Senior Resource Directory

Revised April 2008

See www.smc.edu/emeritus for an online version of this directory.
The Emeritus College Senior Resource Directory was compiled to assist older adults and their families in finding the resources needed for successful and healthy aging. The directory is primarily a composite of nonprofit and governmental organizations that serve Santa Monica and the Westside area, though some offices may be located at a distance.

Part One of the directory is organized by type of service and lists the name, main telephone number, and (if available) website of the service provider. Part Two lists the service providers alphabetically by name, with expanded contact information and brief descriptions of their services.

An online version of the directory is available on the Emeritus College website. To use it, go to www.smc.edu/emeritus and click on the Resource Directory link. The online version is updated periodically, but since services change frequently, please contact the agency for the most up-to-date information. Emeritus College cannot—and does not—guarantee that listed services are still being provided after the directory’s publication date.

Please note that this directory is not intended to be all-inclusive. Other helpful resources to consult include:

- The local telephone directory;
- The special front sections for governmental services or “senior services”;
- The yellow-page section for listings of businesses and nonprofits by subject area;
- Internet websites for health-related topics and special support groups;
- Information and referral hotlines supported through the LA County Department of Aging;
- Local religious organizations for spiritual support and faith counseling; and
- Local offices of Los Angeles County Supervisors.

If you have comments and/or updates and corrections, please email them to: Emeritus@smc.edu with SENIOR RESOURCE DIRECTORY in the subject line. Or, mail to: Emeritus College; Senior Resource Directory, 1227 Second Street, Santa Monica, CA 90401

We hope you find our Senior Resource Directory a helpful reference.

Emeritus College Administration

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Listings presented alphabetically by name.
**MENTAL AND PHYSICAL HEALTH**

**COUNSELING & SUPPORT GROUPS**

- **Airport Marina Counseling Service** ........................................ (310) 670-1410  
  www.airportmarina.org

- **Alzheimer's Association – California Southland Chapter** ............ (323) 938-3379 • (800) 272-3900  
  www.alz.org/californiasouthland

- **Antioch University Counseling Center (AUCC)** ... (310) 574-2813 ext. 366  
  www.antiochla.edu/community/general-category/aucc.html

- **Didi Hirsch Community Mental Health Center** .................. (310) 390-6612  
  www.DIDIHIRSCH.org

- **Family Service of Santa Monica** ........................................ (310) 451-9747  
  www.vistadelmar.org

- **Jewish Family Service of Los Angeles, Santa Monica Regional Office** ........................................ (310) 393-0732  
  www.jfsla.org

- **LA Caregiver Resource Center** ........... (800) 540-4442 • (213) 821-7777  
  www.usc.edu/lacrc

- **The Maple Counseling Center** ........................................... (310) 271-9999  
  www.tmcc.org

- **OPCC (formerly Ocean Park Community Center)** ............ (310) 264-6646  
  www.opcc.net

- **Open Paths Counseling Center** ........................................... (310) 398-7877  
  www.openpaths.org

- **OPICA Adult Day Services** ............................................. (310) 478-0226  
  www.opica.org
HEALTH CRISIS PREVENTION
American Red Cross of Santa Monica ..................(310) 394-3773 www.redcrossofsantamonica.org
Health Watch ........................................(800) 226-8100 • (888) 565-7377 (LA area)
MedicAlert® Foundation ................................(888) 633-4298 (Toll-Free) www.medicalert.org

CARE

CARE MANAGEMENT
Didi Hirsch Community Mental Health Center ........(310) 390-6612 www.DIDIHIRSCH.org
WISE & Healthy Aging ..................................................(310) 394-9871 www.wiseandhealthyaging.org

DAY CARE FOR ADULTS
Didi Hirsch Community Mental Health Center ........(310) 390-6612 www.DIDIHIRSCH.org
OPICA Adult Day Services ...........................................(310) 478-0226 www.opica.org
WISE & Healthy Aging: Adult Day Service Center ........(310) 452-7802 www.wiseandhealthyaging.org

DISABILITY SERVICES
Access Services
Incorporated (ASI) ........................................(800) 883-1295 • TDD: (800) 826-7280 www.asila.org
Adult Protective Services, Los Angeles County Dept. of
Community and Senior Services ..............................(213) 351-5401 dcss.co.la.ca.us/APS/APStxt.htm
Braille Institute .........................................................(323) 663-1111 www.brailleinstitute.org
Center for the Partially Sighted ..............................(310) 458-3501 ext. 128 www.low-vision.org
CityRide .........................................................808-7433 (From Area Code 213, 310, 323, or 818) www.ladottransit.com/other/cityride

Our House ..........................................................(310) 475-0299 www.ourhouse-grief.org
UCLA Neuropsychiatric Institute, Geriatric Day Treatment Program,
Geriatric Assessment Program, & UCLA Memory Clinic ... (800) 825-9989 www.npi.ucla.edu
The Wellness Community – West Los Angeles ........(310) 314-2555 www.twc-wla.org
WISE & Healthy Aging ................................................(310) 394-9871 www.wiseandhealthyaging.org

HEALTH CLINICS
Center for the Partially Sighted .........................(310) 458-3501 ext. 128 www.low-vision.org
Didi Hirsch Community Mental Health Center ........(310) 390-6612 www.DIDIHIRSCH.org
UCLA Alzheimer’s Disease Center, Reed Neurological Research Center ..........(310) 794-3665 www.adc.ucla.edu
UCLA Healthcare 50 Plus ..................................(310) 319-4560 • (800) 516-5323 www.uclahealth.org
UCLA Multi-Campus Program in Geriatric Medicine and Gerontology,
Geriatric Clinic ......................................................(310) 206-8272 www.geronet.ucla.edu/healthcare
UCLA Neuropsychiatric Institute, Geriatric Day Treatment Program,
Geriatric Assessment Program, & UCLA Memory Clinic ... (800) 825-9989 www.npi.ucla.edu
USC Alzheimer Disease Research Center (ADRC) ........(323) 442-7600 geroweb.usc.edu/adrc
Venice Family Clinic ..............................................(310) 392-8630 www.venicefamilyclinic.org
Westside Family Health Center .........................(310) 450-2191 www.wfhcenter.org
Wilson-Jennings-Bloomfield UCLA Venice Dental Center . (310) 392-4103 www.dent.ucla.edu
WISE & Healthy Aging ................................................(310) 394-9871 www.wiseandhealthyaging.org

HEALTH CLINICS

HEALTH CLINICS

HEALTH CLINICS

HEALTH CLINICS
Common Ground, The Westside HIV Community Center (310) 314-5480 www.commongroundwestside.org

In-Home Supportive Services (IHSS), Los Angeles County Dept. of Public Social Services ...........(213) 744-4477 • (888) 944-4477 (Toll-Free)

ITNSantaMonica ........................................................................(310) 451-1343 www.itnsantamonica.org

Meals-On-Wheels of Culver Palms .............................................(310) 559-0666 www.mealcall.org/meals-on-wheels/ca/culver-city.htm

Meals-on-Wheels of West Los Angeles ...........................................(310) 208-3439 (For Service) (310) 208-4028 (Volunteers Only)

Meals-on-Wheels West ...............................................................(310) 394-5133 (For Service) (310) 394-7558 (To Volunteer)
www.mealsonwheelswest.org

Santa Monica ADA, Senior, and Disability Services (Human Services Division) ................................(310) 458-8701 • TTY: (310) 458-8696 www.smgov.net/hsd/index.htm

Santa Monica Disabilities Commission ....................................(310) 458-8701 • TTY: (310) 458-8696 www.smgov.net/hsd/index.htm

Shut-In Service, Santa Monica Public Library .........................(310) 458-8646 ....................................................................TDD: (310) 395-8499 www.smpl.org

Westside Center for Independent Living (WCIL) .........................(310) 390-3611 ....................................................................TTY: (310) 398-9204 www.wcil.org

WISE & Healthy Aging: Dial-A-Ride Services ............................(310) 394-9871, ext. 455 www.wiseandhealthyaging.org

HOME-DELIVERED & IN-HOME SERVICES

Adult Protective Services, Los Angeles County Dept. of Community and Senior Services ...........................................(213) 351-5401 dcss.co.la.ca.us/APS/APS.txt.htm

Culver City Senior Center .........................................................(310) 253-6700 • TTY: (310) 253-6735 www.culvercity.org

Didi Hirsch Community Mental Health Center ......................(310) 390-6612 www.DIDIHIRSCH.org

In-Home Supportive Services (IHSS), Los Angeles County Dept. of Public Social Services .......(213) 744-4477 • (888) 944-4477 (Toll-Free)

The Maple Counseling Center ...........................................(310) 271-9999 www.tmcc.org

Meals-On-Wheels of Culver Palms .............................................(310) 559-0666 www.mealcall.org/meals-on-wheels/ca/culver-city.htm

Meals-on-Wheels of West Los Angeles .................................(310) 208-3439 (For Service) ..........................................................(310) 208-4028 (Volunteers Only)

Meals-on-Wheels West .................................................................(310) 394-5133 (For Service) .................................................................(310) 394-7558 (To Volunteer)
www.mealsonwheelswest.org

Shut-In Service, Santa Monica Public Library .............................(310) 458-8646 ....................................................................TDD: (310) 395-8499 www.smpl.org

Westside Center for Independent Living (WCIL) .........................(310) 390-3611 ....................................................................TTY: (310) 398-9204 www.wcil.org

WISE & Healthy Aging .................................................................(310) 394-9871 www.wiseandhealthyaging.org

LUNCHES & NUTRITION

City of Santa Monica Nutrition Program .............................(310) 458-8644 www.smgov.net/hsd/senior

Culver City Senior Center .........................................................(310) 253-6726 (Senior Nutrition Program) ..........................................................(310) 253-6735 TTY: (310) 398-9204 www.culvercity.org

Felicia Mahood Senior Multipurpose Center ...........................(310) 479-4119 ....................................................................TDD: (310) 231-9139 (Nutrition Program)

Meals-On-Wheels of Culver Palms .............................................(310) 559-0666 www.mealcall.org/meals-on-wheels/ca/culver-city.htm

Meals-on-Wheels of West Los Angeles .................................(310) 208-3439 (For Service) ..........................................................(310) 208-4028 (Volunteers Only)

