.m.-5:00 p.m.

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

Carson Public Library (County)

(310) 830-0901

151 East Carson St.
Carson, CA 90745
Website: lacountylibrary.org/carson

Sun and M, closed
T, W, noon-8:00 p.m.
Th-Sat, 10:00 a.m.-1:00 p.m.

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

(310) 327-4830

17906 S. Avalon Blvd.
Carson, CA 90746
Website: lacountylibrary.org/dr-martin-luther-king-jr-library/

Temporarily closed
Digital library 24/7

El Segundo Public Library

(310) 524-2722

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

M-Th, 9:00 a.m.-8:00 p.m.
F-Sat, 10:00 a.m.-5:00 p.m.

Gardena Mayme Dear Library (County)

(310) 323-6363

1731 W. Gardena Blvd.
Gardena, CA 90247
Website: lacountylibrary.org/gardena-mayme-dear-library/

Sun, M, closed
T, W, 12 noon-8:00 p.m.
Th, Sat, 10:00 a.m.-6:00 p.m.

LIBRARIES

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

(310) 534-9520

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

M, W, 10:00 a.m.-8:00 p.m.
T, Th, noon-8:00 p.m.
F, Sat, 9:30 a.m.-5:30 p.m.

Hawthorne Public Library (County)

(310) 679-8193

12700 S. Grevillea Ave.
Hawthorne, CA 90250
Website: lacountylibrary.org/hawthorne-library/

T, W, noon-8:00 p.m.
Th-Sat, 10:00 a.m.-6:00 p.m.

Hermosa Beach Public Library (County)

(310) 379-8475

550 Pier Ave.
Hermosa Beach, CA 90254
Website: lacountylibrary.org/hermosa-beach-library/

T,W, 12 noon-8:00 p.m.
Th-Sat, 10:00 a.m.-6:00 p.m.

Inglewood Public Library

(310) 412-5380

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

Closed for renovation

Inglewood Public Library

(310) 412-5403

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

M, T, Th, 11:00 a.m.-
6:00 p.m.

Lawndale Public Library (County)

(310) 676-0177

14615 Burin Ave.
Lawndale, CA 90260
Website: lacountylibrary.org/lawndale-library/

T,W, noon-8:00 p.m.
Th-Sat, 10:00 a.m.-6:00p.m.

LIBRARIES

Lennox Public Library (County)

(310) 674-0385

4359 Lennox Blvd.
Lennox, CA 90304
Website: lacountylibrary.org/lennox-library/

M-Th, 10:00 a.m.-8:00 p.m.
F, Sat, 10:00 a.m.-6:00 p.m.

Lomita Public Library (County)

(310) 539-4515

24200 Narbonne Ave.
Lomita, CA 90717
Website: lacountylibrary.org/lomita-library/

Tu, W, noon-8:00 p.m.
Th, F, 10:00 a.m.-6:00 p.m.

Manhattan Beach Public Library (County)

(310) 545-8595

1320 Highland Ave.
Manhattan Beach, CA 90266
Website: lacountylibrary.org/manhattan-beach-library/

M-W, 10:00 a.m.-8:00 p.m.
Th-Sat, 10:00 a.m.-6:00 p.m.
Sun, 1:00 p.m.-5:00 p.m.

Masao W. Satow Library (County)

(310) 679-0638

14433 S. Crenshaw Blvd.
Gardena, CA 90249
Website: lacountylibrary.org/masao-w-satow-library/

M-Th, 10:00 a.m.-8:00 p.m.
F, Sat, 10:00 a.m.-6:00 p.m.

Palos Verdes - Malaga Cove Plaza Library

(310) 377-9584

Ext. 551

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

Palos Verdes - Miraleste Library

(310) 377-9584

Ext. 452

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

LIBRARIES

Palos Verdes - Peninsula Center Library

(310) 377-9584

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

M-Th, 10:00 a.m.-8:00 p.m.
F, 10:00 a.m.-6:00 p.m.
Sat, 10:00 a.m.-5:00 p.m.
Sun, 1:00 p.m.-5:00 p.m.

Redondo Beach - Main Library

(310) 318-0675

303 N. Pacific Coast Highway
Redondo Beach, CA 90277
Website: redondo.org/dept/library/

M-Th, 11:00 a.m.-7:00 p.m.
F, 10:00 a.m.-6:00 p.m.
Sat, 9:00 a.m.-5:00 p.m.

Redondo Beach - North Branch Library

(310) 318-0677

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

M-Th, 11:00 a.m.-7:00 p.m.
F, closed
Sat, 9:00 a.m.-5:00 p.m.

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

(310) 548-7779

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

M-Th, 10:00 a.m.-8:00 p.m.
F, Sat, 9:30 a.m.-5:30 p.m.
Sun, 1:00 a.m.-5:00 p.m.

Torrance - El Retiro Branch Library

(310) 375-0922

126 Vista Del Parque
Redondo Beach, CA 90277
Website: library.torranceca.gov/home-library (scroll down to “Hours and Locations”)

M,W, F, 10:00 a.m.-2:00 p.m.
T, Th, 2:00 p.m.-6:00 p.m.

LIBRARIES

Torrance - Henderson Branch Library

(310) 371-2075

4805 Emerald Ave.
Torrance, CA 90503
Website: library.torranceca.gov/home-library (scroll down to “Hours and Locations”)

M-F, 10:00 a.m.-6:00 p.m.
Sat, 9:00 a.m.-5:00 p.m.

Torrance - North Branch Library

(310) 323-7200

3604 Artesia Blvd.
Torrance, CA 90504
Website: library.torranceca.gov/home-library (scroll down to “Hours and Locations”)

M-F, 10:00 a.m.-6:00 p.m.
Sat, 9:00 a.m.-5:00 p.m.

Torrance Public Library Katy Geissert Civic Center Library

(310) 618-5959

3301 Torrance Blvd.
Torrance, CA 90503

M, W, noon-8:00 p.m.
T, Th, F, 10:00 a.m.-6:00 p.m.
Sat, 9:00 a.m.-5:00 p.m.

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 loans. For full description of services refer to Disabilities category.

Website: library.torranceca.gov/home-library (scroll down to “Hours and Locations”)

Torrance - Southeast Branch Library

(310) 530-5044

23115 Arlington Ave.
Torrance, CA 90501
Website: library.torranceca.gov/home-library (scroll down to “Hours and Locations”)

M-F, 10:00 a.m.-6:00 p.m.
Sat, 9:00 a.m.-5:00 p.m.

LIBRARIES

Torrance - WALTERIA Branch Library

(310) 375-8418

3815 W. 242nd St.
Torrance, CA 90505
Website: library.torranceca.gov/home-library (scroll
down to “Hours and Locations”)

M-F, 10:00 a.m.-6:00 p.m.
Sat, 9:00 a.m.-5:00 p.m.

