Service Directory

Community Focal Point on Aging
An Information and Referral Service

Prepared by the
Focal Point Volunteer Staff

May 2019-2020

City of Torrance Community Services Department
3031 Torrance Boulevard Torrance, CA 90503
The Torrance Focal Point on Aging is one of 48 Focal Points designated by the Los Angeles County Area Agency on Aging. The Focal Point is an information and referral service where older adults can learn about community resources available to meet their emotional, physical and social needs.

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

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

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

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

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

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

HOW TO USE THIS DIRECTORY

The directory is cross-referenced in two ways:

- The TABLE OF CONTENTS page is located at the front of the directory and shows resources listed by category, in alphabetical order. Use this page to locate the type of assistance you need. It will refer you to a page number where you will find a number of PROVIDERS that fall into that specific category. Use this section if you know the type of assistance you are seeking.

- The INDEX, located at the back of the directory, contains a complete listing of all the providers in the directory in alphabetical order. Because some providers fall into more than one category, the INDEX will list all the page numbers where a specific provider has been listed. Use this section if you know the name of the provider for which you are searching.
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ABUSE

Adult Protective Services 877-477-3646
24/7
Assists seniors 65 yrs. and older and dependent adults, 18-64 yrs. who are physically or mentally impaired and are endangered due to unsafe living conditions, neglect, financial or physical abuse. Non-facility abuse serving L.A. County. Also see Advocacy and Hotline/Urgent categories.
Website: www.wdacs.lacounty.gov

Bureau of Victim Services 800-380-3811
Torrance 310-222-3599
825 Maple Ave., Rm. 190
Torrance, CA 90503
M-F, 8-5
Victims who suffer physical and/or emotional injury or are survivors of a person who dies as a direct result of the crime are eligible for the program. Services include crisis intervention, counseling, resource and referral, court escort/support services, emergency assistance financially and legal, assistance with filing a CA Victim Compensations Claim and victim’s property return. The main focus is elder abuse. Also see Advocacy category.
Website: www.da.lacounty.gov/victims

Center for the Pacific-Asian Family 323-653-4045
M-F, 9-5
Hotline 800-339-3940
24/7
3424 Wilshire Blvd., Suite 1000
Los Angeles, CA 90010
Hotline for survivors of domestic violence and sexual abuse. Victim advocacy, paraprofessional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. Also see Advocacy and Hotline/Urgent categories.
Website: www.nurturingchange.org
ABUSE

Elder Abuse Hotline 877-477-3642
24/7
Assists with incidents of verbal harassment, abandonment, isolation, psychological abuse, threats, or other forms of intimidation behavior directed at elderly or dependent disabled adults in addition to any physical or financial abuse. Takes reports of financial, physical abuse and neglect, as well as verbal harassment or threats. Spanish spoken. Also see Hotline/Urgent category.
Website: da.lacounty.gov/seniors

L.A. County Domestic Violence Hotline 800-978-3600
24/7
Services Southern California and deals with domestic violence between intimate partners, primarily women and children. Twenty-one shelters for women and children in L.A. County and refers callers to shelters within or near their zip code area. In case of emergency call 911. Also see Hotline/Urgent category.
Website: da.lacounty.gov/domv.htm

Long Term Care Ombudsman 562-925-2346
4300 Long Beach Blvd., Suite 440 M-F, 8:30-5
Long Beach, CA 90807
Takes complaints on board and care, nursing homes, and convalescent hospitals within L.A. County. Provides education for residents and their families about rights in these facilities and helps address issues and resolve complaints. Also see Advocacy, Complaints, and Hotline/Urgent categories.
Website: www.wiseandhealthyaging.org

National Council on Alcoholism and Drug Dependence 310-328-1460
1334 Post Ave. M-F, 8:30-5
Torrance, CA 90501
Non-profit agency offering services and treatments on DUI, domestic violence classes, prevention of alcohol abuse/drugs, and family preservation. Medical or private insurance accepted. Also see Advocacy category.
Website: www.ncaddsb.com
Rainbow Services  310-547-9343

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

24/7

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

**Adult Protective Services** 877-477-3646

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

**Asian Community Service Center** 310-217-7300

14112 S. Kingsley Dr.
Gardena, CA 90249

M-F, 8-5

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

**Bureau of Victim Services** 800-380-3811

Torrance 310-222-3599

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

M-F, 8:30-5

Victims who suffer physical and/or emotional injury or a survivor of a person who dies as a direct result of the crime are eligible for the program. Services include crisis intervention, counseling, resource and referral, court escort/support services, emergency and legal assistance, help with filing a CA Victim Compensation Claim and victim’s property return. Also see Abuse category.
Website: da.lacounty.gov/victims
California Advocates for Nursing Home Reform 800-474-1116
650 Harrison St., 2nd floor  M-F, 9-5
San Francisco, CA 94107

Advocates on behalf of nursing home residents and provides consumer information and pre-placement counseling on 1400 nursing homes in the state. Provides legal referrals in areas of residents’ rights violations, Medi-Cal, conservatorship, estate planning for long-term care, wills, trusts, and durable powers of attorney. Also see Legal category.
Website: www.canhr.org

Nursing home inspection reports complete with information about health or fire code deficiencies can also be viewed.
Website: projects.propublica.org/nursing-homes

Cancer Support Community 310-376-3550
Pier Plaza  M-F, 9-5
109 W. Torrance Blvd., Suite 100
Redondo Beach, CA 90277

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

Center for the Pacific-Asian Family 323-653-4045
M-F, 9-5
Hotline 800-339-3940
3424 Wilshire Blvd., Suite 100  24/7
Los Angeles, CA 90010

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

Commission for Accreditation of Rehabilitation Facilities 888-281-6531
CARF International M-F, 8:30-4:30
6951 E. Southpoint Rd.
Tucson, AZ 85756

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

Consumer Financial Protection Bureau 855-411-2372
P.O. Box 2900 M-F, 8-8
Clinton, Iowa 52733-2900 EST

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

Department of Consumer and Business Affairs – L.A. County 310-680-8613
Lennox Constituent Service Center M, W, F, 8:30-4:30
4343 Lennox Blvd. Closed
Lennox, CA 90304 noon-1 pm

Assists with consumer complaints and tenant-landlord problems and has a small claims advisor program. Assistance is provided with small claims applications at the South Bay County Court House (located at 825 Maple in Torrance) on Thursdays from 8:30-4:30. Contact the main office for urgent issues: 800-593-8222. Also see Complaints and Legal categories.
Website: dcba.lacounty.gov
Disability Community Resource Center 310-390-3611
12901 Venice Blvd. M-F, 9-5
Los Angeles, CA 90066

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

Disability Rights California 800-776-5746
213-213-8000
Los Angeles Legal Office M-F, 9-5
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 provides information to those who may not know about their rights. Also see Disabilities and Legal categories.
Website: www.disabilityrightsca.org

DMV Senior Driver Ombudsman Program 310-615-3552
390 N. Pacific Coast Highway, Suite 2075 M, T, Th, F, 8-5
El Segundo, CA 90245 W, 9-5

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

**Eldercare Locator**  
800-677-1116  
M-F, 9-8 EST  
Referrals to local and state organizations for information on community services for the elderly and disabled 60 years and older, anywhere in the country.  
Website: www.eldercare.gov