Meals-on-Wheels West .................................................................(310) 394-5133 (For Service) .................................................................(310) 394-7558 (To Volunteer)
www.mealsonwheelswest.org

Westminster Senior Center .........................................................(310) 392-5566 www.laparks.org/dos/senior/facility/westminsterSCC.htm
GOVERNMENT HUMAN SERVICES AGENCIES

Los Angeles County Department of Community & Senior Services ...........................................(213) 738-2600 www.ladcss.org

Los Angeles County Information Services ....................................................Dial 211 • TDD: (800) 660-4026 www.infoline-la.org

Los Angeles Department of Aging ........................................(213) 252-4000 • (800) 510-2020 www.cityofla.org/doa

Santa Monica ADA, Disability, and Senior Services (Human Services Division) ...................................(310) 458-8701 • TTY: (310) 458-8696 www.smgov.net/hsd/index.htm

Santa Monica Commission for the Senior Community ...................................(310) 458-8701 • TTY: (310) 458-8696

Santa Monica Disabilities Commission ...........................................................(310) 458-8701 • TTY: (310) 458-8696 www.smgov.net/hsd/index.htm

Santa Monica Social Services Commission ...................................................(310) 458-8688 • TTY: (310) 458-8696 www.smgov.net/hsd/index.htm

Social Security Information Center ......................................................................(800) 772-1213 (24-hour Automated Info) • TTY: (800) 325-0778 www.ssa.gov

HOUSING & LANDLORD/TENANT

Community Corporation of Santa Monica (CCSM) ........................................(310) 394-8487 www.communitycorp.org

Culver City Senior Housing ........................................................................(310) 390-2357

Housing Alternatives for Seniors/Alternative Living for the Aging ...................(323) 650-7988 www.alternativeliving.org

Environmental Health Services, Los Angeles County Department of Health Services ...................................(310) 665-8450 (Food Complaints) ....................................................(310) 665-8484 (Housing Complaints) www.lapublichealth.org/eh

Santa Monica Rent Control Board ...................................................................(310) 458-8751 www.smgov.net/rentcontrol

NURSING HOME, BOARD & CARE

Connections Referral Service, Inc. .................................................................(800) 330-5993 carehomefinders.com

Health Facilities Division, Los Angeles County Dept. of Health Services ...........................................(310) 665-8400

WISE & Healthy Aging: Long-Term Care Ombudsman Program ...................(310) 394-9871 • (800) 334-9473 • (310) 899-1488 www.wiseandhealthyaging.org

SERVICES

CRIME PREVENTION

Crime Prevention Programs, Community Relations, Santa Monica Police Department ...........................................(310) 458-8474 www.santamonicapd.org

Los Angeles County Victim/Witness Assistance Program (Santa Monica Branch) ...........................................(310) 727-6516 • (310) 260-3678

EMPLOYMENT ASSISTANCE

Employment Development Dept. (EDD) ...................................................(800) 300-5616 (Unemployment Ins.) • (310) 574-6464 (Jobs) www.edd.ca.gov

FINANCIAL/TAX ASSISTANCE

Franchise Tax Board, State of California .......................................................(800) 852-5711 • TDD: (800) 822-6268 www.ftb.ca.gov

Jewish Free Loan Association ........................................................................(323) 761-8830 www.jfla.org

Los Angeles County Property Tax Information ...........................................(213) 974-2111 ....................................................(888) 807-2111 (Toll-Free) • TDD: (213) 974-2196 www.lacountypropertytax.com

Property Tax Postponement ........................................................................(916) 445-2636 • (800) 952-5661 www.sco.ca.gov

WISE & Healthy Aging: RSVP Tax Counseling ...........................................(310) 394-9871 www.wiseandhealthyaging.org
Westside Center for Independent Living (WCIL) ........ (310) 390-3611
 ........................................................................ TTY: (310) 398-9204
 www.wcil.org

WISE & Healthy Aging ................................................. (310) 394-9871
 www.wiseandhealthyaging.org

INFORMATION, REFERRALS, & HOTLINES

211 Los Angeles County (formerly InfoLine) .............. Dial 211
 ........................................................................ TDD: (800) 660-4026
 www.infoline-la.org

Airport Marina Counseling Service ......................... (310) 670-1410
 www.airportmarina.org

Alzheimer’s Association – California Southland Chapter . (323) 938-3379
 ........................................................................ (800) 272-3900
 www.alz.org/californiasouthland

Arthritis Foundation, Southern California Chapter ........ (323) 954-5750 • (800) 954-2873
 www.arthritis.org

Battered Women’s 24-hour Hotline (OPCC) ............... (310) 264-6644
 www.opcc.net

Cancer Information Service ................................. (800) 4-CANCER (800 422-6237)
 www.cancer.gov

City of Santa Monica, Human Services Division, Community and
Cultural Services Dept. ............................. (310) 458-8701 • TTY: (310) 458-8696
 www.smgov.net/hsd/index.htm

Common Ground, The Westside HIV Community Center . (310) 314-5480
 www.commongroundwestside.org

Consumer Health Information Program and Services (CHIPS),
Norwalk Regional Library ................................. (562) 868-4003
 www.cola.publib.org/services/chips.html

Culver City Senior Center .............................. (310) 253-6700 • TTY: (310) 253-6735
 www.culvercity.org

Didi Hirsch Community Mental Health Center ........ (310) 390-6612
 www.DIDIHIRSCH.org

Elder Abuse Hotline ............................................... (800) 992-1660

Felicia Mahood Senior Multipurpose Center ............ (310) 479-4119
 ........................................................................ (310) 231-9228 (Social Services)

LA Caregiver Resource Center ..................... (800) 540-4442 • (213) 821-7777
 www.usc.edu/lacrc

Los Angeles Department of Aging ................. (213) 252-4000 • (800) 510-2020
 www.cityofla.org/doa

Peace Over Violence .... (310) 392-8381 (Hotline) • TDD: (213) 955-9095
 www.peaceoverviolence.org

Poison Control Center Emergency Line .... (800) 8-POISON (800 876-4766)
 ........................................................................ (800) 222-1222 Poison Action Line
 www.calpoison.org

Rainbow Services Hotline for
Battered Women ............................. (310) 547-9343 (Hotline) • (310) 548-5450 (Info)

Santa Monica Social Services
Commission ........................................... (310) 458-8688 • TTY: (310) 458-8696
 www.smgov.net/hsd/index.htm

Suicide Prevention Center Hotline ......... (800) SUICIDE (800 784-2433)
 ................................................................. (877) 7-CRISIS (877 727-4747) (Toll-Free, LA County)

The Wellness Community – West Los Angeles ........ (310) 314-2555
 www.twc-wla.org

Westminster Senior Center ...................... (310) 392-5566
 www.laparks.org/dos/senior/facility/westminsterSCC.htm

Westside Center for Independent Living (WCIL) ...... (310) 390-3611
 ........................................................................ TTY: (310) 398-9204
 www.wcil.org

WISE & Healthy Aging .............................. (310) 394-9871
 www.wiseandhealthyaging.org

LEGAL ASSISTANCE

Center for Health Care Rights, LA County Health Insurance Counseling
& Advocacy Program (HICAP) ...................... (213) 383-4519 • (800) 824-0780
 www.healthcarerights.org

Legal Aid Foundation of Los Angeles .................. (800) 399-4529
 ........................................................................ Santa Monica Office: (310) 899-6200
 www.LAFLA.org

Los Angeles County Bar Association,
Dispute Resolution Services, Inc. ...................... (213) 896-6533
 www.lacba.org
Santa Monica Bar Association, Lawyer Referral and Information Service (LRIS) ...........................................(310) 581-5163
www.smba.net

TRANSPORTATION

Access Services Incorporated (ASI) ...........................................(800) 883-1295
..................................................................................(800) 826-7280
www.asila.org

CityRide .................................808-7433 (From Area Code 213, 310, 323, or 818)
www.ladottransit.com/other/cityride

ITNSantaMonica ...........................................................(310) 451-1343
www.itnsantamonica.org

Santa Monica Buslines (Big Blue Bus) ...............................................................(310) 451-5444
..................................................................................(310) 395-6024
www.bigbluebus.com

WISE & Healthy Aging: Dial-A-Ride ..........................................................(310) 394-9871, ext. 455
www.wiseandhealthyaging.org

ENTERTAINMENT

SENIOR CENTERS

Culver City Senior Center ............................(310) 253-6700 • TTY: (310) 253-6735
www.culvercity.org

Felicia Mahood Senior Multipurpose Center ..............................................(310) 479-4119
..................................................................................(310) 231-9228 (Social Services)

Israel Levin Senior-Adult Center ...............................................................(310) 396-0205

Santa Monica Senior Recreation Center ..........................................................(310) 458-8644
www.smgov.net/hsd/senior

Westminster Senior Center ..............................................................(310) 392-5566
www.laparks.org/dos/senior/facility/westminsterSCC.htm

SOCIAL ORGANIZATIONS

Golden Agers Club/Salvation Army .............................................................(310) 451-1358
www.salvationarmyusa.org

Home League/Salvation Army ..............................................................(310) 451-1358
www.salvationarmyusa.org

Santa Monica Lawn Bowls Club .................................................................(310) 281-1901
..............................................................................(310) 210-8518 (B. Sterling)
www.smlbc.org

MISCELLANEOUS

EDUCATION

American Jewish University .................................(310) 476-9777 • (888) 853-6763 (Toll-Free)
..................................................................................(310) 440-1246
www.ajula.edu

American Red Cross of Santa Monica .................................(310) 394-3773
www.redcrossofsantamonica.org

Culver City Adult School ..............................................................................(310) 842-4300
www.ccusd.k12.ca.us

Emeritus College ......................................................................................(310) 434-4306
www.smc.edu/emeritus

OASIS West LA ...................................................................................(310) 475-4911 ext. 2200
www.oasisnet.org

Plato Society of UCLA ............................................................................(310) 794-0231
www.uclaextension.edu/plato

Saint John’s Health Center, Community Education & Senior TLC Programs .............................................(310) 829-8453 (Community Ed) • (310) 582-7000 (Senior TLC)
www.stjohns.org/health/default.htm

Santa Monica College ..............................................................................(310) 434-4000 • TDD: (310) 434-4273
..................................................................................(310) 434-3400
www.smc.edu