Wilmington Branch Library (L.A. City)

(310) 834-1082

1300 N. Avalon Blvd.
Wilmington, CA 90744
Website: lapl.org/branches/wilmington

M, W, 10:00 a.m.-8:00 p.m.
T, Th, noon-8:00 p.m.
F, 9:30 a.m.-5:30 p.m.

Wiseburn Library (County)

(310) 643-8880

5335 W. 135th St.
Hawthorne, CA 90250
Website: lacountylibrary.org/wiseburn-library/

M, Th, F, 10:00 a.m.-6:00 p.m.
W, noon-8:00 p.m.

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.cityofgardena.org
<u>Hawthorne City Hall</u>	(310) 349-2900	www.cityofhawthorne.org
<u>Hermosa Beach City Hall</u>	(310) 318-0239	www.hermosabeach.gov
<u>Inglewood City Hall</u>	(310) 412-5111	www.cityofinglewood.gov
<u>Lawndale City Hall</u>	(310) 973-3200	www.lawndale.ca.gov
<u>Lomita City Hall</u>	(310) 325-7110	www.lomitacity.com
<u>Los Angeles/Harbor Area</u>	(310) 732-4515	www.cd15.lacity.gov
<u>Manhattan Beach City Hall</u>	(310) 802-5000	www.manhattanbeach.gov
<u>Palos Verdes Estates City Hall</u>	(310) 378-0383	www.pvestates.org
<u>Rancho Palos Verdes City Hall</u>	(310) 544-5200	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.rollinghillsestates.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, 9:00 a.m.-5:00 p.m.

The nutrition program serves hot, well-balanced meals in congregate dining centers for seniors 60 years M-F @ 10:30 a.m. for \$3 serving brunch. 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, 8:00 a.m.-4:00 p.m.

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

Carson Senior Social Services

(310) 835-0212

801 E. Carson St.
Carson, CA 90745

Hot lunch \$4.00 provided by the YMCA for seniors on Monday-Friday @ 11:30 a.m. 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 Senior Centers category.
Website: ci.carson.ca.us (search “senior social services” from home page)

First Serve Community Services of the South Bay, Inc.

(310) 320-3818

1725 Flower Ave.
Torrance, CA 90503

Provides individuals and families experiencing food insecurity meals on Monday nights 2:30 p.m.-6:30 p.m. in Faith Hall. Also see Disabilities and Senior Clubs categories.
Website: www.first-serve.org

MEALS & NUTRITION

First United Methodist Church of Redondo Beach

(310) 372-8445

243 S. Broadway
Redondo Beach, CA 90277

M, T, Th,
9:00 a.m.-4:00 p.m.
Wed, 9:00 a.m.-2:00 p.m.

Hot meals on Wednesday, 4:30 p.m.-6:30 p.m.
Hygiene items and clothes when available.
Website: www.beachfaith.com

First United Methodist Church of Torrance

(310) 328-3242

1551 El Prado
Torrance, CA 90501

Box meals served the 4th Saturday of the month at 11 a.m.
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, 8:00 a.m.-5:00 p.m.

Lunch program M-F at noon. Donation \$3.75 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)

MEALS & NUTRITION

Gardena Valley Japanese Cultural Institute (JCI)

(310) 324-6611

1964 W. 162nd St.
Gardena, CA 90247

M-F, 9:00 a.m.-5:00 p.m.

Japanese box lunches, \$7.00 served Monday to Friday, 11a.m.-noon. Reserve by Wednesday noon of prior week. Eat in or at home. Also see Senior Centers category.
Website: www.jci-gardena.org

Hawthorne Senior Center

(310) 602-4909

3901 W. El Segundo Blvd.
Hawthorne, CA 90250

M-F, 9:00 a.m.-4:00 p.m.
except holidays

Meals served Monday to Friday, 12 noon, \$3 donation and \$4 for non-seniors. Also see Senior Centers category.
Website: www.cityofhawthorne.org (search “Senior center” on home page)

Inglewood Senior Center

(310) 412-5338

111 N. Locust St.
Inglewood, CA 90301

Lunch served Monday to Friday from 12 noon -1:00 p.m. 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)

Lawndale Community Center-Senior Services

(310) 973-3270

14700 Burin Ave.
Lawndale, CA 90260

M-Th, 7:00 a.m.-8:00 p.m.
Fri, 7:00 a.m.-3:00 p.m.
Sat. 8:30 a.m.-1:00 p.m.

Lunch served Monday-Friday from 10:30 a.m. to 1 p.m., suggested donation \$5.00. Guest pay \$7.00. Sign up required ahead of time. Also see Case Management and Senior Centers categories.
Website: www.lawndale.ca.gov

MEALS & NUTRITION

Meals on Wheels

- Carson – (310) 835-0212, ext. 1487, closed Wednesday
- El Segundo – (310) 534-2796, outreach 9:00 a.m.-1:00 p.m.
- Gardena – (310) 217-9552 – cityofgardena.org/home-delivered-meals, Monday-Friday
- Harbor City – (310) 518-4533 – serves 1 meal/day, M-F, 11:30 a.m.-12:30 p.m.
- Harbor Gateway – (310) 518-4533 – serves 1 meal/day, M-F, 11:30 a.m.-12:30 p.m.
- Hawthorne – (310) 602-4909 – 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.
- 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) 832-7335 – only 1 meal/day
- Torrance/Lomita – (310) 542-3434 (M-F, 8:30 a.m.-2:30 p.m.) – 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 p.m., \$3.75 suggested donation for seniors and provides home delivered meals @ \$3.75 suggested donation. Also see Senior Centers category.

www.cityofgardena.org (Search “senior citizens bureau” from home page.)

MEALS & NUTRITION

Redondo Beach Senior and Family Services

(310) 318-0650

1922 Artesia Blvd.
Redondo Beach, CA 90278

M-F, 7:30 a.m.-5:30 p.m.
Closed alternate Fridays

YMCA sponsored lunches, \$5.00 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 Senior Center category.

Website: www.redondo.org/senior

Riviera United Methodist Church

(310) 378-9273

375 Palos Verdes Blvd.
Redondo Beach, CA 90277

M-Th, 8:00 a.m.-2:00 p.m.

Every 5th Saturday of each month, 11 a.m.-1 p.m., 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

San Pedro Service Center

(310) 832-7335

769 W. Third St.
San Pedro, CA 90731

M-F, 9:00 a.m.-1:00 p.m.

Senior nutrition site with hot lunch meal for \$3 (suggested donation) at 11:30 a.m. on a first come, first served basis. Call for more information and reservations. Also see Case Management and Senior Centers categories.