**Family Caregiver Alliance**  
800-445-8106  
101 Montgomery, Suite 2150  
San Francisco, CA 94104  
M-F, 9-5  
Provides information, education, and support for family caregivers, including fact sheets, online discussion groups, Tele-Caregiving workshops, and personal stories. Also see Alzheimer’s category.  
Website: www.caregiver.org

**Fiduciaries Bureau, Professional**  
916-574-7340  
Department of Consumer Affairs  
1625 N. Market St., Suite S-209  
Sacramento, CA 95834  
Regulates non-family member professional fiduciaries, including conservators, guardians, trustees, and agents under Durable Power of Attorney.  
Website: www.fiduciary.ca.gov

**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/senior/grandparentsasparents.org
Health Consumer Alliance 888-804-3536
M-F, 9-5
Closed W, 2-4

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

Hearing Aid Help Line 800-521-5247
M-F, 8-5
EST

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

HICAP (Medicare Insurance Counseling) 800-824-0780
California Health Advocates
Center for Health Care Rights
520 Lafayette Park Pl., #214
Los Angeles, CA 90057

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program, Thursdays, 10 am-1 pm. Must call for appointment: 310-517-4666.
Also see Complaints, Health Services, and Insurance categories.
Website: www.cahealthadvocates.org
**Little Tokyo Service Center**

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

213-473-3035  
M-F, 9-5  

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

**Livanta LLC**

6830 Oquendo Rd.  
Las Vegas, NV 89118  

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

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

**Long Term Care Ombudsman**

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

562-925-2346  
M-F, 8:30-5  

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

Mobile Home Ombudsman

800-952-5275
916-323-9501

Department of Housing & Community Division

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

2020 W. El Camino Ave.
Sacramento, CA 95833

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

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

National Alliance on Mental Illness (NAMI)

310-533-0705

P.O. Box 5295
Torrance, CA 90501

24/7

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

Website: www.namisouthbay.com
National Association for Continence

P.O. Box 1019
Charleston, SC 29402

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

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

Brings together non-profit organizations, business and government to develop creative solutions that improve the lives of older adults, especially those who are vulnerable and disadvantaged. Provides comprehensive, integrated services that significantly increase income and/or reduce 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

1334 Post Ave.
Torrance, CA 90501

Non-profit agency offering services and treatments on DUI, domestic violence classes, prevention of alcohol abuse/drugs, and family preservation. Medical or private insurance accepted. Also see Abuse category.
Website: www.ncaddsb.com
Caring Connections, a program of the National Hospice and Palliative Care organization, provides information to the public and professionals on issues dealing with end-of-life crisis. Their goal is to improve the quality of care for dying people and offer support for their relatives and friends. Counseling and educational services provided. Also see Hospice category.
Website: www.caringinfo.org

Rainbow Services

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

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

Senior Gateway

A consumer protection tool for California seniors hosted by the California Department of Insurance to educate seniors and their advocates and provide helpful information about how to avoid becoming victims of personal or financial abuse. The website offers valuable tips and resources in the following areas: avoiding and reporting abuse and neglect; preventing fraud, financial abuse and common scams; health care information such as insurance, Medicare and long-term care; and knowing your rights before buying insurance, annuities and reverse mortgages.
Website: www.seniors.ca.gov
SHARE-Self Help and Recovery Exchange 310-846-5270

6666 Green Valley Circle
Culver City, CA 90230

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

Speech-Language Pathology, Audiology & Hearing Aid Dispensers Board 916-263-2666

2005 Evergreen St., Suite 2100
Sacramento, CA 95815

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

Stillman Sawyer Family Services Center 310-835-1986

820 Lomita Blvd.
Harbor City, CA 90710

Social service ministry that provides adult counseling and/or referrals for substance abuse, housing, emergency rental and utility assistance, medical, battered women and suicide prevention. Offers weekly and/or monthly donated food distribution as well as commodities to qualifying families and needy individuals. Also see Emergency Shelter/Food Programs category.
Website: none
ADVOCACY

**USC Family Caregiver Support Center**

855-872-6060

3715 McClintock Ave.

Los Angeles, CA 90089

M-F, 8:30-5

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

**VOR**

877-399-4867

836 S. Arlington Heights Rd., #351

Elk Grove Village, Illinois 60007

M-F, 9-5

VOR’s mission is to advocate for high quality care and human rights for people with intellectual and developmental disabilities. Programs include medical and legal advocacy. Also see Disabilities category. Website: www.vor.net
**ActivCare at Brittany House**

5401 E. Centralia St.
Long Beach, CA 90808
M-F, 10–7
Sat, Sun, 10–6

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

**Alternatives for Seniors**

P.O. Box 833
Southfield, MI 48037

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

**Always Best Care Senior Services**

21250 Hawthorne Blvd., Suite 500
Torrance, CA 90503

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

**Alzheimer’s Association 24/7 Helpline** 800-272-3900

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

**Alzheimer’s Disease Education and Referral Center (ADEAR) 800-438-4380**

P.O. Box 8057  M-F, 8:30-5
Gaithersburg, MD 20898

Provides current, comprehensive Alzheimer’s disease information and resources from the National Institute on Aging. Referrals to local supportive services and centers that specialize in research and diagnosis.
Website: www.nia.nih.gov/alzheimers

**Alzheimer’s Disease Research Center, USC 323-442-7600**

Memory and Aging Center  M-F, 8-5
1520 San Pablo St., HCCII, Suite 3000
Los Angeles, CA 90033

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

**Alzheimer’s Greater Los Angeles 323-938-3379**

4221 Wilshire Blvd., Suite 400  M-F, 8:30-5
Los Angeles, CA 90010

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.alzgla.org
ALZHEIMER’S

**Alzheimer’s Store**

800-752-3238

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

M-F, 9-5

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

Website: www.alzstore.com

**Belmont Village**

310-377-9977

5701 Crestridge Rd.
Rancho Palos Verdes, CA 90275

24/7

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

Website: www.belmontvillage.com

**Canterbury, The**

310-541-2410

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

24/7

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

Website: www.thecanterbury.org
C&C Adult Day Health Care Center 310-354-0031
451 E. Carson Plaza Dr., #105
Carson, CA 90746
M-F, 8-4:30
Socialization program for the frail, elderly and adults with physical and/or mental impairments. Staffed with a social worker, occupational and physical therapist. Provided are support groups, meals and/or snacks, and transportation. Private pay, private insurance, Medi-Cal, managed care and Scan accepted. Also see Day Care category.
Website: www.ccadultdayhealthcare.com

Carson Adult Day Health Care Center 310-522-3860
23517 S. Main St., Suite 110
Carson, CA 90745
M-F, 8-4
Adult program providing health care, therapeutic and social services to frail, elderly and functionally impaired adults and those with Alzheimer’s disease. Also see Day Care category.
Website: none

Carson Senior Assisted Living Center 310-830-4010
345 E. Carson St.
Carson, CA 90745
M-F, 8-5
Provides 3 meals/day. Respite care available. Has a secured facility for individuals with Alzheimer’s and dementia. Also see Retirement category.
Website: www.carsonassistedliving.net

Clearview Alzheimer's Care Facilities 310-538-2323
15823 S. Western Ave.
Gardena, CA 90247
M-F, 8-4:30
Secured facility with 172 beds for ambulatory individuals with Alzheimer's/dementia. Also provides skilled nursing and physical, occupational and speech therapies. Medi-Cal and Medicare accepted.
Website: www.clearviewcare.com
**ALZHEIMER’S**