Santa Monica Public Library ........................................................................ Main Branch (310) 458-8600
..................................................................................(310) 395-8499 • (310) 434-2608 (Reference)
www.smpl.org

UCLA Center on Aging, Senior Scholars Program .....................................(310) 794-0676
www.aging.ucla.edu

UCLA Extension ......................................................................................(310) 206-6201 (Advisory Service)
..................................................................................(310) 825-9971 (Catalog & Registration Info)
www.uclaextension.edu

UCLA Healthcare 50 Plus ........................................................................ (310) 319-4560 • (800) 516-5323
www.uclahealth.org
USC Andrus Gerontology Center, Davis School of Gerontology ..........................(213) 740-5156 www.usc.edu/dept/gero
West Los Angeles College ..........(310) 287-4200 • TDD: (310) 287-4334 ..................................Westside Extension: (310) 287-4475 www.wlac.edu
Westchester-Emerson Community Adult School ..........(310) 258-2000

FARMERS’ MARKETS
Beverly Hills Farmers’ Market ...........................................(310) 550-4796
Breventwood Farmers’ Market.................................(818) 591-8161 www.rawinspiration.com
Culver City Farmers’ Market ...........................................(310) 253-5775
Santa Monica Farmers’ Markets ...........................................(310) 458-8712 www.smgov.net/farmers_market
Southland Open Air Farmers’ Markets (California Federation of Certified Farmers’ Markets) ..........................................(530) 753-9999 www.cafarmersmarkets.com
Venice Farmers’ Market .............................................(310) 399-6690
West Los Angeles Farmers’ Market ...................................(310) 281-7855
Westwood Farmers’ Market ...........................................(310) 861-8188

LIBRARIES
Santa Monica Public Library ..............................Main Branch (310) 458-8600 ..................................TTY: (310) 395-8499 • (310) 434-2608 (Reference) ..........................................................Fairview Branch (310) 450-0443 ..........................................................Montana Ave. Branch (310) 829-7081 ..........................................................Ocean Park Branch (310) 392-3804 www.smpl.org

SENIOR PUBLIC AFFAIRS ORGANIZATIONS
AARP ..........................................................(888) 687-2277 (Toll-Free, Members) ..........................................................California State Office: (866) 448-3615 (Toll-Free) www.aarp.org
California Alliance for Retired Americans (CARA) ..........(415) 550-0828 ..........................................................(714) 244-7776 www.californiaalliance.org

California Commission on Aging ......................................(916) 419-7591 www.calaging.org
California Senior Legislature .........................................(916) 552-8056 www.4csl.org
Congress of California Seniors (Region 6) .........................(213) 626-1903 www.seniors.org

VOLUNTEER OPPORTUNITIES
Alzheimer’s Association – California Southland Chapter ....(323) 938-3379 .................................................(800) 272-3900 www.alz.org/californiasouthland
American Red Cross of Santa Monica ............................(310) 394-3773 www.redcrossofsantamonica.org
Andrus Volunteers, Andrus Gerontology Center, University of Southern California .................................(213) 740-6060 www.usc.edu/dept/gero
Braille Institute .............................................................(323) 663-1111 www.brailleinstitute.org
Center for the Partially Sighted ......................................(310) 458-3501 ext. 128 www.low-vision.org
DOVES (Dedicated Older Volunteers in Educational Services), LAUSD Volunteer Program ...........................................(213) 241-6900
Heal the Bay ..................................................(800) HEAL BAY (800 432-5229) • (310) 451-1500 www.healthebay.org
Meals-On-Wheels of Culver Palms .................................(310) 559-0666 www.mealcall.org/meals-on-wheels/ca/culver-city.htm
Meals-on-Wheels of West Los Angeles ............................(310) 208-4028 www.mealsonwheelswest.org
OASIS West LA ..................................................(310) 475-4911 ext. 2200 www.oasisnet.org
OPCC (formerly Ocean Park Community Center) ..........(310) 264-6646 www.opcc.net
Rainbow Services Hotline for Battered Women .........................(310) 547-9343 (Hotline) .................................................................(310) 548-5450 (Info)

Santa Monica-UCLA Medical Center & Orthopaedic Hospital, Adult Volunteer Program .............................................(310) 319-4614
www.uclahealth.org

UCLA Center on Aging, Teach for America Program .............(310) 794-0676
www.aging.ucla.edu

Westside Center for Independent Living (WCIL) ... (310) 390-3611
..................................................................................TTY: (310) 398-9204
www.wcil.org

WISE & Healthy Aging: Ombudsman Volunteers & Retired Senior & Volunteer Program (RSVP) .................(310) 394-9871
www.wiseandhealthyaging.org

Part Two
Service Providers

Please note: Part Two listings appear in alphabetical order by name. Most organizations listed here operate 9 a.m.-5 p.m. Monday-Friday. However, hours may vary, may include evenings and weekends, and are subject to change.

211 Los Angeles County (Formerly Infoline)
Dial 211 or (800) 339-6993 (English/Español)
TDD: (800) 660-4026
Information and referrals on human and social services available in LA County. Automated service (requires touch-tone telephone) offers information in English and Spanish. Special Note: Available 24 hours/day, 7 days/week.

AARP
(888) 687-2277 (Toll-Free, Members)
California State Office:
401 E. 3rd St. Los Angeles, CA 90013
(866) 448-3615 • (626) 585-2637
Website: www.aarp.org • E-Mail: cityoflosangeles@aarp.org
National organization whose member services include auto, homeowner, and group insurance; investment opportunities; travel discounts; mail-order pharmacy (with discounts available). AARP has volunteer lobbyists in California for senior citizens’ issues, and staff specialists in Washington, D.C. Also provides monthly news bulletin and “55 Alive” safe driving course. Annual membership (individual or couple): $6 local, $12.50 national; includes subscription to organization magazine. Meetings are free. Special Note: Pacific Palisades Chapter 5149 meets the 2nd Wednesday of each month at 2 p.m. at Pacific Palisades Women’s Club, 901 Haverford Avenue (corner of Antioch). For details, call Dr. Milton Weiner, Chapter 5149 president, at (310) 454-3329.

Access Services Incorporated (ASI)
P.O. Box 71684, Los Angeles 90071-0684
(800) 883-1295 (Information in English/Español)
TDD: (800) 826-7280
(800) 883-1295 (Client Reservations/Western Central)
Website: www.asila.org • E-Mail: cserv@asila.org
Personalized transportation service for any purpose throughout LA County for people with disabilities or special needs preventing them from using traditional public transportation systems. Transportation in most areas available
Continuing Education: (310) 440-1246
Fax: (310) 471-6527
Website: www.ajula.edu • E-Mail: glevi@uj.edu or iwaskow@uj.edu
Cultural programs, public lecture series, and classes in Hebrew, Yiddish, introduction to Judaism for Jews and non-Jews, Jewish history and thought, dance, yoga, aerobics, music, visual arts. Hosts Elderhostel New Year’s Eve program—call (310) 440-1535 for details.

AMERICAN RED CROSS OF SANTA MONICA
1450 11th St., Santa Monica 90401
(310) 394-3773
Website: www.redcrossofsantamonica.org
E-Mail: johnp@redcrossofsantamonica.org
Humanitarian organization led by volunteers provides relief to victims of disasters and help people prevent, prepare for, and respond to emergencies. Services available in English and Spanish. Volunteers always needed and welcomed.

ANDRUS VOLUNTEERS, ANDRUS GERONTOLOGY CENTER, UNIVERSITY OF SOUTHERN CALIFORNIA
University Park, MC0191, Los Angeles 90089-0191
(213) 740-6060 • Fax: (213) 740-8241
Website: www.usc.edu/dept/gero • E-Mail: Ldsgero@usc.edu
Volunteers participate in research projects on aging and may also develop their own research projects. Speakers’ corps provides seminars on topics related to aging. Special Note: Volunteer meetings 10 a.m. on Wednesdays.

ANTIOCH UNIVERSITY COUNSELING CENTER (AUCC)
400 Corporate Pointe, Culver City 90230
(310) 574-2813, ext. 366 • (310) 578-1080 • Fax: (310) 822-4824
Website: www.antiochla.edu/community/general-category/aucc.html
Specialized counseling and short and long-term psychotherapy, workshops, and community education. Bilingual therapists available (English, Spanish, Japanese, Farsi, Greek, Polish, Hungarian, Vietnamese, Korean, Hebrew, Russian). Sliding scale; does NOT accept Medicare or Medi-Cal.

ARTHITIS FOUNDATION, SOUTHERN CALIFORNIA CHAPTER
800 W. 6th St., Suite 1250, Los Angeles 90017
Fax: (323) 954-5790
Website: www.arthritis.org • E-Mail: info.sca@arthritis.org
Information and referral to physicians for arthritis problems. Sponsors support groups, self-help groups, and exercise programs at locations in the Los Angeles area. 21 hours/day, 7 days/week. One-way trip ranges from $1.80 to $2.70. Exact change or MTA token required. Special Note: Registration and eligibility certification required for service; call for details.

ADULT PROTECTIVE SERVICES, LOS ANGELES COUNTY DEPT. OF COMMUNITY AND SENIOR SERVICES
3337 Wilshire Blvd., Room 400, Los Angeles 90010
(877) 477-3646 (Toll-Free, Elder Abuse Hotline)
(888) 202-4248 (Toll-Free, APS Mandated Reporters Hotline)
(213) 351-5401 (To Arrange for Services)
Fax: (213) 738-6485
Website: dcss.co.la.ca.us/APS/APStxt.htm
Investigates physical and sexual abuse, neglect, financial exploitation, and self-neglect of older adults and the disabled age 18-64. Makes home calls, will arrange for medical attention, crisis intervention, emergency services, police intervention, “whatever is necessary.” Special Note: Emergency Hotline operates 24 hours/day, 7 days/week.

AIRPORT MARINA COUNSELING SERVICE
7891 La Tijera Blvd., Westchester 90045
(310) 670-1410 • Fax: (310) 670-0919
Website: www.airportmarina.org • E-mail: info@airportmarina.org
Outpatient mental health clinic offers counseling, individual and group therapy, marriage and family therapy, psychiatric assessment and evaluation, immediate crisis intervention, and information and referral services. Also provides training internships for mental health professionals. Sliding scale. Special Note: Open 7 days and 4 evenings per week (call for hours).