Website: <https://ndacs.lacounty.gov/venue/san-pedro-service-center>

MEALS & NUTRITION

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 10 a.m. and continues until all food is gone. Food is to go only.
Website: www.saintandrewstorrance.org

St. Andrews Presbyterian Church

(310) 540-5252

301 Ave D
Redondo Beach, CA 90277

Tu, Th, F, 9:00 a.m.-1:00 p.m.
Wed, 1:00 p.m.-3:00 p.m.

Hot lunches are provided from 12 noon-1:00 p.m. on Tuesday, Thursday, and Friday..
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 p.m.-2 p.m. on Monday, Wednesday, and Friday which is part of "Feed the Needy" program.
Website: www.saintjameschurch.org

St. John Evangelical Lutheran Church

(310) 676-8804

14517 Crenshaw Blvd.
Gardena, CA 90249

Hot meals served Monday and Friday at 6:00 p.m. and dinner served every 4th Saturday each month at 4 p.m. Sack lunches are served Sunday at 12 noon.
Website: none

MEALS & NUTRITION

St. Paul's United Methodist Church

(310) 370-4319

2600 Nelson Ave.
Redondo Beach, CA 90278

Hot supper served at church from 6 p.m.-7 p.m. on Tuesday. Food pantry is open from 9 a.m.-11 a.m. 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

M-W, 8:00 a.m.-3:00 p.m.
Th, 9:00 a.m.-5:00 p.m.

Hot meal served on the first Saturday of each month, 11 a.m.-1 p.m.
Website: www.tfbclife.org

Torrance YMCA Senior Center

(310) 325-5885
Ext. 2732

2900 W. Sepulveda Blvd.
Torrance, CA 90505

Nutritious lunch M-F, at 12 noon for seniors 60 years and older. No membership required for lunch. Reservations required 24 hours in advance by 11 a.m. the prior day. Donation of \$3.00 for seniors 60 yrs. plus and caregivers, \$4.00 for non-seniors. Grab and Go senior meal program: 7 meals = \$21, Thursdays, 11:30 a.m.-12:30 p.m. Reservations required 24 hours in advance. Also see Senior Centers category.
Website: www.ymcala.org/t56

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 a.m. -1 p.m. for the needy and homeless.
Website: www.walteriaumc.org

MEALS & NUTRITION

Wilmington Multipurpose Senior Center

(310) 518-4533

1371 Eubank Ave. (Banning Park)
Wilmington, CA 90744

Hot meal served at 1:00 p.m. with contribution for seniors 60 yrs. and over. Home delivered meals for homebound seniors M-F. Call for more information and reservations. Also see Case Management, Legal, Senior Centers and Transportation categories.
Website: www.wilmingtonjcfoundation.yolasite.com

Yvonne Burke Senior and Community Center

(323) 298-6038

4750 W. 62nd St.
Los Angeles, CA 90056

M-F, 8:30 a.m.-5:30 p.m.
Sat, 8:30 a.m.-5:30 p.m.

Senior Nutrition Program serving lunch Monday to Friday, 12 noon-12:30 p.m. 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
	L.A. County Fire Department	(323) 881-6156
El Segundo	Police Department	(310) 524-2200
	Fire Department	(310) 524-2395
Gardena	Police Department	(310) 217-6148
	L.A. County Fire Department	(323) 881-6156
Harbor City	L.A. City Police Department	(310) 726-7700
	L.A. City Fire Department	(310) 548-7585
Harbor Gateway	L.A. City Police Department	(310) 726-7700
	L.A. City Fire Department	(310) 548-7579
Hawthorne	Police Department	(310) 675-4443
	L.A. County Fire Department	(323) 881-6156
Hermosa Beach	Police Department	(310) 318-0360
	L.A. County Fire Department	(424) 408-6200
Inglewood	Police Department	(310) 412-5210
	L.A. County Fire Department	(323) 881-6156
Lawndale	Sheriff's Department	(310) 219-2750
	L.A. County Fire Department	(323) 881-6156
Lomita	Sheriff's Department	(310) 539-1661
	L.A. County Fire Department	(323) 881-6156
Manhattan Beach	Police Department	(310) 802-5140
	Fire Department	(310) 802-5203
Palos Verdes Estates	Police Department	(310) 378-4211
	L.A. County Fire Department	(323) 881-6156
Rancho Palos Verdes	Sheriff's Department	(310) 539-1661
	L.A. 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
	L.A. County Fire Department	(323) 881-6156
Rolling Hills Estates	Sheriff's Department	(310) 539-1661
	L.A. County Fire Department	(323) 881-6156
San Pedro	L.A. City Police Department	(310) 726-7700
	L.A. City Fire Department	(310) 548-2836
Torrance	Police Department	(310) 328-3456
	Community Affairs	(310) 618-2930
	Fire Department	(310) 781-7000
Wilmington	L.A. City Police Department	(310) 726-7700
	L.A. 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

(323) 650-7988

2029 Century Park E, #4393
Los Angeles, CA 90067

Provides a senior housing and services resource publication. The magazine includes day care, hospice, 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

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

RETIREMENT

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, weekly housekeeping, and pet friendly. The full-service senior apartments accept 55 yrs. and older, and skilled nursing is provided for 62 yrs. and older.

Website: www.daytowersatbixbyknolls.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.brookdalesouthbay.com (search for "Torrance, CA" on home page)

Canterbury, The

(877) 727-3213

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

RETIREMENT

Carson Senior Assisted Living Center

(310) 830-4010

345 E. Carson St.
Carson, CA 90745

9:00 a.m.-5:30 p.m.
7 days

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 90505

7:30 a.m.-9:00 p.m.
7 days

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

Gardena Retirement Center

(310) 327-4091

14741 South Vermont Ave.
Gardena, CA 90247

9:00 a.m.-9:00 p.m. daily

60 years and older, providing 3 meals a day and snacks. Offers activities, outings, Japanese arts and crafts and exercise program. Will accept those using walkers and canes. Medical transportation provided. Serves Japanese and American food.
Website: www.gardenaretirement.com

RETIREMENT

Geriatric Solutions Unlimited

(310) 403-3499

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

24/7

Specializes in providing personalized free resources and information to seniors and families looking for alternative options in transitioning their 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 Senior Living

562-432-7468

1046 E. Fourth St.
Long Beach, CA 90802

M-F, 8:00 a.m.-5:00 p.m.