**Clearwater at South Bay**  
424-488-6340

3210 W. Sepulveda Blvd.  
Torrance, CA 90503

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

**Easter Seals Redondo Senior Program**  
310-214-6963

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

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

Day care for people with Alzheimer’s, Parkinson’s, strokes, or the frail, older adults who  
need socialization. See also Day Care category.  
Website: www.southbayadultcarecenter.org

**El Camino Adult Day Health Care Center**  
310-679-7624

15429 Crenshaw Blvd., Suite D  
Gardena, CA 90249

M-F, 8-2

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

2280 Lomita Blvd.
Lomita, CA 90717

M-F, 9-3

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

Website: www.familyadhc.com

**Family Caregiver Alliance**

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

M-F, 9-5

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

Website: www.caregiver.org

**Gardena Senior Citizens Day Care Center**

14517 S. Crenshaw Blvd.
Gardena, CA 90249

M-F, 9-3

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

Website: www.ci.gardena.ca.us (search “senior citizens bureau” from the home page)
Geriatric Solutions Unlimited 310-403-3499

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

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

Glen Park at Long Beach 562-432-7468

1046 E. Fourth St.
Long Beach, CA 90802

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

Heart Light Referral Service 310-308-9967

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

**Huntington Retirement Hotel**

310-370-5828

20920 Earl St.
Torrance, CA 90503

24 hrs.

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

Website: www.huntingtonretirement.com

**Live Oak**

888-940-0605

P.O. Box 664
Lake Lure, NC 28746

M-F, 9-5 EST

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

Website: www.liveoakmed.com

**Lomita Adult Day Health Care Center**

310-539-4800

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

M-F, 8-4

Day care for adults especially seniors who are at risk of being placed in a nursing home. Provides social and recreational activities, meals/snacks and a wide variety of health therapeutics and social services. Accepts Medi-Cal only. Also see Day Care category.

Website: none

**MedicAlert Foundation**

800-432-5378

5226 Pirrone Ct.
Salida, CA 95368

M-F, 6 am-5 pm

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

Website: www.medicalert.org.
ALZHEIMER’S

**MedicAlert+Safe Return**  
888-572-8566  
24/7

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

**New LifeStyles**  
800-869-9549

4144 N. Central Expressway  
Dallas, TX 75204

M-F, 8:30-5

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

**Return Home Registry (Torrance)**  
310-618-6391  
M-Th, 8-5

310-328-3456  
24/7

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

**Sage House (Salvation Army)**  
310-832-6031  
138 S. Bandini St.  
San Pedro, CA 90731  
M-F, 8-5  

Day care for Alzheimer’s, dementia, and post-stroke individuals. Hot lunches and a variety of activities and outside groups entertain periodically. Offers a caregiver support group. Also see Day Care category.  
Website: www.salvationarmy-socal.org/southern-california/sage-house

**Seniors Helping Seniors**  
310-878-2045  
8939 S. Sepulveda Blvd., Suite 350  
Los Angeles, CA 90045  
24/7  

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

**Silverado Live Chat and Hotline**  
866-522-8125  
24/7  

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

Silverado Senior Living 310-896-3100
514 N. Prospect Ave.
Redondo Beach, CA 90277
24/7

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

Sunrise Assisted Living of Hermosa Beach 310-937-0959
1837 Pacific Coast Highway
Hermosa Beach, CA 90254

80 rooms. Accepts persons 60 years and older with memory impairments and Alzheimer’s disease and provides 3 meals/day and life skills activities. Care is given in a secure area specially designed to meet residents’ special needs. Also see Retirement category.
Website:  www.sunriseseniorliving.com (search “Hermosa Beach, CA” from home page.)

Sunrise at Palos Verdes 310-377-7425
25535 Hawthorne Blvd.
Torrance, CA 90505

Provides persons 60 yrs. or older with memory impairments a safe, familiar yet stimulating environment. The Memory Care services are designed to meet the individual’s needs. Trained staff available 24 hr/day. Also see Retirement category.
Website:  www.sunriseseniorliving.com (search “Palos Verdes, CA” from home page.)

USC Family Caregiver Support Center 855-872-6060
3715 McClintock Ave.
Los Angeles, CA 90089
M-F, 8:30-5

Offers legal consultation, resource information, support groups and respite for caregivers to families of people with adult-onset brain impairment. The agency is non-profit/no cost. Also see Advocacy and Legal categories.
Website:  www.fcscgero.org
ALZHEIMER’S

**Vermont Health Care Center**
310-328-0812

22035 S. Vermont Ave.
Torrance, CA 90502

200 beds providing skilled nursing and rehabilitation services and accepts individuals with Alzheimer’s. Medicare, Medi-Cal, private pay, and some HMO’s are accepted. Also see Skilled Nursing category.
Website: none

**Windsor Gardens of Hawthorne**
310-675-3304

13922 Cerise Ave.
Hawthorne, CA 90250

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

Animal Care and Control 310-523-9566
216 W. Victoria St. M-Th, 12-7
Gardena, CA 90248 F-Sun, 10-5
L.A. County shelter providing pet licensing and low-cost vaccinations for the
unincorporated city of Torrance. Also investigates nuisance and cruelty complaints. Has
pet adoption programs.
Website: www.animalcare.lacounty.gov

Animal Cruelty Tip Line 800-540-7722
Website: www.spcala.com

Animal Licenses
See Torrance Animal Control

Animal Safety Net Information and Hot line 323-733-0219
M-F, 8-5
Shelter for animals owned by abused persons. Outside of Los Angeles area, call
800-799-7233.
Website: https://spcala.com/programs-services/asn/

International Bird Rescue 310-514-2573
3601 S. Gaffey St., Box 3 7 days, 8-5
San Pedro, CA 90731
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. W-Sun, 10-5
Hawthorne, CA 90250

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

Spay Neuter Project of LA 310-241-0768
957 N. Gaffey St. 888-937-7295
San Pedro, CA 90731 Wed-Sat, 9-5

Wellness Clinic, Sunday, 9-5

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

Torrance Animal Control 310-618-3850
2200 Jefferson St. M-F, 8-4
Torrance, CA 90501

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

Western Veterinary Group 310-326-0000
24260 Crenshaw Blvd. M-F, 7 am-9 pm
Torrance, CA 90505 Sat, 8-4

Full-service vet offering orthopedic surgeries, dental services and low cost spay and neuter
and vaccinations.
Website: www.westernvetgroup.com
Alternatives for Seniors 800-350-0770

P.O. Box 833
Southfield, MI 48037

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

Always Best Care Senior Services 310-341-8500

21250 Hawthorne Blvd., Suite 500
Torrance, CA 90503

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

Amada Senior Care 310-953-0440

3812 Sepulveda Blvd., Suite 200
Torrance, CA 90505

M-F, 8:30-5:30

Offers one-on-one senior placement assistance including facility coordination and complimentary guided tours for independent living, assisted living, memory care and care homes. Service is free. Also see Case Management, In-Home Services, and Veterans categories.
Website: www.amadaseniorcare.com
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 the process to find the right assisted living, memory care/Alzheimer’s care communities, residential board and care, respite care, and retirement communities, that will fit individual needs. The focus is to understand and personalize the best resource solution. Specializes in giving resources for VA veterans Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate and assess care needs, establish location which is comfortable for client and family. Establish client’s social and personal interests and their budget. Serves South Bay, Los Angeles, Orange, Ventura and San Diego counties and throughout California. English, Spanish and Tagalog spoken. Also see Alzheimer’s, Case Management, , Retirement and Veterans categories.
Website:  www.freeseniorplacements.com

Heart Light Referral Service 310-308-9967

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

New LifeStyles 800-869-9549

4144 N. Central
Expressway #1000
Dallas, TX 75204

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

**Always Best Care Senior Services**  
310-792-8666  
21250 Hawthorne Blvd., #500  
Torrance, CA 90503  
24/7

Provides non-medical in-home services for people who prefer to stay at home but need ongoing care that cannot easily be provided by family or friends. Care providers are bonded, insured and have passed a thorough criminal background check. Services include non-medical, personal and social needs. 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 hr/day, 7 days/week with a 4-hour minimum. Service area is greater South Bay. Languages spoken are Spanish, Tagalog, Italian, Indonesian, French and Farsi. Also see Alzheimer’s, Board and Care, and Retirement categories.