ALZHEIMER’S ASSOCIATION – CALIFORNIA SOUTHLAND CHAPTER
5900 Wilshire Blvd., Suite 1100, Los Angeles 90036
(323) 938-3379 • Fax: (323) 938-1036
(800) 272-3900 (Helpline/English)
(800) 633-5767 (Información/Español)
Website: www.alz.org/californiasouthland
Information and referrals—in English and Spanish—to services and resources for people with dementia and their families. Library services available by appointment. Special Note: 800 number staffed 24 hours/day, 7 days/week.

AMERICAN JEWISH UNIVERSITY CONTINUING EDUCATION
15600 Mulholland Dr., Bel-Air 90077
Main Switchboard: (310) 476-9777
Toll-Free: (888) 853-6763
Continuing Education: (310) 440-1246
Fax: (310) 471-6527
Website: www.ajula.edu • E-Mail: glevi@uj.edu or iwaskow@uj.edu
Cultural programs, public lecture series, and classes in Hebrew, Yiddish, introduction to Judaism for Jews and non-Jews, Jewish history and thought, dance, yoga, aerobics, music, visual arts. Hosts Elderhostel New Year’s Eve program—call (310) 440-1535 for details.

AMERICAN RED CROSS OF SANTA MONICA
1450 11th St., Santa Monica 90401
(310) 394-3773
Website: www.redcrossofsantamonica.org
E-Mail: johnp@redcrossofsantamonica.org
Humanitarian organization led by volunteers provides relief to victims of disasters and help people prevent, prepare for, and respond to emergencies. Activities include health and safety education, CPR and First Aid training, and community health services (including flu clinics and health screenings). Services available in English and Spanish. Volunteers always needed and welcomed.

ANDRUS VOLUNTEERS, ANDRUS GERONTOLOGY CENTER, UNIVERSITY OF SOUTHERN CALIFORNIA
University Park, MC0191, Los Angeles 90089-0191
(213) 740-6060 • Fax: (213) 740-8241
Website: www.usc.edu/dept/gero • E-Mail: Ldsgero@usc.edu
Volunteers participate in research projects on aging and may also develop their own research projects. Speakers’ corps provides seminars on topics related to aging. Special Note: Volunteer meetings 10 a.m. on Wednesdays.

ANTIOCH UNIVERSITY COUNSELING CENTER (AUCC)
400 Corporate Pointe, Culver City 90230
(310) 574-2813, ext. 366 • (310) 578-1080 • Fax: (310) 822-4824
Website: www.antiochla.edu/community/general-category/aucc.html
Specialized counseling and short and long-term psychotherapy, workshops, and community education. Bilingual therapists available (English, Spanish, Japanese, Farsi, Greek, Polish, Hungarian, Vietnamese, Korean, Hebrew, Russian). Sliding scale; does NOT accept Medicare or Medi-Cal.

ARTHITIS FOUNDATION, SOUTHERN CALIFORNIA CHAPTER
800 W. 6th St., Suite 1250, Los Angeles 90017
Fax: (323) 954-5790
Website: www.arthritis.org • E-Mail: info.sca@arthritis.org
Information and referral to physicians for arthritis problems. Sponsors support groups, self-help groups, and exercise programs at locations in the Los Angeles area. 21 hours/day, 7 days/week. One-way trip ranges from $1.80 to $2.70. Exact change or MTA token required. Special Note: Registration and eligibility certification required for service; call for details.
Agency is the principal advocate for California seniors. Provides coordination, information, and support to individuals and seniors’ organizations on public policy affecting seniors. Sponsors the California Senior Legislature (see listing below). Call or write for information.

**CALIFORNIA SENIOR LEGISLATURE**

1020 N. Street, Room 513, Sacramento, CA 95814

(916) 552-8056 • Fax: (916) 552-8013

Website: www.4csl.org

Elected group of 80 Senior Assemblypersons and 40 Senior Senators advises governor and State legislature on seniors’ special needs, prepares legislative proposals, helps get bills drafted, and lobbies for their passage. Educates seniors on how to lobby effectively. Members elected every four years, and all California residents age 60+ are eligible to vote for them.

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**BATTERED WOMEN HOTLINE (SOJOURN SERVICES)**

(310) 264-6644 (Hotline, English/Español)

Website: www.opcc.net

Information, crisis counseling for women who suffer from being battered. Sojourn Services for Battered Women (an OPCC project) coordinates the Westside Domestic Violence Network. Offers general supportive services, women’s and children’s shelter, drop-in support groups. Free legal clinic and other legal services. Volunteers welcomed! Special Note: Hotline staffed 24 hours/day, 7 days/week by trained volunteers who are speakers of English and Spanish. Other battering hotlines include: Peace Over Violence Hotline (310) 392-8381; Rainbow Services (310) 547-9343.

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**CANCER INFORMATION SERVICE**

(800) 4-CANCER (800 422-6237) (English/Español)

Website: www.cancer.gov

National Cancer Institute (NCI) information on cancer prevention, screening, diagnosis, and treatment. Online links to resources in English and Spanish for cancer patients and their families. LiveHelp Service on website answers questions 6 a.m. -8 p.m. via Instant Messaging (IM).

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**CENTER FOR HEALTH CARE RIGHTS**

**LOS ANGELES COUNTY HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)**

520 S. Lafayette Park Pl., Suite 214, Los Angeles 90057

(213) 383-4519 • (800) 824-0780 • Fax: (213) 383-4598

Website: www.healthcarerights.org

Agency provides in-person and telephone counseling and legal assistance with Medicare and other health programs to Medicare beneficiaries and families in LA County. Also makes presentations on health-related issues throughout the county.

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**CENTER FOR THE PARTIALLY SIGHTED**

12301 Wilshire Blvd., Suite 600, Los Angeles 90025

(310) 458-3501 ext. 128 • Fax: (310) 458-8179

Website: www.low-vision.org • E-Mail: info@low-vision.org

Low-vision specialists provide comprehensive care to help people maintain their independence despite macular degeneration, diabetes-related vision loss, glaucoma, or other vision problems. Low-vision evaluations; training in using adaptive technology, moving about safely in familiar and unfamiliar environments, and daily living skills; counseling, support groups, and referrals. Adaptive products (talking clocks, magnifiers, etc.) available at low cost. Sliding scale; accepts Medicare and Medi-Cal.
CITY OF SANTA MONICA, HUMAN SERVICES DIVISION, COMMUNITY AND CULTURAL SERVICES DEPT.
City Hall, 1685 Main St., Room 212, Santa Monica 90401
(310) 458-8701 • TTY: (310) 458-8696 • Fax: (310) 458-3380
Website: www.smgov.net/hsd/index.htm
E-Mail: humanservices.mailbox@smgov.net
The City of Santa Monica offers a number of programs and support services for seniors in the Santa Monica community. These include:

ADA, Disability, and Senior Services
(310) 458-8701 • TTY: (310) 458-8696 • Fax: (310) 458-3380
Website: www.smgov.net/hsd/index.htm
E-Mail: humanservices.mailbox@smgov.net
Coordinates with all City departments and community groups to ensure physical and programmatic access to people with disabilities, provides grants to selected agencies serving older adults and people with disabilities, and operates a variety of programs for older adults at the City's Senior Recreation Center (1450 Ocean Ave., Santa Monica). Special Note: Closed every other Friday.

Commission for the Senior Community
(310) 458-8701 • TTY: (310) 458-8696 • Fax: (310) 458-8701
E-Mail: janet.hand@smgov.net or humanservices.mailbox@smgov.net
Commission acts in an advisory capacity to the Santa Monica City Council on all matters pertaining to older adults in Santa Monica. Special Note: Meetings are open to the public and held at 1:30 p.m. on the 3rd Wednesday of each month at Ken Edwards Center (1527 4th St., Room 106, Santa Monica).

Disabilities Commission
(310) 458-8701 • TTY: (310) 458-8696 • Fax: (310) 458-3380
Website: www.smgov.net/hsd/index.htm
E-Mail: janet.hand@smgov.net or humanservices.mailbox@smgov.net
Commission acts in an advisory capacity to the Santa Monica City Council on all matters pertaining to the disability community in Santa Monica, including seniors with a disability. Special Note: Meetings are open to the public and held at 6:30 p.m. on the 1st Monday of each month at Ken Edwards Center (1527 Fourth St., Santa Monica).

Social Services Commission
(310) 458-8688 • TTY: (310) 458-8696 • Fax: (310) 399-4326
Website: www.smgov.net/hsd/index.htm
E-Mail: humanservices.mailbox@smgov.net
Commission advises City government on a wide range of social service policies. Special Note: Meetings are open to the public and held on the 4th Monday of each month at 7 p.m. at Ken Edwards Center (1527 Fourth St., Santa Monica).

CITY OF SANTA MONICA NUTRITION PROGRAM
Main Office:
1450 Ocean Ave., Santa Monica 90401
(310) 458-8644 • Fax: (310) 917-6637
Website: www.smgov.net/hsd/senior
E-Mail: humanservices.mailbox@smgov.net
Ken Edwards Center:
1527 4th St., Room 106, Santa Monica 90401
(310) 458-8300 • Fax: (310) 395-9683
Provides nutrition education programs and lunches at four locations in the Santa Monica area for seniors age 60+. Lunch reservations must be made one day in advance. Senior volunteer opportunities available. Suggested donation for lunch: $2.50. Lunch sites and hours:
- Christine Emerson Reed Park, Wilshire and Lincoln Blvd. (1133 7th St.), Noon, Monday through Friday (arrive by 11:30 a.m.)
- Ken Edwards Center, 1527 Fourth St. Room 106, 12:15 p.m. Monday through Friday (arrive by 11:45 a.m.)
- Santa Monica Senior Recreation Center, 1450 Ocean Ave., Noon, Monday through Friday (arrive by 11:30 a.m.)
- Virginia Avenue Park, 2220 Virginia Ave., 10 a.m.-2 p.m., Thursday only

CITYRIDE
P.O. Box 866003, Los Angeles 90086
808-7433 (From Area Code 213, 310, 323, or 818)
Website: www.ladottransit.com/other/cityride
Provides City of LA transportation services (MTA, Taxi, Dial-A-Ride, Private Lift) for any purpose to City of LA residents who are seniors (age 65+) or disabled (age 13+). One-way standby Dial-A-Ride trip costs $1.50 (6 coupons). Discount taxi and other transportation services may be requested. Special Note: Registration and eligibility certification required for service; call for details.