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 director, 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.glenparkseniorliving.com

RETIREMENT

Harbor Terrace Retirement Center

(310) 547-0090

435 W. 8th St.
San Pedro, CA 90731

24/7

Harbor Terrace Retirement is a family owned, licensed assisted living community. Accepted 60 yrs. and older whether independent or need assisted living amenities. Rate includes three chef prepared meals daily, linen service, housekeeping, basic utilities, emergency call system, local medical transportation and a full calendar of social, educational, and cultural activities and events. An on-site beauty salon and barber shop is available offering hair, manicure, and pedicure services. Studio and one-bedroom apartments are available. Ambulatory residents only. Walkers and canes accepted. Website: www.harborterraceretirement.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

Ivy Park at Palos Verdes

(310) 377-7425

25535 Hawthorne Blvd.
Torrance, CA 90505

A senior living community for 62 years and older offering assisted living and memory care. Provided are wellness services, three meals a day, activities, weekly housekeeping, laundry, and transportation. Community offers a bistro, patio, garden, beauty parlor and covered parking. Staff on site 24/7 to assist residents. Also see Alzheimer's category. Website: www.ivyliving.com/pv

RETIREMENT

Merrill Gardens of Rolling Hills Estates

(424) 500-4869

627 Silver Spur Road
Rolling Hills Estates, CA 90274

24/7

A luxury senior living community for 65 yrs. and older located in the heart of the Peninsula, offering assisted living and memory care services. The community has 114 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

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

24/7

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, daily housekeeping, 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 and adult education classes. Licensed LVN's on staff to meet the incidental medical needs of residents as ordered by their physician. 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.genesishcc.com/springassistedliving

RETIREMENT

Sunrise at Hermosa Beach

(310) 937-0959

1837 Pacific Coast Highway
Hermosa Beach, CA 90254

60 yrs. and older offering two levels of assisted living, memory care, 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.)

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

WellPath Partners, LLC

(562) 248-2888

3950 Long Beach Blvd., Suite 205
Long Beach, CA 90807

24/7

WellPath Partners is a senior referral and resource agency. It was founded on the principle that older adults deserve access to the best possible care throughout their golden years. Placement services are offered in assisted living communities, residential board and care homes, Alzheimer's and dementia facilities, and independent living communities. Also offered are financial and real estate services including annuities, life insurance, retirement planning, long term care, and final expenses. WellPath strives to be an advocate that cares, comforts, and offers compassion to their clients. Areas served are L.A. and Orange counties. Also see Board and Care and Alzheimer's categories.

Website: www.wellpathpartners.com

SENIOR CENTERS

Anderson Memorial Senior Center

(310) 548-7596

828 S. Mesa St.
San Pedro, CA 90731

M-F, 9:00 a.m.-5:00 p.m.

Exercise classes, bingo, sewing, art classes, ceramic classes, pickle ball, table tennis, painting, piano, international dancing, and Tai Chi. Hot lunches M-F for \$3, \$5 non-seniors at 10:30 a.m. No lunches on city holidays. Also see Meals/Nutrition category.
Website: www.laparks.org/scc/anderson-memorial

Anderson Park Senior Center (Beach Cities Health District)

(310) 318-0650

North Park Senior Club
3007 Vail Ave.
Redondo Beach, CA 90278

M, 1:00 p.m.-3:00 p.m.

Bridge, exercise, Tai Chi, trips, tours, potluck, Zumba, and bingo. Also see Disabilities category.
Website: www.redondo.org/senior

Bartlett Senior Citizens Center

(310) 320-5918

1318 Cravens Ave.
Torrance, CA 90501

M-F, 8:00 a.m.-4:00 p.m.

5-0 And on the Go! Promoting fitness, fun and friendships.

M-F lunches for \$3 at 11:30 a.m. 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, cards, dances, billiards, crafts, free movie matinees, ceramics, beadwork, and lapidary. HICAP representative available; appointment only. Refer to Los Angeles HICAP office (800) 824-0780 Ext. 3021. Also see Meals/Nutrition category.
Website: www.torranceca.gov/our-city/recreation/seniors

SENIOR CENTERS

Carson Senior Social Services

(310) 835-0212

Ext. 1467

801 E. Carson St.
Carson, CA 90745

M-F, 7:00 a.m.-6:00 p.m.

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, geriatric aid program, senior clubs, Glee Club, Tai Chi, health programs, and transportation. Also see Meals/Nutrition category.

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, 9:00 a.m.-8:00 p.m.

Fri, 9:00 a.m.-5:00 p.m.

Sat, 9:00 a.m.-5:00 p.m.

Sun, 10:00 a.m.-3:00 p.m.

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, 8:00 a.m.-5:00 p.m.

Case management, information and referral, health clinics, escort and shopping services, socialization, recreation programs, exercise, education programs, in-home supportive help for low-income seniors, home delivered meals and transportation in Gardena. Lunch program M-F at noon. Bilingual (Spanish). Also see Case Management and Meals/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, 9:00 a.m.-5:00 p.m.

Crafts, line dancing, ballroom dancing, martial arts, and adult school classes. Japanese language school on Saturday, 9 a.m.-12:30 p.m. Japanese box lunches, \$7. Reserve 7 days in advance. Eat in or at home. Also see Meals/Nutrition category.

Website: www.jci-gardena.org

Hawthorne Senior Center

(310) 349-1650

3901 W. El Segundo Blvd.
Hawthorne, CA 90250

M-F, 9:00 a.m.-4:00 p.m.

Meals served at 12 noon (\$3 donation, \$4 non-senior). Reservations required.

Transportation, cards, bingo, legal appointments, Tai-Chi, dances, pool, field trips, games, line dance classes, movies, and computer lab. Also see Meals/Nutrition category.

Website: www.cityofhawthorne.org (search “senior center” in box at bottom of home page.)

Herma Tillim Senior Center

(310) 329-1889

3612 W. Artesia Blvd.
Torrance, CA 90504

T, W, Th, 9:00 a.m.-3:00 p.m.

5-0 And on the Go! Promoting fitness, fun and friendships.

Bridge, table games, crafts, watercolor workshop, chair dancing, quilting workshop, cards and pool table.

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

Hermosa Five-0 Senior Activity Center

(310) 318-0280

710 Pier Ave.
Hermosa Beach, CA 90254

M-Sun, 7:00 a.m.-10:00 p.m.

Bingo, bridge, lectures, trips, art classes, tennis, movies, ping pong, yoga, Tai Chi, brain fitness and physical fitness classes. Spanish and French classes. Call for times.

Website: www.hermosabeach.gov (search “seniors” from home page.)

SENIOR CENTERS

Inglewood Senior Center

(310) 412-5338

111 N. Locust St.
Inglewood, CA 90301

M-F, 8:00 a.m.-5:00 p.m.
Sat, 10:00 a.m.-5:00 p.m.

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/Nutrition category.

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

Lawndale Community Center-Senior Services

(310) 973-3270

14700 Burin Ave.
Lawndale, CA 90260

M-Th, 7:00 a.m.-8:00 p.m.
Fri, 7:00 a.m.-3:00 p.m.

Multipurpose senior center offering information and referral, case management, transportation, and meals on wheels. Social and recreational activities include, art and yoga. Lunch program at noon, Monday through Friday, sign-up required ahead of time. See also Case Management and Meals/Nutrition categories.