Website: www.alwaysbestcaresouthbay.com

**Amada Senior Care**  
310-953-0440  
3812 Sepulveda Blvd., Suite 200  
Torrance, CA 90505  
M-F, 8:30-5:30  
On call 24/7

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

Website: www.amadaseniorcare.com
CASE MANAGEMENT

Attentive Home Care

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

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

Beach Cities Health District

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

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

Carson Senior Social Services

801 E. Carson St.
Carson, CA 90745

Case management, information and referral on a variety of services including Medicare advocacy, home assistance, legal referral and advocacy, Medi-Cal application assistance, food stamps, friendly visitor service, transportation, and recreation. Has a representative from the Housing Rights Authority. Serves Carson and surrounding areas. Stroke Center open to residents and non-residents. Also see Senior Center category. Website: ci.carson.ca.us (search “senior social services” from home page.)
**Coastal Care Inc.**

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

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

**Disability Community Resource Center**

12901 Venice Blvd.
Los Angeles, CA 90066

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

**First Light Home Care**

3655 Torrance Blvd., #300
Torrance, CA 90503

Provides assistance and guidance in all areas of case management and the aging process. A member of the Society for Senior Care Advisors. Assistance can be given with the journey of aging, health transitions, quality of life, finance and estate planning, and federal and state programs. Also see In-Home Services category.
Website: www.southbay.firstlighthomecare.com
CASE MANAGEMENT

Gardena Senior Citizens Bureau  
310-217-9552
1670 W. 162nd St.  
Gardena, CA 90247  
M-F, 8-5

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

Genesis  
213-351-7284
550 S. Vermont Ave., 6th floor  
Los Angeles, CA 90020  
M-F, 8-5

A program of the Dept. of Mental Health providing comprehensive mobile mental health and health services to frail homebound adults 60 yr. and older that support their dignity, maximize options and enhance independence. The services are coordinated with Adult Protective Services, mental health agencies, health providers including care management programs, hospitals and religious organizations. Those with dementia and Alzheimer’s diagnosis are excluded. Services LA County. Also see Health Services category.  
Website: http://www.dmh@lacounty.gov

Gentle Transitions  
310-937-1023  
800-619-3049
1726 Manhattan Beach Blvd., Suite G  
Manhattan Beach, CA 90266  
M-F, 9-5

Helps plan, coordinate and supervise all aspects of a move, specializing in senior moves and in hiring a mover. Bonded and insured; references provided. Also see Hotline/Non-Urgent category.  
Website: www.gentletransitions.com
Geriatric Solutions Unlimited

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

Specializes in providing personalized free resources and information to seniors and families looking for alternative options in transitioning their love 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

HomeLife Partners

23842 Hawthorne Blvd., Suite 201
Torrance, CA 90505

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

Independence at Home 562-637-7116
3800 Kilroy Airport Way, Suite 100 M-F, 8-5
Long Beach, CA 90806

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

Inglewood Senior Center 310-412-5338
111 N. Locust St. M-F, 8-5
Inglewood, CA 90301

Care and case management, information and assistance, group and home delivered meals, transportation, caregiver support services, diabetic support group, senior Tai-Chi, lunch 12-12:30, trips and excursions. Also see Meals/Nutrition and Senior Centers categories.
Website:  www.cityofinglewood.org (Search “senior center” on home page)

Lawndale Community Center-Senior Services 310-973-3270
14700 Burin Ave. M-Th, 7-8
Lawndale, CA 90260 F, 7-4
Sat, 10-2

Provides case management and offers information and referrals, transportation, Meals on Wheels, on-site lunch program, fitness, social and recreational activities. Also see Meals and Nutrition and Senior Centers categories.
Website:  www.lawndalecity.org (after clicking “Services” tab at top of home page, select “Daily Senior Activities Schedule”)

CASE MANAGEMENT

Little Tokyo Service Center  213-473-3035

231 E. 3rd St., Suite G-106  M-F, 9-5
Los Angeles, CA 90013

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

LivHOME  323-933-5880

5670 Wilshire Blvd., #500  M-F, 8-5
Los Angeles, CA 90036  On-call 24/7

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

Luxucare Home Care 310-946-4026
22939 Hawthorne Blvd., Unit 209 Torrance, CA 90505 M-Sat, 8-6 Sun. by appointment

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

Website: www.luxucare.com

Physician’s Choice 310-793-1616
3220 Sepulveda Blvd., Suite 100 Torrance, CA 90505 M-F, 9-5

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

Website: www.pchomehealth.com

Providence Little Company of Mary Home Health 310-543-3450
5315 Torrance Blvd., Ste. B169 Torrance, CA 90503 Daily, 8-5

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

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

San Pedro Service Center 310-519-6091

769 W. Third St. M-F, 8:30-5
San Pedro, CA 90731

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

Toberman Center 310-832-1145

131 N. Grand M-F, 9-6
San Pedro, CA 90731

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

Torrance Memorial Home Health 310-784-3739

23326 Hawthorne Blvd., Suite 100A M-F, 8-4:30
Torrance, CA 90505

Case management, coordinating services of RN’s, therapists, home health aides, social workers and care with hospital discharge planners. Special programs include Cardiac Care, Oncology, Wound and Burn Care, and Intravenous Program. Medicare accepted. By referral only.
Website: www.ourparents.com/torrancememorialhomehealth
CASE MANAGEMENT

**Wilmington Multipurpose Senior Center**  310-518-4533

1371 N. Eubank  
Wilmington, CA 90744

M-F, 8-4:30

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

Website:  www.wilmingtonjayceesfoundation.yolasite.com
## COMPLAINTS

### Business Consumer Alliance

- **Address:** 3363 Linden Ave., Suite A  
  Long Beach, CA 90807
- **Contact:** 562-216-9240  
  M-F, 8-5

Complaints and inquiries from consumers. Covers businesses in L.A., Orange, Riverside, San Bernardino Counties and all the USA.  
Website: [www.checkbca.org](http://www.checkbca.org)

### California Bureau of Automotive Repair

- **Address:** 6001 Bristol Parkway, Suite 100  
  Culver City, CA 90230
- **Contact:** 310-410-0024  
  M-F, 8-5