COMMON GROUND
THE WESTSIDE HIV COMMUNITY CENTER
2012 Lincoln Blvd., Santa Monica 90405
(310) 314-5480 • Fax: (310) 314-5487
Website: www.commongroundwestside.org
E-Mail: info@commongroundwestside.org
Information, referrals, case management, and other services to assist people living with HIV and AIDS. Offers HIV testing (see website for free HIV testing schedule), training sessions to help fight the HIV virus. Provides educational and outreach services, including homeless outreach and incentives, and men-care. Offers syringe/needle exchange services.
COMMUNITY CORPORATION OF SANTA MONICA (CCSM)
1423 Second St., Suite B, Santa Monica 90401
(310) 394-8487 • Fax: (310) 395-4336
Website: www.communitycorp.org
Administers low-income housing units in the City of Santa Monica. Some units set aside for low-income seniors. Call to inquire about openings. For maintenance emergencies, call (310) 394-3698. Special Note: Closed every other Friday.

CONGRESS OF CALIFORNIA SENIORS (REGION 6)
Angelus Plaza Senior Activity Center
255 S. Hill, Suite 327, Los Angeles 90012
(213) 626-1903 • Fax: (213) 626-1573
Website: www.seniors.org • E-Mail: Info@seniors.org
Nonprofit, statewide advocacy group for senior issues. Researches issues, conducts campaigns, serves as a clearinghouse and information resource, sends out speakers to community groups, and acts as an umbrella group that individuals and groups may join. Annual associate membership: $15 ($40 for 3 years), includes Action Alerts and newsletter. Special Note: Meets on the 4th Friday of each month at 9:30 a.m. in the auditorium (4th floor) of the Angelus Plaza Senior Activity Center, 255 S. Hill, Los Angeles.

CONNECTIONS REFERRAL SERVICE, INC.
2658 Griffith Park Blvd., Suite 224, Los Angeles 90039
(800) 330-5993 (Toll-Free)
Website: carehomefinders.com • E-Mail: carehomefinders@earthlink.net
Information and referrals to retirement, board-and-care, assisted-living, and skilled nursing facilities. Inspects and evaluates each recommended facility.

CONSUMER HEALTH INFORMATION PROGRAM AND SERVICES (CHIPS)
Norwalk Regional Library
12350 Imperial Hwy, Norwalk 90650
(562) 868-4003 (Reference Services/CHIPS Librarian)
Fax: (562) 868-4065
Website: www.colapublib.org/services/chips.html
E-Mail: referenceservices@gw.colapl.org
Maintains patient-oriented collection of materials on health and medicine at the Norwalk Regional Library. Performs reference searches on health topics, arranges for interlibrary loans of medical journal articles. Will mail information worldwide (call to arrange). Information and reference searches are free; donations requested for materials supplied.

CRIME PREVENTION PROGRAMS, COMMUNITY RELATIONS, SANTA MONICA POLICE DEPARTMENT
333 Olympic Blvd., Santa Monica 90401
(310) 458-8474 • Fax: (310) 576-1520
Website: www.santamonicapd.org
Crime prevention coordinators provide security checks, suggest cost-effective security measures for the home, and give specialized presentations to senior groups covering their vulnerability to crimes such as robbery, purse snatchings, pickpocketing, and bunco schemes. Coordinators will also assist in setting up Neighborhood Watch groups for blocks or apartments. Self-defense classes offered (call for details).

CULVER CITY ADULT SCHOOL
4909 Overland Ave., Culver City 90230
(310) 842-4300 • Fax: (310) 842-4343
Website: www.ccusd.k12.ca.us
Special exercise program for seniors. Classes in business, finance, and computer skills; home improvement; gardening and floriculture; photography; sewing; calligraphy; flute; cooking; dance; yoga; and personal growth. Many classes are provided in convalescent homes. Please Note: Some classes are free (ask for Older Adult Program); others range from $35 to $125 (20% discount for seniors age 62+).

CULVER CITY SENIOR CENTER
4095 Overland Ave., Culver City 90232
(310) 253-6715 (Office)
(310) 253-6726 (Senior Nutrition Program)
(310) 253-6717 (Senior Information & Referral)
Fax: (310) 253-6711 • TTY: (310) 253-6735
Website: www.culvercity.org/citygov/humanservices/social/soc_senior.html
Full-service center offers free and low-cost educational, social, and recreational activities, information and referrals to services for older adults, and a senior nutrition program with weekday on-site lunches and home-delivered meals to Culver City residents. Annual membership (social activities): $10. Weekday lunch (membership NOT required), $2.25 donation (parking $5). Home-delivered meal (weekdays only), $2.25 donation. Special Note: Lunch served Monday through Friday at 11:30 a.m. Recreational activities also scheduled on Saturdays and Sundays (call for details).

CULVER CITY SENIOR HOUSING
5166 Sepulveda Blvd., Culver City 90230
(310) 390-2357
One of several senior buildings on Westside offering housing at low rents to people age 62+ (call for details). For complete list of buildings and contact numbers, see www.culvercity.org/housing/senior_housing.asp?sec=. 
**EMPLOYMENT DEVELOPMENT DEPT. (EDD)**
Marina Del Rey/West LA Job Service
13160 Mindanao Way, Suite 105, Marina del Rey 90292
(310) 574-6464 (Job Listings)
(800) 300-5616 (Unemployment Insurance Info)
Website: www.edd.ca.gov
Job listings in a wide variety of fields. Computer matches and unemployment insurance information and claims filing available by phone.

**ENVIRONMENTAL HEALTH SERVICES, LOS ANGELES COUNTY DEPT. OF HEALTH SERVICES**
6053 Bristol Pkwy., 2nd Floor, Culver City 90230
West District (Food only): (310) 665-8450 • Fax: (310) 348-6402
Marina District Housing only): (310) 665-8484 Fax: (310) 348-6403
Website: www.lapublichealth.org/eh
Investigates complaints on housing conditions and unsanitary conditions in restaurants and markets.

**FAMILY SERVICE OF SANTA MONICA**
1533 Euclid St., Santa Monica 90404
(310) 451-9747 • Fax: (310) 451-6106
Website: www.vistadelmar.org • E-Mail: fssm@vistadelmar.org
Family, individual, couple, adolescent, group, premarital, and marital psychotherapy. Parenting workshops. Sliding scale $25-$145. Intake fee at first visit is on sliding scale. Appointment required; call for details.

**FARMERS’ MARKETS (IN SANTA MONICA & NEARBY)**
California Federation of Certified Farmers’ Markets (530) 753-9999
Website: www.cafarmersmarkets.com • E-Mail: cafarmersmarkets@dcn.org
Beverly Hills: Sunday Market, 9 a.m. to 1 p.m., 9300 block of Civic Center Dr. Call (310) 550-4796 for information.
Brentwood: Sunday Market, 9 a.m. to 2:30 p.m., intersection of Gretna Green and San Vicente. See www.rawinspiration.com or for more information call (818) 591-8161.
Culver City: Tuesday Market, 3 p.m. to 7 p.m., intersection of Main St. and Culver Blvd. in downtown Culver City. Call (310) 253-5775 for information.
Santa Monica: Wednesday Market, 8:30 a.m. to 1:30 p.m., intersection of Arizona and 2nd St.; Saturday Organic Market, 8:30 a.m. to 1 p.m., intersection of Arizona and 3rd St.; Saturday Pico Market, 8 a.m. to 1 p.m., Virginia Ave. Park (Pico & Cloverfield Blvds.); Sunday Main Street Market, 9:30 a.m. to 1 p.m., parking lot at Ocean Park Blvd. and Main St. (behind Heritage Museum). See www.smgov.net/farmers_market or call (310) 458-8712 or fax (310) 393-1279.

**DIDI HIRSCH COMMUNITY MENTAL HEALTH CENTER**
4760 S. Sepulveda Blvd., Culver City 90230-4888
(310) 390-6612 (Information)
(310) 751-5377 (Intake)
(310) 390-8896 (Emergency Services)
Fax: (310) 398-5690
Website: www.DIDIHIRSCH.org • E-Mail: didihirsch@pacificnet.net
Multiservice agency offers full range of mental health, crisis intervention, suicide prevention, and substance abuse programs. Older Adult Services Program helps Westside seniors age 60+ and their families or caregivers cope with age-related issues. Individual and group therapy, case management, in-home therapy for the frail or homebound, day care for adults with impaired memory (including Alzheimer’s). Accepts private insurance, Medicare, and Medi-Cal. Special Note: Operates Benjamin Rush Center, a walk-in clinic offering crisis intervention services, 4760 S. Sepulveda Blvd., Culver City, (310) 390-8896 (call first).

**DOVES (DEDICATED OLDER VOLUNTEERS IN EDUCATIONAL SERVICES)**
LAUSD Volunteer Program
333 S. Beaudry Ave., Suite B2-216, Los Angeles 90017
(213) 241-6900 • Fax: (213) 241-8974
Recruits volunteers to work in LA city schools tutoring students in academic subjects such as reading, math, science, and technology; helping students with homework; sharing life experiences; and assisting with activities such as arts and crafts and playground supervision.

**ELDER ABUSE HOTLINE**
(800) 992-1660 (English/Español)
For dependent and abused adults. Will screen and report to LA County Adult Protective Services. Call if you are being abused, or believe someone you know is. Special Note: LA County residents only; 24-hour, 7-days-a-week service.

**EMERITUS COLLEGE**
1227 Second St., Santa Monica 90401
(310) 434-4306
Website: www.smc.edu/emeritus
A part of Santa Monica College, Emeritus College is specifically designed for older adults age 50+ who are California residents. Offers more than 160 free noncredit classes during the day in convenient locations, along with a public concert series and art gallery activities.
**HEAL THE BAY**
1444 9th St., Santa Monica 90401
(800) HEAL BAY (800 432-5229)
(310) 451-1500 • Fax: (310) 496-1902
Website: www.healthebay.org • E-Mail: Info@healthebay.org
Organization founded to return Santa Monica Bay to swimmable and fishable condition through legislative efforts and educating the public. Also leads clean-up efforts of surrounding watershed. Needs volunteers to talk to groups, help with mailings, etc.