Website: www.lawndalecity.org (search “senior services” from home page.)

Lomita Recreation Center

(310) 326-0140

24428 Eshelman Ave.
Lomita, CA 90717

M-F, 9:00 a.m.-8:00 p.m.

Lomita “Goodtimers” meets on Thursdays from 11:30 a.m. to 3:00 p.m. Bingo starts around 12:30 p.m. Exercise/aerobic classes offered, 8-week class; \$16 fee. Chair Yoga on Mondays, 10 a.m.-10:50 a.m.; 8-week class: \$40 residents/\$45 non-residents. Badminton games Tuesdays, 10:45 a.m.-2:45 p.m. and Thursdays, 10:30 a.m.-12:30 p.m.; fee \$20 per 10-week period.

Website: www.lomitacity.com (search “seniors” from home page.)

SENIOR CENTERS

Long Beach Senior Center

(562) 570-3500

1150 E. 4th St.
Long Beach, CA 90802

M-F, 8:00 a.m.-4:30 p.m.
Sat, 10:00 a.m.-2:00 p.m.

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, theater group, karaoke, ukulele and harmonica class, variety band, tap dance classes, computer classes and lab, Tai Chi, and income tax preparation. Information, referral, and assistance call (562) 570-3533 or (562) 570-3534.

Website: www.longbeach.gov (search “senior citizen program” from home page.)

Manhattan Beach Older Adults Program

(310) 802-5430

Joslyn Community Center
1601 N. Valley Dr.
Manhattan Beach, CA 90266

M-F, 9:00 a.m.-5:00 p.m.
Sat, 10:00 a.m.-4:00 p.m.

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

Wed, 11:00 a.m.-3:00 p.m.
Fri, 10:00 a.m.-4:00 p.m.

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.”)

SENIOR CENTERS

Nakaoka Community Center

(310) 217-9552

Senior Citizens Bureau of Gardena
1670 W. 162nd St.
Gardena, CA 90247

M-F, 8:00 a.m.-5:00 p.m.

Hot lunches on site M-F at 12:30 p.m.(\$3.75 for seniors), and home-delivered meals. Bingo, exercise classes, 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/Nutrition category.

Website: www.cityofgardena.org (search “senior citizens bureau” from home page.)

Peninsula Seniors

(310) 377-3003

602 Deep Valley Dr., Suite 310
Rolling Hills Estates, CA 90274

M-F, 10:00 a.m.-4:00 p.m.

Legal appointments, tours, lectures, bridge, scrabble, music appreciation, mahjong classes and games; call for information, bingo monthly, movies, writers’ group, AARP driving classes, Peninsula Veterans monthly luncheon, Bohannon lecture series weekly, 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, bingo, chair yoga, movies, computer learning, art, and hobbies. Call Redondo Beach Senior and Family Services at (310) 318-0650 for more information.

Website: www.redondo.org/senior

SENIOR CENTERS

Redondo Beach Senior and Family Services

(310) 318-0650

1922 Artesia Blvd.
Redondo Beach, CA 90278

M-F, 7:30 a.m.-5:30 p.m.
Closed every other Friday

Information and referral for seniors and disabled adults. Transportation, legal services, and cultural trips. YMCA sponsored lunches; \$3 donation and served Monday to Friday at Perry Park. See also Legal and Meals/Nutrition categories.

Website: www.redondo.org/senior

San Pedro Service Center

(310) 519-6091

769 W. Third St.
San Pedro, CA 90731

M-F, 8:30 a.m.-5:00 p.m.

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, 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 a.m. for \$3 (suggested donation). Also see Case Management and Meals/Nutrition categories.

Website: <https://www.ndacs.lacounty.gov/venue/san-pedro-service-center>

Torrance YMCA Senior Center

(310) 325-5885

Ext. 2783

2900 W. Sepulveda Blvd.
Torrance, CA 90505

M-F, 9:00 a.m.- 4:00 p.m.

Daily lunches (donation \$4) M-F, 12 noon with reservations required. Wellness and nutrition, fitness, exercise, parties, AARP 55 Alive Mature Driving Program, and volunteer opportunities. Call to confirm availability of senior activities. Membership in YMCA not required. Grab and Go senior meal program: 7 meals = \$28, Thursdays, 11:30 a.m.-12:30 p.m.. Reservations required 24 hours in advance. 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

M, Tu, Th, 9:00 a.m.-4:00 p.m.
F, 9:00 a.m.-3:00 p.m.

Exercise, weight loss, square dance, cards, potlucks, theater group, line dancing, knitting, book club, Tai Chi, bridge, yoga, computer tutoring class. Call Redondo Beach Senior and Family Services at (310) 318-0650 for more information or go to website.

Website: www.redondo.org/senior

Walteria Park Senior Citizens Center

(310) 320-5918

3855 W. 242nd St.
Torrance, CA 90505

M, Th, 11:00 a.m.-3:00 p.m.

Monday – table games, 11 a.m.-3 p.m., ping pong, cards
Thursday – cards, ping pong, and table games
Website: www.torranceca.gov/our-city/recreation/seniors

Wilmington Multipurpose Senior Center

(310) 518-4533

1371 N. Eubank Ave.
Wilmington, CA 90744

M-F, 8:00 a.m.-4:30 p.m.

Multipurpose center offering exercise, nutrition, and has a sewing club. Lunch served at 12 noon for \$3 for seniors 60 yrs. and older. Transportation available for residents of Wilmington, Gardena, Harbor City, LA Strip and San Pedro. Health screening, case management, information and referral, social services, legal aid, and meal delivery (if eligible). Registry for in-home services. Also see Case Management, Legal, Meals/Nutrition, and Transportation categories.

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

SENIOR CENTERS

Yvonne Burke Senior and Community Center

(323) 298-7075

4750 W. 62nd St.
Los Angeles, CA 90056

M-F, 8:00 a.m.-6:00 p.m.
Sat, 9:00 a.m.-6:00 p.m.

Multipurpose center offering computer and exercise classes, education workshops, lunch on site, Meals on Wheels, and movies. HICAP representative to assist with Medicare insurance health plans. Also see Meals/Nutrition category.

Website: cityofinglewood.org (search “Yvonne Burke” from home page and click on “Senior congregate meals” in the results.)

SENIOR CLUBS

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 Monday-Thursday. 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")

First Serve Community Services of the South Bay, Inc.

310-320-3818

2900 Carson St.
Torrance, CA 90503

Prime Timers, a monthly gathering with good food and senior-friendly presentations. The gatherings are held from 12 noon to 1 p.m. on the first Wednesday of the month except July and August. The senior exercise group meets Mondays, Wednesdays, and Fridays from 1:30 p.m. to 2:30 p.m. Both groups meet in Fellowship Hall at First Lutheran, 2900 Carson St., Torrance. Email or call the office at (310) 320-3818.