Consumer assistance and vehicle retirement program to assist consumers with vehicles that fail smog checks. For complaints on all automotive repairs, smog, and licensing, call: 800-952-5210. For consumer assistance program call 866-272-9642.  
Website: [www.bar.ca.gov](http://www.bar.ca.gov)

### California Contractors State License Board

- **Address:** 9821 Business Park Dr.  
  Sacramento, CA 95827
- **Contact:** 800-321-2752  
  916-255-3900
- **Contact:** 800-321-2752  
  916-255-3900

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

### California Department of Insurance

- **Address:** 300 S. Spring St., South Tower  
  Los Angeles, CA 90013
- **Contact:** 800-927-4357  
  M-F, 8-5

Consumer hotline for reporting fraud and injustice involving insurance companies, claims, and agents in California. Also see Insurance category.  
Website: [www.insurance.ca.gov](http://www.insurance.ca.gov)
## COMPLAINTS

<table>
<thead>
<tr>
<th><strong>California Department of Managed Health Care</strong></th>
<th>888-466-2219</th>
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<tbody>
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<td>M-F, 8-6</td>
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<tr>
<td>Assists consumers who have been unsuccessful in appeals to their health plan. This department can help resolve problems with HMO’s including issues about medical and dental care, prescriptions, preventive testing, and mental health services. No jurisdiction over Medicare issues. Also see Hotline/Non-urgent category. Website: <a href="http://www.dmhc.ca.gov">www.dmhc.ca.gov</a></td>
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<tr>
<th><strong>Cemetery and Funeral Bureau</strong></th>
<th>916-574-7870</th>
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<tr>
<td>M-F, 8-5</td>
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<tr>
<td>1625 N. Market Blvd., Suite S-208</td>
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<tr>
<td>Sacramento, CA 95834</td>
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<tr>
<td>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: <a href="http://www.cfb.ca.gov">www.cfb.ca.gov</a></td>
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<tr>
<th><strong>Dental Board of California</strong></th>
<th>877-729-7789</th>
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<td>M-F, 8-5</td>
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<tr>
<td>2005 Evergreen St., Suite 1550</td>
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<td>Sacramento, CA 95815</td>
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<tr>
<td>Complaints about dentists and registered dental assistants. Also handles licenses and enforcing them. Website: <a href="http://www.dbc.ca.gov">www.dbc.ca.gov</a></td>
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Department of Consumer and Business Affairs – L.A. County 310-680-8613

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

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

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

Department of Fair Employment and Housing 800-884-1684

M-F, 8-5

Handles unlawful discrimination in housing, employment, public accommodations, and the perpetration of acts of hate and violence.
Website: www.dfeh.ca.gov

Federal Trade Commission 877-382-4357

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

M-F, 9-8 pm EST

Works for the consumer to prevent fraudulent, deceptive, and unfair business practices, and provides information to help consumers spot, stop, and avoid them. Free information on 400 consumer topics.
Website: www.ftc.gov
**COMPLAINTS**

**HICAP (Medicare Insurance Counseling)**  
800-824-0780  
California Health Advocates  
Center for Health Care Rights  
520 Lafayette Park Pl., #214  
Los Angeles, CA 90057  
Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918; and at Torrance Memorial Hospital, ADVANTAGE program, Thursdays, 10 am-1 pm. Must call for appointment: 310-517-4666.  
Also see Advocacy, Health Services, and Insurance categories.  
Website: [www.cahealthadvocates.org](http://www.cahealthadvocates.org)

**LA County Department of Public Health**  
800-228-1019  
Health Facilities Inspections Division  
Nursing home certification and licensing. Complaints against skilled nursing homes, hospitals, home health agencies, and medical clinics.  
Website: [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)\* Complaints Website: [cdph.ca.gov](http://cdph.ca.gov)

**Long Term Care Ombudsman**  
562-925-2346  
4300 Long Beach Blvd., Suite 440  
Long Beach, CA 90807  
Takes complaints on board and care, nursing homes, and convalescent hospitals within L.A. County. Provides education for residents and their families about rights in these facilities and helps address issues and resolve complaints. Also see Abuse, Advocacy and Hotline/Urgent categories.  
Website: [www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org)
COMPLAINTS

**Medical Board of California**

800-633-2322
916-263-2424

2005 Evergreen St., Suite 1200
Sacramento, CA 95815

M-F, 8-5

For complaints about physicians, surgeons, physician’s assistants, psychologists, podiatrists, and licensed midwives.
Website: www.mbc.ca.gov

**Medi-Cal Fraud Hotline**

800-822-6222

Dept. of Health and Care Services
M-F, 8-5

Languages spoken are Spanish, Vietnamese, Cambodian and Russian. Also see Hotline/Urgent category.
Website: www.dhcs.ca.gov

**Medicare Fraud Hotline**

800-447-8477

U.S. Department of Health and Human Services Inspector General’s Office
M-F, 8-5:30

Languages spoken are English and Spanish. Also see Hotline/Urgent category.
Website: oig.hhs.gov/fraud/report-fraud

**Mobile Home Assistant Center**

800-952-8356

Department of Housing and Community Development
M-F, 8-5

2020 W. El Camino Ave.
Sacramento, CA 95833

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

Public Utilities Commission (Calif.) 800-649-7570
213-576-7000
M-F, 8:30-4:30

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

Social Security Fraud Hotline 800-269-0271
M-F, 10-4 EST

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

State Bar of California 800-843-9053
845 S. Figueroa St. M, T, Th, F, 9-4
Los Angeles, CA 90017 W, 8:45-4
Takes complaints only. Also see Legal category.
Website: www.calbar.ca.gov

Utility Reform Network (TURN) 800-355-8876
785 Market St., Suite 1400 M-F, 9-5
San Francisco, CA 94103

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
The U.S. Food and Drug Administration

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

Consumer Complaint Coordinator Assistance:

Call the FDA Consumer Complaint Coordinator 1-949-608-3530, or the Public Affairs Specialists 1-818-226-1856, 1-949-608-3530.

Report Adverse Events:

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

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

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

Website: www.fda.gov and www.vaers.hhs.gov
Carson Adult Day Health Care Center 310-522-3860
23517 S. Main St., Suite 110 M-F, 8-4
Carson, CA 90745

Adult program providing health care, therapeutic and social services to frail, elderly, and functionally impaired adults, and those with Alzheimer’s disease. Also see Alzheimer’s category.
Website: www.carsonadhc.com

C&C Adult Day Health Care Center 310-354-0031
451 E. Carson Plaza Dr., #105 M-F, 8-4:30
Carson, CA 90746

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

Easter Seals Redondo Senior Program 310-214-6963
Anderson Park Senior Center M-F, 7:30-5:30
3007 Vail Ave.
Redondo Beach, CA 90278

Day care for people who have Alzheimer’s, Parkinson’s, strokes, or the frail, older adult who needs socialization. Also see Alzheimer’s category.
Website: www.southbayadultcarecenter.org
El Camino Adult Day Health Care Center

15429 Crenshaw Blvd., Suite D
Gardena, CA 90249

M-F, 8-2:30

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

Family Adult Day Health Care Center

2280 Lomita Blvd.
Lomita, CA 90717

M-F, 9-3

A program that combines medical, rehabilitative, and maintenance services with social, recreational, transportation, and support services for the frail elderly and adults with physical and/or mental impairments. English, Korean, Tagalog, Chinese and Spanish spoken. Also see Alzheimer’s category.
Website: none