**HEALTH SERVICES DIVISION, LOS ANGELES COUNTY, DEPT. OF HEALTH SERVICES**
West District:
6053 Bristol Pkwy., 1st Floor, Culver City 90230
(310) 665-8400 • Fax: (310) 348-6404
Accepts complaints and sends surveyors to inspect nursing homes and investigate complaints. Certifies nursing homes for Medicare and Medi-Cal licenses, and provides lists of those facilities.

**HEALTH WATCH**
5777 W. Century Blvd., Suite 1005, Los Angeles 90045
(800) 226-8100 • (888) 565-7377 (LA area)
Home alert system for elderly or disabled will summon emergency assistance from paramedics or neighbors at the push of a button, 24 hours/day, 7 days/week. $50 installation fee; $35 monthly.

**HOME LEAGUE/SALVATION ARMY**
1533 4th St., Santa Monica 90401
(310) 451-1358 • Fax: (310) 394-7398
Website: www.salvationarmyusa.org
Contributing organization to Salvation Army makes handicrafts that are sold at annual bazaar to benefit programs supported by the Salvation Army. Call for activities schedule. Annual membership: $3. Special Note: Meets every Thursday at 11:45 a.m. (bring a sack lunch).

**HOUSING ALTERNATIVES FOR SENIORS/ALTERNATIVE LIVING FOR THE AGING**
937 N. Fairfax Ave., West Hollywood 90046
(323) 650-7988 • Fax: (323) 650-0803
Website: www.alternativeliving.org
Referral service matches compatible seniors for shared housing. Also maintains Liffman House, a Santa Monica senior apartment community. Rents range from $460 to $595 per month. Special Note: Call if you have housing to share or would like to find a shared-housing situation.
IN-HOME SUPPORTIVE SERVICES (IHSS), LOS ANGELES COUNTY DEPT. OF PUBLIC SOCIAL SERVICES
2707 S. Grand Ave., Los Angeles 90007
(213) 744-4477 • (888) 944-4477 (Toll-Free)
Provides in-home supportive services to Medi-Cal-eligible adults age 65+ or blind and/or disabled, who are unable to remain safely in their own homes without this assistance. Free for low-income persons; possible cost-sharing for non-SSI residents. Call for application.

ISRAEL LEVIN SENIOR-ADULT CENTER
201 Ocean Front Walk, Venice 90291
(310) 396-0205 • Fax: (310) 664-1996
E-Mail: rfromberg@jfla.org
Center with a Jewish emphasis offers kosher food and welcomes seniors age 62+ of all backgrounds. Choir, Judaica, dancing, and exercise classes. Toys for Tots dollmaking, rap sessions, and other activities. Daily hot lunches; Sunday bagel brunch. Annual membership: $21. Lunch, $1.25 suggested donation. Bagel brunch, $1 suggested member donation, $1.50 for others. Prices vary for outings and day trips. Special Note: Oneg Shabbat service at 1 p.m. on Friday. Lunch served weekdays at Noon. Members Bagel Brunch at 11 a.m. on Sunday. Closed 1st Sunday of each month.

ITNSANTAMONICA
11901 Santa Monica Blvd., Suite 431, Los Angeles 90025
(310) 451-1343
Website: www.itnsantamonica.org • E-Mail: Info@itnsantamonica.org
Low-cost membership organization provides door-through-door and arm-through-arm transportation to adults age 65+ and adults of any age with vision disabilities. Service covers Santa Monica, Pacific Palisades, and Brentwood. Annual membership: $35 individual, $50 couple/family. Members establish transportation accounts to cover ride fares (based on a pick-up charge and mileage rate). Special Note: Registration required for service. Transportation available 24 hours/day, 7 days/week.

JEWISH FAMILY SERVICE OF LOS ANGELES
Santa Monica Regional Office:
1424 4th St., Suite 301, Santa Monica 90401
(310) 393-0732 (Senior Services Program)
Fax: (310) 395-0432
Website: www.jfsla.org • E-Mail: thalstead@jfsla.org
Outreach services for older adults and their families in both Jewish and non-Jewish Westside communities. Widow/widower support groups, senior “rap” groups on issues of aging, life problems. Older Adults program provides information and referral, advocacy, outreach services, and in-home assess-ments to prevent problems and keep people in the least restrictive environment. Moderate fees on sliding scale; no cost to individuals with low income.

JEWISH FREE LOAN ASSOCIATION
6505 Wilshire Blvd., Suite 715, Los Angeles 90048
(323) 761-8830 • Fax: (323) 761-8841
Website: www.jfla.org • E-Mail: info@jfla.org
Offers interest-free loans to Los Angeles County residents for emergencies, education, developing small businesses, healthcare, and life-cycle events. Currently grants about 1,200 loans per year.

LA CAREGIVER RESOURCE CENTER
3715 McClintock Ave., Los Angeles 90089-0191
(800) 540-4442 • (213) 821-7777
Fax: (213) 740-1871
Website: www.usc.edu/lacrc • E-Mail: lacrc@usc.edu
Resource center for caregivers and their families provides information and community resources on all aspects of care, fact sheets and articles on acquired brain injuries (ABI), support groups and referrals to other area support groups.

LEGAL AID FOUNDATION OF LOS ANGELES
1102 S. Crenshaw, Los Angeles 90019
(800) 399-4529 (Toll-Free)
(213) 640-3881 • (323) 801-7991
Fax: (213) 801-7945
Santa Monica Office:
1640 Fifth St., Santa Monica 90401
(310) 899-6200 • Fax: (310) 899-6208
Website: www.LAFLA.org
Offers free consultation services to low-income individuals with NONcriminal legal problems involving housing, welfare, immigration, employment, consumer protection, and some family law. Services available in English and Spanish. Free or sliding scale.

LOS ANGELES COUNTY BAR ASSOCIATION
DISPUTE RESOLUTION SERVICES, INC.
Main Office: 261 S. Figueroa, Suite 310 Los Angeles 90012
(213) 896-6533 • Fax: (213) 613-1299
Website: www.lacba.org • E-Mail: drs@lacba.org
Telephone-based service with trained mediators for domestic, business, consumer/merchant, landlord/tenant, and neighbor/neighbor disputes. If appropriate, will arrange for all parties to meet in person for mediation. Services
available in English and Spanish. Fees for mediation sessions range from $0 to $150 per session, with a $25 case processing fee (sliding scale for low-income individuals).

LOS ANGELES COUNTY DEPT. OF COMMUNITY & SENIOR SERVICES
3175 W. Sixth St. Los Angeles, CA 90020
(213) 738-2600 • Fax: (213) 385-3893
Website: www.lacdcss.org
Information on and assistance with county services and other resources for senior citizens and for adults of any age with disabilities.

LOS ANGELES COUNTY INFORMATION SERVICES
(310) 551-2929, or just dial 211
(800) 339-6993 (Toll-Free)
TDD: (800) 660-4026 • Fax: (626) 442-6940
Website: www.infoline-la.org
Automated touch-tone service offers 24-hour information on Human Services, Medi-Cal, food stamps, emergency services, school programs, and other government programs (operators available for rotary phone users). Information available in English, Spanish, Vietnamese, Italian, Chinese, and other languages (will find interpreters for any language requested). Community resource advisors are also available to speak with callers. Special Note: Be prepared to ask for specific department or referral number.

LOS ANGELES COUNTY PROPERTY TAX INFORMATION
(213) 974-2111 • (888) 807-2111
TDD: (213) 974-2196
Website: www.lacountypropertax.com
Automated 24-hour service (requires touch-tone telephone) offers general property tax information and accepts requests for substitute tax bills. Website accepts tax payments online. Information available in English and Spanish. Special Note: Live operator available weekdays.

LOS ANGELES COUNTY VICTIM/WITNESS ASSISTANCE PROGRAM (SANTA MONICA BRANCH)
Municipal Court, Room 228
1725 Main St., Santa Monica 90401
(310) 727-6516 (Mon, Wed, & Fri Only)
(310) 260-3678 (Tues & Thurs Only)
(213) 974-7499 (Emergency) • Fax: (310) 458-6518
State program provides support to crime victims, witnesses, and their families. Victims may call directly or be referred by police or district attorney. Aid may include information and referral, escort for court appearances, and help in applying for State Victim Assistance Compensation. Special Note: Walk-ins at Municipal Court location may request information on Tuesdays and Thursdays.

LOS ANGELES DEPARTMENT OF AGING
3580 Wilshire Blvd. #300, Los Angeles 90010
(213) 252-4000 (Reception) • (800) 510-2020
(213) 252-4030 (Information & Referral)
Website: www.cityofla.org/doa • E-Mail: age.webinfo@lacity.org
Information and referral to senior centers and community services such as home-delivered meals, transportation, case management, legal services, and more. Special Note: For City of Los Angeles residents.

THE MAPLE COUNSELING CENTER
9107 Wilshire Blvd., Lower Level, Beverly Hills 90210
(310) 271-9999 • Fax: (310) 271-6496
Website: www.tmcc.org • E-Mail: Info@tmcc.org
Individual counseling and group therapy sessions by professionally trained, supervised senior peer counselors. In-home counseling for homebound seniors may be requested. Sliding scale.

MEALS-ON-WHEELS OF CULVER PALMS
4427 Overland Ave., Culver City 90230
(310) 559-0666
Website: www.mealcall.org/meals-on-wheels/ca/culver-city.htm
Hot meal plus sack dinner delivered weekdays to homebound, physically, and/or psychologically disabled residents in Culver City, Cheviot Hills, Beverlywood, Pico-Robertson, Mar Vista, Palms, and Venice. Cost is $6/day for two meals each day. Special Note: Call before noon for information and to arrange service.

MEALS-ON-WHEELS OF WEST LOS ANGELES
900 Hilgard Ave., Los Angeles 90024
(310) 208-3439 (To Request Service)
(310) 208-4028 (Volunteers Only)
E-Mail: mealsonwheelswla@verizon.net
Hot meal plus sandwich meal delivered weekdays to homebound, physically, and/or psychologically disabled residents in the Westwood and Brentwood areas. Sliding scale up to $6/day for two meals each day.

MEALS-ON-WHEELS WEST
1823-A Michigan Ave. Santa Monica 90404
(310) 394-5133 (To Request Service)
(310) 394-7558 (Joanna Vasquez; To Volunteer)
Fax: (310) 857-7802
Community-based individual, couple, family, and group counseling. Special support groups and programs for domestic violence, etc. Sliding scale.