Also see Disabilities category.
Website: www.first-serve.org

Normandale Center Senior Club

(310) 328-3689

22400 S. Halldale Ave.
Torrance, CA 90501

M-F, 9:00 a.m.-12:30 p.m.

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, 10:00 a.m.-1:00 p.m.

Plays bingo, planned day trips, and provides lunch on tours.
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 a “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

Fri, 8:00 a.m.-11:00 a.m.

Seniors meet at 9-hole golf course every Friday 8 a.m. -11 a.m.
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 a.m. on the 1st and 3rd Tuesday of the month. Special project making blankets for wounded soldiers meets at 9 a.m. every 2nd and 4th Tuesday of the month.
Website: none

Toberman Seniors Club

(310) 547-9266

Toberman Center
769 W. 3rd Street
San Pedro, CA 90731

Friday, 11:30 a.m.-2:00 p.m.

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.

24/7

Torrance, CA 90503

80 beds. Medicare and Medi-Cal accepted. Skilled nursing, rehabilitative services, hospice, and custodial care.

Website: www.baycrestcarecenter.com

Beachside Post-Acute

(310) 326-9131

22520 Maple Ave.

24/7

Torrance, CA 90505

110 bed facility providing skilled nursing, rehabilitation therapy, respite, custodial, and hospice care. Medicare and Medi-Cal accepted.

Website: www.beachsidepost-acute.com

Del Amo Gardens Care Center

(310) 378-4233

22419 Kent Ave.

24/7

Torrance, CA 90505

94 beds in facility. Services include skilled nursing, wound care, pain management, rehabilitation therapies, hospice, and respite care. Accepts Medicare, Medi-Cal, private and managed care plans.

Website: www.delamogardens.com

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.driftwoodhc.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.earlwoodcenter.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.harborpostacute.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-southbay.com

Lomita Post-Acute Care Center

(310) 325-1970

1955 W. Lomita Blvd.
Lomita, CA 90717

24/7

68 beds in facility specializing in geriatric rehabilitation and wound care. In-house rehabilitation services consisting of physical, occupational, and speech therapies, pain management, pharmacy, lab and X-ray, psychiatry and psychological services offered. Social services are available as well as recreational programs. Medicare and private pay accepted.

Website: www.lomitacare.com

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. A Medicare certified short-term rehabilitation and skilled nursing 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

24/7

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: <http://vermonthc.com>

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: westgardenaposracute.com

SOCIAL SECURITY

Disability Community Resource Center

(310) 390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9:00 a.m.-5:00 p.m.

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- F, 9:00 a.m.-3:30 p.m.

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

Website: www.ssa.gov

Social Security Fraud Hotline

(800) 269-0271

M-F, 10:00 a.m.-4:00 p.m.
ET

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

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

TAX ASSISTANCE

Income Tax Filing Assistance

The AARP Foundation in conjunction with the IRS provides free tax return preparation and counseling to all by certified volunteers . Program operates February 1 through April 15 in Torrance on a first come basis; no appointments available. Bring last year's returns, all forms, W-2s, and 1099s. Tax-Aide also has sites in other South Bay cities. For full details about the Torrance and other city sites go to www.taxaide-southbay.org.

Internal Revenue Service

Federal Tax Forms, (800) 829-3676
National Tax Payer Advocate Hotline, (877) 777-4778
Website: www.irs.gov

L.A. County Treasurer and Tax Collector

Kenneth Hahn Hall of Administration
225 N. Hill St., Rm. 109
Los Angeles, CA 90012

(888) 807-2111
(213) 974-2111
M-F, 8:00 a.m.-5:00 p.m.

Responsible for property tax collection and tax law enforcement. Provides legal services to immigrants. Website contains downloadable forms, instructions, and publications. To order tax forms and material call the IRS (800) 829-3676. Live telephone assistance is available M-F, 7 a.m.-10 p.m. 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, 8:00 a.m.-5:00 p.m.
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 U.S. and 9 cities in Canada.

Website: www.amtrak.com

Beach Cities Transit

Information – (310) 802-7686

Wave dispatch – (310) 802-7684

The Wave

1521 Kingsdale

Redondo Beach, CA 90277

Wave hours daily, 8:00 a.m.-4:30 p.m.

Provides registered Redondo Beach and Hermosa Beach residents 62 years and older or disabled any age with curb-to-curb transportation. Must register at (310) 937-6660. Fare is \$1/ride, 7 days a week, M-F, 8 a.m.-4:30 p.m. 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-Th, 8:00 a.m.-5:00 p.m.

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. 1757

M-Th, 8:00 a.m.-5:00 p.m.

Provides reliable and affordable transportation to Carson residents 60 yrs. and older and/or disabled adults 18 yrs. or older. The service is provided by taxi cabs and lift equipped minivans. Participants may travel within the city for any purpose. Travel outside the city is limited to medical and Social Service appointments in Gardena, Harbor City, Lomita, San Pedro, and Torrance. The service parameters are North: Del Amo Blvd., South: Pacific Coast Highway, East: Atlantic Blvd. and West: Hawthorne Blvd.

Website: [www.http//ci.carson.ca.us/communityservices/dialaride.aspr](http://ci.carson.ca.us/communityservices/dialaride.aspr)

Department of Motor Vehicles (DMV)

(800) 777-0133

1785 W. 220th St.
Torrance, CA 90501

M, T, F, 8:00 a.m.-5:00 p.m.

Wed, 9:00 a.m.-5:00 p.m.

closed Thursdays

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) 524-2705

M-F, 9:00 a.m.-8:00 p.m.

Sat, 9:00 a.m.-2:00 p.m.

Sunday, 10:00 a.m.-3:00 p.m.

Dial-a-Ride program offers residents 55 yrs. and older or those with disabilities free, door-to-door transportation to in town destinations. Rides are available on-demand and can be scheduled 7 days in advance. Door-to-door service for senior adults 60 yrs. and older and disabled. El Segundo residents only. Call for appointments and hours.

Website: www.elsegundo.org

TRANSPORTATION

Gardena Para Transit Services

(310) 965-8848

Transportation service for senior citizens aged 60 and older, and physically disabled residents of Gardena, Hawthorne and the unincorporated Alondra Park and Del Aire areas of L.A. County. Must register at Gardena Senior Citizens Bureau, 1677 W. 162nd St., Gardena 90247. Goes to selected malls and medical facilities outside of Gardena.
Website: ridegtrans.com

Hermosa Beach Dial-a-Taxi

Office (310) 318-0251

Office hours M-Th, 7:00 a.m. to 6:00 p.m.