Gardena Senior Citizens Day Care Center

14517 S. Crenshaw Blvd.
Gardena, CA 90249

M-F, 9-3

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

Lomita Adult Day Health Care Center 310-539-4800
1234 Lomita Blvd., Suite E M-F, 8-4
Harbor City, CA 90710

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

Sage House (Salvation Army) 310-832-6031
138 S. Bandini St. M-F, 8-5
San Pedro, CA 90731

Day care for those with Alzheimer’s, dementia, or post-stroke. Hot lunches provided. Variety of activities provided, and outside groups come to entertain. Caregiver meetings free to the public; meeting 3rd Wednesday of the month from 5:30 pm-7 pm. Transportation may be provided within a 6-mile radius. Also see Alzheimer’s category. Website: www.salvationarmy-socal.org/southern-california/sage-house
Dental Board of California  
2005 Evergreen St., #1550  
Sacramento, CA 95815  
M-F, 8-5  
877-729-7789  
Review disciplinary action to complaints regarding care and abuse by dentists who are members of the L.A. Dental Society.  
Website: www.dbc.ca.gov

Dental Lifeline Network  
Donated Dental Services  
P.O. Box 13749  
Sacramento, CA 95853-4749  
M-Th, 8-4  
877-357-8660  
Volunteer dental professionals provide care for the at-risk population of elderly or disabled people who cannot afford dental treatment nor get public aid. Serves people whose dental needs have been neglected for a long time and need comprehensive treatment. A person must be 65 yrs. or older and not employable. Has long waiting list. Not provided are emergency services or care for those who need only routine checkups and cleanings. Also see Disabilities category.  
Website: www.dentallifeline.org

First Serve Community Services of the South Bay, Inc.  
M-F, 8-4  
310-320-3818  
Provides free basic dental services to the elderly, under-employed, and uninsured for South Bay residents. Basic dental includes checkups, cleaning, filling, extractions, periodontal services, and x-rays. Also see Disabilities and Hospice categories.  
Website: www.first-serve.org

Harbor UCLA Dental Clinic  
1000 W. Carson St.  
Torrance, CA 90509  
M, T, Th, F, 1-4:30 pm  
310-222-3493  
Provides tooth extractions. Other dental treatments might be available. No emergencies or walk-ins. Appointment needed.  
Website: None
DENTAL

**Herman Ostrow School of Dentistry USC**

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

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

Website: www.dentistry.usc.edu

**Saban Community Clinic**

8405 Beverly Blvd.
Los Angeles, CA 90048

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

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

Website: www.sabancommunityclinic.org

**South Bay Family Health Care Center**

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

M-F 8:45-5:15

Dental care by appointment that includes dental preventive care, cleaning, x-rays, fillings and extractions. Accepts persons who are uninsured or under-insured, Medi-Cal and immigrants. Fees on sliding scale. A non-profit agency. Other locations: Redondo Beach, 2114 Artesia Blvd., Inglewood, 1091 S. La Brea Ave., Carson, 270 E. 223rd St., and Gardena, 742 W. Gardena Blvd. Also see Health Services category.

Website: www.sbfhc.org
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/

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
**Ability Tools (California Foundation for Independent Living Centers)**

800-390-2699  
TTY: 800-900-0706  
M-F, 8-5

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

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

**Access-Able Travel Source, LLC**

Web site only

P.O. Box 1796  
Wheat Ridge, CO 80034

Provides access information to disabled travelers with travel resources for locations around the world. Has an extensive list of travel agents and tour operators that are experienced with trip planning for individuals with disabilities.  
E-mail: bill@access-able.com  
Website: www.access-able.com

**Access Services, Inc.**

800-827-0829

Services all L.A. County  
M-F, 8-5 (office hours)

Disabled, who cannot board, ride or exit a public bus or train. Wheelchair accessibility. Call for eligibility requirements. Operates 7 days a week. Also see Transportation category.  
Website: www.accessla.org
## DISABILITIES

**American Academy of Ophthalmology Eye Care America**  
Website only  
24 hrs.  
Provides online only access to free educational materials on eye health and access to medical eye care for persons 65 years and older who have not been seen by an ophthalmologist in 3 or more years, and who have no eye care insurance.  
Website:  [www.aao.org/eyecare-america](http://www.aao.org/eyecare-america)

**American Foundation for the Blind**  
800-232-5463  
2 Penn Plaza, Suite 1102  
New York, NY 10121  
M-F, 8-5 EST  
The mission of the foundation includes broadening access to technology, promoting independent and healthy living for people with low vision by providing them and their families with relevant and timely resources. Also see Health Services category.  
Website:  [www.afb.org](http://www.afb.org)

**Amramp**  
310-530-1570  
2702 Ridgeland Rd.  
Torrance, CA 90505  
M-Sat, 8-6  
Rents and sells low-cost steel modular wheelchair ramps (temporary or permanent), lifts, wireless alert devices, deck lifts, stair lifts, door openers and closers, and wheelchair showers.  
Website:  [www.amramp.com/laoc](http://www.amramp.com/laoc)

**Anderson Park Senior Center (Beach Cities Health District)**  
310-374-3426  
Adaptive Mobility/Post Stroke Support Group  
Anderson Park Senior Center  
3007 Vail Ave.  
Redondo Beach, CA 90278  
Activities to stimulate motor skills as well as stroke client support groups, Monday, 1-3 pm. Call for further information. Also see Senior Center category.  
Website:  [www.bchd.org](http://www.bchd.org)
ATEC (Assistive Technology Exchange)  714-361-6200
1601 E. St. Andrews Pl.  
Santa Ana, CA 92705  
M-F, 8-5  
Sat, 10-2

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

Beacon House  310-514-4940
1003 S. Beacon St.  
San Pedro, CA 90731

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

Better Hearing Institute  800-327-9355
1444 I Street, NW, Ste. 700  
Washington, DC 20005  
24 hrs.

Provides educational material and resources for hearing loss, prevention, and guides to hearing aids.
Website:  www.betterhearing.org
The Braille Institute is committed to helping people with vision loss and blindness. Information, instruction, and training for visually impaired, the blind and their families. Services: library, low vision rehabilitation, educational programs and visual aid service for visually impaired. The store sells assisted living aids; hours M-F, 9:30-4:30. Also see Libraries category. Website: www.brailleinstitute.org

California Aquatic Therapy and Wellness Center

6801 Long Beach Blvd.
Long Beach, CA  90805

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

California Phones (California Telephone Access Program)

Voice: 800/806-1191
TTY: 800/806-4474

M-F, 7 am-6 pm
Sat, 9-4

AT&T customer service provides specialized telecommunication equipment and services. Equipment available at no charge for California residents certified as having functional limitations of hearing, vision, restricted mobility, speed, and memory. Certification can be issued from a medical doctor, licensed audiologist, rehabilitation counselor, or hearing aid dispenser. Spanish also spoken. Website: www.californiaphones.org
CART (Center for Applied Rehabilitation Technology) 562-401-6800
7601 E. Imperial Highway M-F, 8-3
Downey, CA 90242

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

Comfort Clothing 888-640-0814
P.O. Box 1396 7 days, 8-6
Standish, ME 04084

Provides easy access clothing at reasonable prices for people with disabilities or restrictions.
Website: www.comfortclothing.com

Deaf and Disabled Telecommunications Program 711
(California Relay Service-CRS)