**OPICA ADULT DAY SERVICES**  
11759 Missouri Ave., Los Angeles 90025  
(310) 478-0226 • Fax: (310) 478-2026  
Website: www.opica.org • E-Mail: opica@opica.org  
Day care for memory-impaired, continent seniors not harmful to themselves or others. Daily exercise and reality orientation (current events); speech, music, and art therapy; memory training; other activities. Lunch, morning and afternoon snacks provided. Support groups for families and caregivers of people with memory loss. Individual and family therapy offered on a sliding scale basis. Special Note: Saturday care available (call for hours).

**OASIS WEST LA**  
Macy’s, Westside Pavilion  
10730 W. Pico Blvd., Los Angeles 90064  
(310) 475-4911, ext. 2200 • Fax: (310) 446-9473  
Website: www.oasisnet.org • E-Mail: oasis@.jfsla.org  
National organization offers lifelong learning and service opportunities for older adults. Programs in the arts, humanities, wellness, technology and volunteer service. Free membership includes catalog 3 times per year. Call for class locations.

**OPCC (FORMERLY OCEAN PARK COMMUNITY CENTER)**  
1453 16th St., Santa Monica 90404  
(310) 264-6646 (Office) • Fax: (310) 264-6647  
(310) 264-6644 (Battered Women’s 24-hour Hotline)  
Website: www.opcc.net  
Shelters for battered women and children, the mentally ill, and the homeless. Provides meals, counseling, advocacy for persons being assessed. Projects include: Turning Point Shelter, Daybreak Center and Shelter, Access Center, Sojourn Services for Battered Women, and Campion Counseling. Volunteers always needed and welcomed. Special Note: Battered women’s hotline staffed 24 hours/day, 7 days/week by trained volunteers.

**OPEN PATHS COUNSELING CENTER**  
12655 West Washington Blvd., Suite 101, Los Angeles 90066  
(310) 398-7877 • Fax: (310) 397-6346  
Website: www.openpaths.org • E-Mail: openpaths@earthlink.net  
Community-based individual, couple, family, and group counseling. Special support groups and programs for domestic violence, etc. Sliding scale.
POISON CONTROL CENTER EMERGENCY LINE
(800) 8-POISON (800 876-4766)
(800) 222-1222 Poison Action Line
Website: www.calpoison.org
Information on emergency first aid procedures in the event of poisoning—as well as general information on poisons, toxic substances, and drugs—provided in more than 100 languages by telephone (no office visits). Special Note: Trained staff on duty 24 hours/day, 7 days/week.

PROPERTY TAX POSTPONEMENT
State Controller’s Office, P.O. Box 942850,
Sacramento 94250-5872 • (916) 445-2636 (Office)
(800) 952-5661
Website: www.sco.ca.gov • E-Mail: postponement@sco.ca.gov
Information in English and Spanish on tax plan that postpones property tax payment for seniors age 62+ and individuals with disabilities (including blindness) until home is sold or residents move or pass away. Call for eligibility requirements.

RAINBOW SERVICES HOTLINE FOR BATTERED WOMEN
(310) 547-9343 (Hotline, English/Español)
(310) 548-5450 (Information & to Volunteer)
Information and crisis, emotional, and legal counseling for individuals who suffer from being battered. Information in Spanish and English. Volunteers are always needed and welcomed. Special Note: Hotline staffed 24 hours/day, 7 days/week by trained staff members.

SAINT JOHN’S HEALTH CENTER
COMMUNITY EDUCATION & SENIOR TLC PROGRAMS
1328 22nd St., Santa Monica 90404
(310) 829-8453 (Community Education Programs)
(310) 582-7000 (Senior TLC Programs)
Website: www.stjohns.org/health/default.htm
Ongoing Health Education Forums on such issues as heart health, nutrition, prostate disorders, cancer prevention, depression, men’s health, and women’s issues. Day and evening Wellness Promotion classes. Senior TLC, a membership program for adults age 50+, offers information and referral services, lectures with an emphasis on health education, discount directory of local merchants, and periodic health screenings. Senior TLC and Health Education Forums are free. Wellness Promotion/Healthier Living class fees vary with individual class. Annual Senior TLC membership: $10.

SANTA MONICA BAR ASSOCIATION,
LAWYER REFERRAL AND INFORMATION SERVICE (LRIS)
854 Pico Blvd. 2nd Floor, Santa Monica 90405-1325
(310) 581-5163 • Fax: (310) 581-5308
Website: www.smba.net • E-Mail: lrs@smba.net
Referrals to experienced attorneys in many fields of law. Administrative fee $25 to LRIS helps defray costs of running program and covers initial 30-minute consultation with attorney, by appointment only (no walk-ins). Leave message if office is closed.

SANTA MONICA BUSLINES (BIG BLUE BUS)
Customer Service:
1616 Seventh St., Santa Monica 90401
(310) 451-5444 • TDD: (310) 395-6024
Website: www.bigbluebus.com
City buslines serve Santa Monica, selected Westside areas, and downtown Los Angeles (via freeway). Discounts for persons age 62+ and for disabled persons of any age. Schedules and route maps available on Website and at Big Blue Bus office, Santa Monica Public Library branches, SMC Bookstore, UCLA Central Ticket Office, and many other locations. Regular fare $0.75, discounted to $0.25 for seniors and disabled; Express fare $1.75, discounted to $0.60 for seniors and $0.25 for disabled. Local Big Blue Bus transfers are free. Transfers to MTA, Culver City, Foothill, and other buslines cost $0.25 ($0.10 for discounted fares).

SANTA MONICA COLLEGE
1900 Pico Blvd., Santa Monica 90405
Main Switchboard: (310) 434-4000
TDD: (310) 434-4273
Emeritus College: (310) 434-4306
Continuing & Community Education: (310) 434-3400
SMC Events: (310) 434-3000
Website: www.smc.edu
Wide variety of day and evening classes, as well as classes offered online through the Internet. Full catalogs available for SMC credit classes ($20 per unit), Community & Continuing Education not-for-credit classes (most are low cost), and Emeritus College noncredit classes (free; see Emeritus College listing for details). Noncredit adult education classes in ESL and other topics are free. Open to all residents of California.

SANTA MONICA LAWN BOWLS CLUB
2439 Wilshire Blvd., Santa Monica 90403
(310) 281-1901 • (310) 210-8518 (Barbara Sterling)
Website: www.smlbc.org • E-Mail: info@smlbc.org
Recreation organization for individuals interested in lawn bowl, a pleasant, healthy, and inexpensive sport for adults of all ages, and especially suited to seniors. Games played at Douglas Park, located at 25th and Wilshire in Santa Monica. Wear athletic rubber or flat-soled shoes. Free lessons available. Call (310) 454-9630 (ask for Barbara) to arrange. Annual membership: $75; one-time fee for badge: $5.

SANTA MONICA PUBLIC LIBRARY
Main Branch
601 Santa Monica Blvd., Santa Monica 90401
(310) 438-8600 • TTY: (310) 395-8499
(310) 434-2608 (Telephone Reference)
(310) 458-8646 (Shut-In Service)
Website: www.smpl.org

Fairview Branch
2101 Ocean Park Blvd., Santa Monica 90405
(310) 450-0443

Montana Avenue Branch
1704 Montana Ave., Santa Monica 90403
(310) 829-7081

Ocean Park Branch
2601 Main St., Santa Monica 90405
(310) 392-3804 • Fax: (310) 399-6739
Books, audiobooks, movies, music, and magazines. Book groups, health lectures, author talks, concerts, and movie screenings. All programs and services are free and open to the public. Internet access for research and recreational use. Special services include large-print books, deliveries to homebound clients, and equipment for the visually and hearing impaired. Call individual branch or see website for library hours.

SANTA MONICA RENT CONTROL BOARD
City Hall, Room 202, 1685 Main St., Santa Monica 90401 • (310) 458-8751
Website: www.smgov.net/rentcontrol • E-Mail: rentcontrol@smgov.net
Information about tenant/landlord problems with regard to Santa Monica rent control laws, proper rent levels, and property maintenance. Special Note: Closed every other Friday.

SANTA MONICA SENIOR RECREATION CENTER
1450 Ocean Ave., Santa Monica 90401
(310) 458-8644 • Fax: (310) 917-6637
Offers adults age 50+ a chance to relax at the beach and enjoy a variety of cultural programs, classes (including Emeritus College classes), fitness opportunities, arts and crafts, guest lectures, and films. Also offers lunches, dances, all-day outings, health screenings, and other social services (call for details). Annual activity card providing discounts on many center activities available for $3/person for Santa Monica residents, $16 for others. Suggested lunch donation (age 60+): $2.50. Special Note: Also open weekends (call for hours). Lunch served at Noon Monday through Friday (arrive by 11:30 a.m.).

SANTA MONICA-UCLA MEDICAL CENTER & ORTHOPAEDIC HOSPITAL
ADULT VOLUNTEER PROGRAM
1250 16th St., Room 700-Tower, Santa Monica 90404
(310) 319-4614 • Fax: (310) 319-4519
Website: www.uclahealth.org • E-Mail: eeastwood@mednet.ucla.edu
Trains volunteers to greet visitors, escort patients, help on patient floors, assist medical staff with administrative work, etc., in a variety of areas throughout the community hospital. Commitment of at least 100 hours requested. Other volunteer options available, including knitting for newborns.

SHUT-IN SERVICE, SANTA MONICA PUBLIC LIBRARY
Main Branch, 601 Santa Monica Blvd., Santa Monica 90401
(310) 458-8646 (To Request Service or to Volunteer)
TTY: (310) 395-8499
Website: www.smpl.org • E-Mail: shut.in@smgov.net
Outreach service uses volunteers to select and deliver reading and audiovisual materials to any Santa Monica resident who is ill, elderly, disabled, homebound, or in a convalescent, nursing, or retirement home. Volunteers welcomed! Special Note: Shut-In Service available to Santa Monica residents only.

SOCIAL SECURITY INFORMATION CENTER
11500 W. Olympic Blvd., Suite 300, Los Angeles 90064
(800) 772-1213 (24-hour Automated Information)
TTY: (800) 325-0778 or (310) 235-7400 (local)
Website: www.ssa.gov
General information on obtaining a Social Security card, Social Security filing claims, payments, replacement of lost or stolen Social Security cards, Medicare cards, and Medicare replacement cards. Services available on a walk-in basis. Information available in English and Spanish. Downloadable forms and electronic documents on website.