Service available 24/7

Provides taxi vouchers for seniors 62 years and older, and/or disabled for Hermosa Beach residents only. The boundaries are: El Segundo Blvd. (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 taxi card. 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

Lawndale Senior Transit

(310) 973-3270

M-F, 8:00 a.m.-3:00 p.m.

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. Does not service El Camino Village. 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

TRANSPORTATION

Lomita Dial-A-Ride

(310) 325-7110

Ext. 215

24300 Narbonne Ave.
Lomita, CA 90717

M-Th, 7:30 a.m.-5:30 p.m.
Alternate Fridays, 8:00 a.m.-5:00 p.m.

Lomita residents only, 65 years and older or disabled of any age. Provides around the clock transportation within service area and several satellite points: Harbor UCLA Hospital, Farmers Market Torrance, Kaiser Foundation, Carson, Gardena Medical, Kenneth Watts, Optum Medical, Providence Little Company of Mary, Social Security office, Torrance, San Pedro, and Beach Cities Health District. Service area bounded 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.lomitacity.com

Manhattan Beach Dial-a-Ride

(310) 545-3500

Weekdays, 7:00 a.m.-5:30 p.m.
Sat., Sun., 8:30 a.m.-5:00 p.m.

For Manhattan Beach residents offers 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, 5:00 a.m.-9:00 p.m.
Sat/Sun, 6:30 a.m.-7:00 p.m.

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 a.m.-4 p.m. 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 a.m. - 8:30 p.m., Sat/Sun, 8 a.m.-6 p.m.
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

PV Transit office- (310) 544-7108

38 Crest Road West
Rolling Hills, CA 90274

M-F, 11:00 a.m.-4 p.m.
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. Does not service city of Rolling Hills Estates. Also, can transport persons in wheelchairs, M-F, 6 a.m.-6 p.m. For general information call (310) 544-7108.

Pre-registration is required. The program uses prepaid swipe cards.

Website: www.palosverdes.com/pvtransit/

Torrance Taxi Operators

Companies accepting Torrance Senior Taxi Program tickets:

South Bay Yellow Cab/United Checker Co-op, (866) 400-4103
Bell Cab, (800) 999-9977

Transport Seniors L.A.

(310) 525-5225

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

24/7

Transport Service L.A. is a non-emergency medical transportation to those who are ambulatory, as well as those wheelchair bound or have limited mobility. Provides safe and reliable door to door service. Licensed, insured and fully ADA compliant. Serves South Bay and West L.A.

Website: www.transport.seniorsla.com

TRANSPORTATION

Wilmington Multipurpose Senior Center

(310) 518-4533

1371 Eubank Ave.
Wilmington, CA 90744

M-F, 8:00 a.m.-noon

Transportation for Wilmington, San Pedro and Harbor City residents who are 65 years and older or disabled. Van service area San Pedro, Wilmington, Gardena, and Harbor City. Information on CITYRIDE and L.A. City transport program (Paratransit) 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

(866)249-3350

Supportive Services for Veterans Families Program
1044 Figueroa St.
Wilmington, CA 90744

Supportive Services for veterans help veterans through outreach, permanent housing placement and case management. The program is VA funded and designed to prevent homelessness and/or rapidly house single veterans and/or veterans with families. These services are available to veterans throughout Los Angeles and Orange County. Call for an eligibility screening over the phone. Also see Hotline/Urgent category.

Website: www.1736fcc.org

Accent Care Personal Care Services

(408) 610-7413

21515 Hawthorne Blvd., #240
Torrance, CA 90503

24/7

Non-medical in-home care services providing companion care, meal preparation, light housekeeping, transportation, bathing, dressing, grooming, medication reminders, incontinence care, and stand by assistance for safety while ambulating. All care providers are bonded and insured. Criminal background check, and Workers Compensation Insurance. Accepts private pay, long term insurance, and VA benefits. Spanish and English spoken. Also see In-Home Services category.

Website: www.accentcare.com

Amada Senior Care

(310) 953-0440

3812 Sepulveda Blvd., Suite 200
Torrance, CA 90505

M-F, 8:00 a.m.-5:00 p.m.
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 Board and Care, Case Management and In-Home Services categories.
www.amadaseniorcare.com

VETERANS

California Department of Veterans Affairs

(213) 620-2755

Los Angeles District Office
11000 Wilshire Blvd., #505
Los Angeles, CA 90024

M-F, 8:00 a.m.-3:30 p.m.

California Department of Veterans Affairs represents veterans and/or dependents in filing for military benefits.

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, M-F, 8 a.m.-6:30 p.m. ET

All other benefits, press #3 for pensions, disability compensation, education, G.I. Bill, home loan, insurance and more.

Website: www.calvet.ca.gov

Care to Stay Home

424-250-2005

370 Amapola Ave., Unit 200B
Torrance, CA 90501

M-F, 9:00 a.m.-5:00 p.m.

The Care to Stay Home Team is focused on enhancing the independence, dignity, and quality of life for loved ones who desire to stay in their own homes. The professional caregivers provide services which include personal care and hygiene, grocery shopping, preparing meals, light housekeeping, transportation to appointments and assisting with daily activities. Assists veterans and their spouses in seeing if they qualify for the VA Aid and Attendance benefit to help pay for care giving services. Stroke, Parkinson's, and respite care provided. Languages available are Spanish, Portuguese, and Korean. Also see In Home Services category.

Website: www.caretostayhome.com

VETERANS

Century Villages at Cabrillo

(562) 388-8000

2001 River Ave.
Long Beach, CA 90810

M-F, 8:30 a.m.-noon
1:00 p.m.-5:30 p.m.

The U.S. Veterans Initiative administers the facility. A residential community offering permanent and 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

Defense Finance and Accounting Services (DFAS)

(800) 321-1080

Customer Care Center

M-F, 8:00 a.m.-5:00 p.m.
ET

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

VETERANS

Dental Lifeline Network

(877) 357-8660

Donated Dental Services
1800 15th St., Suite 100
Denver, CO 80202

M-Th, 8:00 a.m.-4:00 p.m.

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. Currently accepting applications in L.A. County from **Veterans only**. Also see Dental and Disabilities categories.
Website: www.dentallifeline.org

Department of Mental Health, L.A. County

(800) 854-7771

24 hrs.

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

Employment Development Department

(310) 782-2101

1220 Engracia Ave.
Torrance, CA 90501

M-F, 8:00 a.m.-5:00 p.m.

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

VETERANS

First Light Home Care of South Bay

(424) 704-5330

3655 Torrance Blvd., #300
Torrance, CA 90503

M-F, 9:00 a.m.-5:00 p.m.

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.southbayfirstlighthomecare.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 Retirement categories.

Website: www.freeseniorplacements.com

VETERANS

Harbor Gateway Workforce Network

(310) 732-5700

L.A. Harbor College, Room 101
1111 Figueroa Place
Wilmington, CA 90744

M-F, 8:00 a.m.-5:00 p.m.