Allows deaf, hard of hearing or speech impaired persons to communicate with any other telephone user via using “Telecommunications Device for the Deaf” (TDD), Voice Carry Over (VCO), Hearing Carry Over (HCO) or Spanish to Spanish. 24 hrs. 7 days/week. Phone (TDD): 800-735-2929. Website: www.ddtp.cpuc.ca.gov
**DISABILITIES**

**Del Amo Hospital**

23700 Camino Del Sol
Torrance, CA 90505

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

**Dental Lifeline Network**

P.O. Box 994705
Redding, CA 96099

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**

24-hour screening and mental health services providing assessment, care management, crisis intervention, medication support, peer support and other rehabilitation services. Also see Health Services category.
Website: www.dmh.lacounty.gov

310-530-1151

877-357-8660

800-854-7771
Department of Rehabilitation, CA
21250 Hawthorne Blvd., Suite 220
Torrance, CA 90503
424-488-6570
M-F, 8-5

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

Didi Hirsch Mental Health Services
323 N. Prairie Ave.
Inglewood, CA 90301
310-677-7808
M-F, 9-5

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

Disability.gov
Website only

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

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

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

Website: www.dcrc.com

Disability Products

2119 Valencia Dr.
Phoenix, AZ 85042

M-Sat, 9-9 EST

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

Website: www.disabilityproducts.com

Disability Resource Directory

P.O. Box 204
Manhattan, KS 66505

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

Website: www.disability-resource.com

Disability Rights California

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

M-F, 9-5

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

Website: www.disabilityrightsca.org
Disability Rights Legal Center
256 S. Occidental Blvd., Suite B
Los Angeles, CA 90057
Intake number 213-736-1030
M-F. 9-5
The center provides legal and other assistance to the Southern California community, focusing on disability-related issues. Cases handled include disability civil rights issues, mediation of disputes involving disability issues, and lawyer referral services. Spanish also spoken. Also see Advocacy and Legal categories
Website: www.disabilityrightsadvocacycenter.org

Disabled Discount Pass Program, CA State Parks
P.O. Box 942896
Sacramento, CA 94296-0001
800-777-0369
California State Parks offer a lifetime Disabilities Discount Pass for $3.50. A lifetime pass is issued to applicants who are permanently disabled. The pass entitles a person to a 50% discount on basic facility use fees including day parking, camping and boat/day parking. The pass may be used at all parks and recreational sites operated by the State of California except Hearst Castle at San Simeon. Also see Discounts category.
Website: www.parks.ca.gov (search “disabled” from home page).

Enhanced Vision
5882 Machine Dr.
Huntington Beach, CA 92649
714-374-1829
M-F, 8-5
Designs and manufactures assistive technology for the visually impaired including Macular Degeneration, Glaucoma, Cataracts, Retinitis Pigmentosa and Diabetic Retinopathy. Dedicated to help individuals maintain their independence and carrying a full line of superior, easy-to-use low vision tools at affordable prices.
Website: www.enhancedvision.com
Enrichment Through Employment, Inc.  310-328-0706
22806 Cerise Ave.  M-F, 8:30-5
Torrance, CA 90505

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

First Serve Community Services of the South Bay, Inc.  310-320-3818
M-F, 8-4

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

Flying Wheels Travel  877-451-5006
143 W. Bridge St.  M-F, 9-5
Owatonna, MN 55060  CST

Provides individual travel arrangements, customized escorted tours and group travel
experiences all over the globe for people with physical disabilities, chronic illness or
difficulty walking. Will arrange accessible transportation, accommodations and
excursions to meet one’s needs.
Website: www.flyingwheelstravel.com
Functional Living 310-514-1733
3627 Almeria St. M-F, 7:30-3:30
San Pedro, CA 90731

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

Gold Violin 877-648-8400
220 Hickory St. M-F, 9-5
Warren, PA 16366

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

Guide Dogs for the Blind, Inc. 800-295-4050
350 Los Ranchitos Rd. M-F, 8-5
San Rafael, CA 94903

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

Harbor-UCLA Medical Center Psychiatric Emergency Room 310-222-3144
1000 W. Carson St. 24 hrs.
Torrance, CA 90509

Facility for all psychiatric and medical emergencies. Also see Hotline/Urgent category.
Website: www.harboruclapsych.com/contact-information/
**Hearing Aid Help Line**  
800-521-5247  
M-F, 8-5,  
Sponsored by the International Hearing Society, provides a consumer information kit with local referral to a hearing aid specialist. Also see Advocacy category.  
Website: www.ihsinfo.org

**Home Delivery Incontinence Supplies**  
800-269-4663  
CST  
M-Th, 8:30-7  
F, 8:30-5  
Sat, 8:30-2  
9385 Dielman Industrial Dr.  
Olivette, MO 63132  
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

**Home Improvement Program – Torrance**  
310-618-2731  
Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria as identified on the application. Types of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Shawn Plunkett. Leave message on voice mail. Calls are returned in 1-2 business days. Also see In-Home Services and Hotline/Non-urgent.  
Website: www.torranceca.gov/services/home-improvement-progrsm

**Humanware**  
800-722-3393  
1 UPS Way  
Champlain, NY 12919  
M-F, 8:30-4:30 EST  
Adaptive equipment for blind, low vision, learning disabled and deaf-blind communication devices.  
Website: www.humanware.com
DISABILITIES

ICare Clothing Solutions USA, Inc. 800-445-1981

Clothing for the person who needs full or partial assistance when dressing. Adaptive clothing utilizes special closures and styling addressing the problems of incontinence, edema, limited range of motion as well as some behavior problems that are often associated with Alzheimer’s disease or dementia. These features make dressing a much easier task.
Website: www.clothingsolutions.com

Joseph B. O’Neal Jr. and Mary Ann Stroke Center 310-952-1763

801 E. Carson St. M-F, 8:30-4:30
Carson, CA 90745

The stroke center supplements care and services to stroke survivors who have had a stroke more than 6 months ago. Services provided include exercise program, fitness center, water exercise, support groups for stroke survivor and caregiver, nutrition program, occupational and speech therapy. Free for Carson residents. $70 fee for non-Carson residents.
Website: carson.ca.us (click “Residents” link at the top of page, then select “Human Services.” Stroke Center will have a link on the left side of page.)

L.A. County Department of Mental Health 800-854-7771

24 hrs.