SUICIDE PREVENTION CENTER HOTLINE
(800) SUICIDE (800 784-2433)
(800) 273-TALK (Hotline, English/Español)
Toll-Free (LA County only):
(877) 7-CRISIS (877 727-4747)
Crisis and suicide counseling for individuals of any age suffering severe emotional distress. Staffed by crisis counselors and trained volunteers. Special Note: Trained staff members on duty 24 hours/day, 7 days/week.

**UCLA ALZHEIMER’S DISEASE CENTER, REED NEUROLOGICAL RESEARCH CENTER**
10911 Weyburn Ave., Suite 200, Los Angeles 90095-7226  
(310) 794-3665 (General Information)  
(310) 794-6039 (Appointments & Fee Information)  
Website: www.adc.ucla.edu  
E-Mail: adc@ucla.edu
Comprehensive evaluation for memory disorders. Long-term follow-up, management, continuity of care. Ongoing research studies. Fees vary according to service. Medicare and Medi-Cal considered.

**UCLA CENTER ON AGING**
10945 LeConte Ave., Suite 3119, Los Angeles 90095  
(310) 794-0676 • Fax: (310) 794-0681  
Website: www.aging.ucla.edu • E-Mail: uclacoa@mednet.ucla.edu
Senior Scholars Program
Unique program allows seniors to audit on a noncredit basis any of more than 125 selected UCLA undergraduate courses. No prerequisites, papers, or reports required. Donation to UCLA Center on Aging of $150 for one course ($250 for two courses) per quarter ($125 of each course fee is tax deductible). Limited fee waivers available, based on financial need.

**UCLA NEUROPSYCHIATRIC INSTITUTE, GERIATRIC DAY TREATMENT PROGRAM, GERIATRIC ASSESSMENT PROGRAM, & UCLA MEMORY CLINIC**
760 Westwood Plaza, Room 372A NPH, Los Angeles 90024  
(800) 825-9989 (Information & Referral)  
(310) 825-8441 (Main Number/Geriatric Assessment)  
(310) 825-9809 (Geriatric Day Treatment)  
(310) 825-9897 (UCLA Memory Clinic)  
Fax: (310) 794-9011  
Website: www.npi.ucla.edu • E-Mail: kdewitt@mednet.ucla.edu
Evaluates and treats psychiatric illness of adults age 60+ and memory disorders of adults age 18+. Outpatient assessment and treatment services, inpatient care for older adults with acute psychiatric problems, day treatment program to improve daily living, socialization skills. Staff psychiatrists, psychologists, nurses, and social workers are specialists in geriatrics. Geriatric Assessment Program Evaluation: $230 (Medicare covers 80%).

**UCLA EXTENSION**
10995 LeConte Ave., Room 114, Los Angeles 90024  
(310) 206-6201 (Advisory Service)  
(310) 825-9971 (Catalog & Registration Information)  
Website: www.uclaextension.org
Wide variety of day, evening, and weekend classes. Full catalog available. Discount of 25% for seniors age 65+ available for some courses.

**UCLA HEALTHCARE 50 PLUS**
Santa Monica-UCLA Medical Center and Orthopaedic Hospital  
1250 16th St., Santa Monica 90404  
(310) 319-4560 • (800) 516-5323  
(310) 319-4371 (Santa Monica Geriatrician Office)  
(800) 825-2631 (Physician Referral)

**UCLA ALZHEIMER’S DISEASE RESEARCH CENTER (ADRC)**
Health Consultation Center II,  
1520 San Pablo St., HCT 3000, Los Angeles 90033  
(323) 442-7600 (English/Español)  
Website: geroweb.usc.edu • E-Mail: adrc4U@usc.edu
Diagnosis and evaluation of memory problems by university-based research center that conducts studies on memory and aging in people to find new information on Alzheimer’s. Participants for research studies welcomed!

**WESTCHESTER-EMERSON COMMUNITY ADULT SCHOOL**
8810 Emerson Ave., Westchester 90045  
(310) 258-2000 • Fax: (310) 645-8043  
Daytime and evening classes in art, business, computers, programs for older adults, ESL, distance learning programs, basic education, high school diploma, GED preparation. Registration free for seniors age 62+, but other class-related fees may apply. Seniors must cover costs of materials. Basic education, high school diploma, and GED preparation require a small fee per 5 credits towards diploma (plus cost of materials). ESL classes are free, but require campus photo I.D. ($5). Special Note: Services limited in summer.

**WESTMINSTER SENIOR CENTER**
1234 Pacific Ave., Venice 90291  
(310) 392-5566  
Website: www.laparks.org/dos/senior/facility/westminsterSCC.htm  
Community center for older adults offers exercise, dance, and computer classes; field trips and tours; bingo; special events. Information and referral services. Senior nutrition program. Off-leash dog area.

**WESTSIDE CENTER FOR INDEPENDENT LIVING (WCIL)**
12901 Venice Blvd., Los Angeles 90066  
(310) 390-3611 • (888) 851-9245 (Toll-Free)  
TTY: (310) 398-9204 • Fax: (310) 390-4906  
Website: www.wcil.org • E-Mail: development@wcil.org  
WCIL at Ken Edwards Center: 1527 4th St., Suite 250, Santa Monica 90401  
(310) 394-9871, ext. 420  
Referral services, disability-related information, peer counseling, support groups, and programs (including home safety and access modifications) to help seniors and people with disabilities or chronic illness remain independent in their own homes. Information and services available in English and Spanish. Home assistance modifications (grab bars, safety rails, etc.) available to qualified Santa Monica residents (call for other areas). Services are free or sliding scale. Special Note: WCIL services at Ken Edwards Center for Santa Monica residents only.

**WESTSIDE FAMILY HEALTH CENTER**
1711 Ocean Park Blvd., Santa Monica 90405  
(310) 450-2191 • (310) 450-4773 • Fax: (310) 450-087  
Website: www.wfhcenter.org  
Provides comprehensive, cost-effective healthcare through all stages of life. Family practice program includes a strong healthy aging component.
**WILSON-JENNINGS-BLOOMFIELD UCLA VENICE DENTAL CENTER**
323 S. Lincoln Blvd., Venice 90291  
(310) 392-4103 • Fax: (310) 392-8513  
Website: www.dent.ucla.edu  
Full-service dental clinic offers comprehensive dental care to low-income adults and their dependents. Services provided by UCLA School of Dentistry students working under supervision of faculty dentists. Appointment required. Accepts Medi-Cal, Healthy Families.

**WISE & HEALTHY AGING**
Headquarters:  
Ken Edwards Center  
1527 4th St., Second Floor, Santa Monica 90401  
(310) 394-9871 • Fax: (310) 395-0863  
Website: www.wiseandhealthyaging.org  
E-Mail: Info@wiseandhealthyaging.org

Health Clinic & Peer Counseling Center:  
2125 Arizona Ave., Santa Monica 90404  
(310) 394-9871 • Fax: (310) 395-0863

Adult Day Service Center:  
1510 Pico Blvd., Santa Monica 90405  
(310) 452-7802

Santa Monica Dial-A-Ride Services:  
(310) 394-9871, ext. 455 • Fax: (310) 394-0866

Long-Term Care Ombudsman Program:  
(310) 394-9871 • (800) 334-9473 • (310) 899-1488  
Fax: (310) 394-1631

WISE & Healthy Aging is a multiservice agency with professional staff, senior volunteer peer counselors, and continuing care coordinators. Provides a wide range of mental health, healthcare, support programs and services, and workshops for older adults and their families. Services include:

**Peer Counseling, Group Therapy, and Support Groups:** Individual counseling services provided by paraprofessional volunteers supervised by licensed therapists. Group therapy & support groups include men’s, women’s, and mixed groups, and groups dealing with specific issues such as bereavement, retirement, etc.

**Caregiver Support:** Individual counseling, weekly support groups, care coordination, referrals to related services and in-home support for older adults and their families.

**Care Management:** Professional care managers assess, plan, and coordinate services to enable frail elderly and individuals with disabilities to remain independent in their own homes. Services include arranging transportation, short-term in-home services, resolving Medicare/Medi-Cal problems, assisting in obtaining appropriate health care, creating a safe living environment, and arranging for daily money management.

**Health Services:** Free breast and cervical cancer screening for low-income, uninsured women age 40+. Free educational seminars on topics such as early detection of breast and cervical cancer, prevention of osteoporotic fractures, healthy lifestyles, and coping with chronic diseases. **Special Note:** Services available in English and Spanish.

**Adult Day Service Center:** Day care and special activities for frail, memory-impaired, mobility-impaired, and/or socially isolated individuals age 60+. Recreational and therapeutic activities provided to persons with memory impairment. Compañeros program offers social activities and classes conducted in Spanish. **Special Note:** Sliding scale for day care services.

**Santa Monica Dial-A-Ride Services:** Transportation within Santa Monica on a space-available basis for Santa Monica residents age 60+ and residents age 18-59 with disabilities. Curb-to-curb service with lift-equipped vans, licensed uniformed drivers. Fixed-route transportation on a prescheduled basis to designated medical and shopping centers. **Special Note:** Registration required before using service. Service also offered on weekends (call for details). Fare is 50¢ each way (plus 25¢ each way for attendant accompanying client).

**Long-Term Care Ombudsman Program:** Advocacy program responds to complaints made by—or on behalf of—people in nursing homes and licensed board and care homes. Ombudsmen work to protect the rights and dignity of residents, promote high-quality care, listen to concerns, resolve problems, and refer violations to the appropriate enforcement agency. Program also trains prescreened volunteers for certification by the California Dept. of Aging. **Special Note:** Ombudsman will witness Durable Power of Attorney for Health Care forms.

**RSVP Tax Counseling:** Trained volunteers help older adults and individuals with disabilities age 18+ with income tax filing and Homeowner’s and Renter’s Assistance Program. Services are free; donations welcomed.

**Retired Senior & Volunteer Program (RSVP):** Places volunteers age 55+ in community organizations and government agencies, including hospitals, schools, theaters, museums, youth centers, and nutrition programs. All volunteers are recognized for their achievements.
CREDITS:

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