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 can be available on an appointment basis, however appointments are not necessary. Also see Employment category.

Website: www.pacific-gateway.org/veterans

JVS Veterans First

(310) 309-6000

Jewish Vocational Service of Los Angeles
California Work Force Center
5446 Sepulveda Blvd.
Culver City, CA 90230

M-F, 8:00 a.m.-5:00 p.m.

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. Other programs available. Call for information. Open to all faiths and must live in the Los Angeles area. Also see Employment category.

Website: www.jvs-socal.org

Legal Aid Foundation of Los Angeles

(800) 399-4529

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

M-F, 9:00 a.m.-noon

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

1955 Long Beach Blvd., Suite #200
Long Beach, CA 90802

M-F, 9:00 a.m.-5:00 p.m.

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 Call Center for Homeless Veterans

877-424-3838

24/7

Veterans who are homeless or at risk of homelessness and their family members, friends and supporters can call or chat online with counselors. Calls are free and confidential.

Website: www.va.gov/homeless

National Coalition for Homeless Veterans

(800) 838-4357

1001 Connecticut Ave. NW
Washington, D.C. 20036

M-F, 9:00 a.m.-5:00 p.m. ET
Veterans in Crisis – dial 988 then press 1
After 5:00 p.m. 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, 9:00 a.m.-5:00 p.m.
EST

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

(800) 870-8090
(213) 385-2977

610 S. Ardmore Ave.
Los Angeles, CA 90005

M-F, 9:00 a.m.-5:00 p.m.

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 helps through "Debtors Assistance Project". Appointment required, and no walk-ins accepted.

Also see Legal category.

Website: www.publiccounsel.org

Social Security Administration

(800) 772-1213

TTY (800) 325-0778

20000 Mariner Ave., Suite 150
Torrance, CA 90503

M-F, 9:00 a.m.-3:30 p.m.

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

Website: www.ssa.gov

South Bay Professional Association

(310) 782-2164

1220 Engracia Ave.
Torrance, CA 90501

M, 9:00 a.m.-noon
W, 10:00 a.m.-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. Can email @ sbpa@gmail.com Also see Education category.

Website: www.sbpa-la.org

VETERANS

U.S. Veterans Center, Gardena

(310) 767-1221

Gardena Medical Plaza
1045 W. Redondo Beach Blvd., Suite 150
Gardena, CA 90247

T, Th, 8:00 a.m.-8:00 p.m.
M, W, F, 8:00 a.m.-4:30 p.m.

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

M-Th, 8:00 a.m.-10:00 p.m.
Sat, 8:00 a.m.-5:00 p.m.
ET

Assistance in finding the appropriate healthcare support services for the veteran.
Website: www.caregiver.va.gov

V.A. Greater Los Angeles Healthcare System

(310) 478-3711

Ext, 49711

11301 Wilshire Blvd.
Los Angeles, CA 90073

M-F, 8:00 a.m.-4:00 p.m.

Services provided for veterans: primary and specialty health care services, as well as mental health outpatient care. Contact Juma Rafiki, a veteran’s outreach worker for questions and assistance.

Website: losangeles.va.gov

V.A. Long Beach Health Care System

(562) 826-8000

5901 E. 7th Street
Long Beach, CA 90822

M-F, 8:00 a.m.-4:00 p.m.

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

Veterans Affairs, California Department of

(800) 952-5626

Cal Vet Program
Federal Building
11000 Wilshire Blvd.
Los Angeles, CA 90024

M-F, 8:00 a.m.-5:00 p.m.

Provides California veterans and their families information about state and federal benefits, as well as beneficial opportunities through low-cost loans.

Website: www.calvet.ca.gov

Veterans Crisis Line

Dial 988 then 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

Veteran Peer Access Network

(213) 389-1500

Volunteers of America, Los Angeles
3600 Wilshire Blvd., Suite 1500
Los Angeles, CA 90010

9:00 a.m.-9:00 p.m.

Peer support services to veterans with a goal to increase an individual's overall wellbeing, access to basic needs and retreatment, reduce internal and external barriers to receiving temporary and permanent housing, along with empowering and developing self-determination with clinical support. Veterans will be linked to services efficiently, including care coordination, self-help tools, education, and self-management, in crisis situations.

Website: voala.org

VETERANS

Veterans Village of Carson

(310) 212-3041

21711 S. Figueroa St.
Carson, CA 90745

M-F, 9:00 a.m.-5:00 p.m.

51 affordable apartments for U.S. Veterans and families. One-, two-, and three-bedroom units providing care management and supportive services. Tax credit property accepting Section 8 and VASH vouchers. Wait list is closed.

Website: www.tsahousing.com

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

Option 1

1200 Del Amo Street
Redondo Beach, CA 90277

M-F, 8:30 a.m.-5:00 p.m.

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, 9:00 a.m.-noon

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/culturalarts/artsarts/jamesarmstrong-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, 9:00 a.m.-5:00 p.m.

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

Leave phone message.

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

Ageless Aging: A Woman's Guide to Increasing Healthspan, Brainspan and Lifespan by Maddy Dychwald (Mayo Clinic Press 2024)

Breaking the Code: How Your Beliefs About Aging Determine How Long & Well You Will Live by Becca Levy (William Morrow, 2022)

Don't Retire, Rewire! by Jeri Sedlar and Rick Miners (Alpha, 2018)

Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life by Louise Aronson (Bloomsbury Publishing, 2019)

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)

How to Live Forever: The Enduring Power of Connecting the Generations by Marc Freedman (PublicAffairs, 2019)

Independence Day: What I Learned about Retirement by Steve Lopez (Harper Horizon, 2022)

In the Country of Old by Susan Abel Lieberman (2023)

Learning to Love Midlife: 12 Reason Why Life Gets Better with Age by Chip Conley (Little Brown Spark, 2024)

Legacies of the Heart: Living a Life that Matter by Meg Newhouse. MA: EbookBakery Books, 2016

Outlive: The Science and Art of Longevity by Peter Attia (Harmon, 2023)

Project Renewment: The First Retirement Model for Career Women by Bernice Bratter and Helen Dennis (Scribner, 2008, 2013 pb)

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.)

APPENDIX:

Successful Aging Reading List

The Inner Work of Age: Shifting from Role to Soul by Connie Zweig (Parker Street Press, 2021)

Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder (Harmony, 2015)

This Chair Rocks: A Manifesto Against Ageism (Caledon, 2019)

Who Do You Want to Be When You Grow Old? The Path of Purposeful Aging by Richard J. Leider and David A. Shapiro (Berrett-Koehler Publishers, Inc., 2021)

Wisdom @ Work: The Making of a Modern Elder by Chip Conley (Currency, 2018)

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