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

LifeNets Wheelchair Project 317-426-7874

The Wheelchair Project
1227 Woodchase Trail
Batavia, OH 45103

Non-profit wheelchair project for people to either donate or receive a manual or power wheelchair. The recipient needs to arrange to pick up the chair or pay shipping charges.
Website: www.lifenets.org/wheelchair
**Lighthouse Guild Vision + Health**

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

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

**Lions Clubs International**

Collects and recycles used eyeglasses, laser and ink jet cartridges, cell phones and accessories, and reconditions used hearing aids for needy persons. For all information contact Roy Peters at 310-527-4373.
Website: www.lionsclubs.org

**Live Oak**

P.O. Box 664
Lake Lure, NC 28746

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

**Long Beach Artificial Limb Company, Inc.**

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

Provides personalized care and medical devices for rehabilitation. Specializes in handmade prosthetics and orthotic devices with superior treatment for amputees in LA county.
Website: www.lbal.net
**DISABILITIES**

**LS&S**

145 River Rock Dr.  
Buffalo, NY 14207  
M-F, 9-5  
800-468-4789  
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.**

2801 South St.  
Long Beach, CA 90805  
M-F, 9-5  
800-795-6227  
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)**

Consumer Advocate  
475 L’Enfant Plaza, SW Room 4012  
Washington, DC  20260-2200  
The U.S. Postal Service allows visually impaired persons (this applies to deaf-blind individuals) to send and receive books, recorded material, certain types of equipment and other mail free-of-charge if they are registered at the local post office. Send for a copy of the pamphlet “Mailing Free Matter for Blind and Visually Handicapped Persons” from the Office of the Consumer Advocate. Also see Discounts category.  
Website: www.usps.com (search for “publication 347”)

**Make Life Easier**

19465 Brennan Ave.  
Perris, CA 92599-3000  
M-F, 8-6  
800-522-0227  
Offers a wide assortment of health and fitness aids, visual aids, mobility and support, home convenience items and bathroom safety products.  
Website: www.make-life-easier.com
MaxiAids
42 Executive Blvd. or P.O. Box 3209
Farmingdale, NY 11735

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

Medical Baseline Program
800-655-4555

Southern California Edison
24 hrs.

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

National Alliance on Mental Illness-NAMI
310-533-0705

P.O. Box 5295
Torrance, CA 90510

A grass roots, family support and advocacy organization dedicated to improving the lives of families who have relatives with a mental illness. Monthly meetings, caring and sharing support groups, family-to-family education series, and peer-to-peer recovery education series. Meetings held the third Monday of the month at First Lutheran Church, 2900 W. Carson St., Torrance. Call for details. Also see Advocacy category.
HOTLINE: 800-950-6264
Website: www.namisouthbay.com
National Rehabilitation Information Center  800-346-2742
8400 Corporate Dr., #500  M-F, 8:30-5:30
Landover, MD 20785  EST
Provides a library and information center with references related to disability and rehabilitation. Spanish also spoken.
Website: www.naric.com

New Directions Travel  888-967-2841
5276 Hollister Ave., Suite 207  M-F, 9-5
Santa Barbara, CA 93111
A non-profit organization providing high quality local, national, and international travel vacations and holiday programs for people since 1985. Those served are adults and seniors who have brain impairments such as mild to moderate developmental disabilities, mental retardation, cerebral palsy, Down Syndrome and autism. The tour guides are special educational instructors, recreation therapists, residential counselors, vocational and independent living skills counselors, and other professional staff who have been trained to work with people with developmental disabilities.
Website: www.newdirectionstravel.org

North Coast Medical, Inc.  800-821-9319
780 Jarvis Dr., Suite 100  M-F, 8-4
Morgan Hill, CA 95037
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

Performance Health  800-323-5547
28100 Torch Parkway, #700  M-F, 7-7
Warrenville, IL 60555-3938  CST
Provides aid to daily living products to assist with reaching, physical therapy, dressing, personal care, exercising, writing, reading, cooking and eating, positioning and mobility.
Website: www.performancehealth.com
Rehabcentre is an acute rehabilitation program housed within Providence Little Company of Mary Medical Center, San Pedro. The program provides inpatient services for those who have experienced stroke, brain injury, spinal cord injury, multiple trauma, neurological illnesses, or post-operative orthopedic 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)

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

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

SBCC Thrive LA 310-414-2090

540 N. Marine Ave. M-F, 9-6
Wilmington, CA 90744

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

Smarthome 800-762-7846

16542 Millikan Ave M-F, 9-5
Irvine, CA 92606 Sat, 10-2

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

South Bay Home Health Care 310-618-9555

Mobility Care M-F, 9-6
1349 El Prado Sat, 10-3
Torrance, CA 90501

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

Speech-Language Pathology & Audiology & Hearing Aid Dispensers Board 916-263-2666

2005 Evergreen St., Suite 2100 M-F, 8-5
Sacramento, CA 95815

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

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

562-491-9275

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

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

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

Torrance Home Improvement Program

310-618-2731

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

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

Website: www.library.torranceca.gov

Utility Users Tax Exemption (Torrance) 310-618-5830

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

Torrance residents, 62 years or older and/or permanently disabled with income not to exceed $30,350 would qualify for the exemption. Forms at Focal Point on Aging, phone 310-320-1300. If help is needed to complete form, go to Torrance City Hall, Business License Dept. Also see Discounts category.

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

VOR 877-399-4867

836 S. Arlington Heights Rd., #351 M-F, 9-5
Elk Grove Village, Illinois 60007

VOR’s mission is to advocate for high quality care and human rights for people with intellectual and developmental disabilities. Programs include medical and legal advocacy. Also see Advocacy category.
Website: www.vor.net
W.O.W. (Words on Wheels) 310-618-5954

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

Volunteers deliver books including large print, music, CD’s, machines and talking books from the Braille Institute to residents in Torrance and surrounding areas who cannot get to the library. To sign up contact the Words on Wheels coordinator at above number.
Website:  http://torranceca.government/library/services/words-on-wheels
AARP 866-448-3615

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

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

AARP programs:
- Dental Insurance Plan 866-583-2085
- Legal Services Network 866-330-0753
- Medicare Rx Plan 888-867-5512
- Supplemental Insurance 800-506-7651

ADVANTAGE Program 310-517-4666

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

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

Free network of health and wellness services for people 50 yrs. and older. Members receive discounts on select health education services and wellness classes, and a 25% discount on cafeteria meals. Also see Education, Health Services, and Insurance categories.
Website: www.torrancememorial.org (search “Advantage Program” from home page)

Animal Licenses 310-618-5830

City of Torrance
Finance Dept., Revenue Division

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

One free dog license if individual qualifies for City Utility User’s Tax Exemption subject to maximum household income limit. Must be 62 years or older, or permanently disabled. Dog must be spayed or neutered to qualify. Also see Animal category.
Website: www.torranceca.gov (search “animal license” from home page)
**Discounts**

**Disabled Discount Pass Program, CA State Parks**

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

California State Park offers 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](http://www.parks.ca.gov) (search “disabled” from home page)

**Energy Savings Assistance Program**

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 $32,920, 3 persons up to $41,560.
Website: [www.sce.com/eaf](http://www.sce.com/eaf)

**Fox Drug of Torrance**

1327 El Prado Ave.
Torrance, CA 90501

Family owned and operated “Good Neighbor Pharmacy” for over 20 years. Accepts most insurance plans, including Medi-Cal and Medicare. Stocks a wide variety of merchandise, medical safety and bathroom equipment. Accepts utility payments, issues money orders, UPS shipping, Western Union, faxing and a copy machine. Dollar Day section and a monthly flyer features special pricing of merchandise. Local prescription delivery within a 5-mile radius.
Website: [www.foxdrugoftorrance.com](http://www.foxdrugoftorrance.com)
DISCOUNTS

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

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

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

**Partnership for Prescription Assistance**

888-477-2669  
M-F, 9-5:30 EST

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

**Postal Solutions**

310-371-7184  
M-F, 8:30-6  
Sat, 9-5

4733 Torrance Blvd.  
Torrance, CA 90503

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

**Public Transportation**

South Bay Region

Transportation departments in all South Bay cities provide discounts for seniors and disabled riders. Also see Disabilities and Transportation categories.
Remedy Pharm, The
23811 Hawthorne Blvd.
Torrance, CA 90505
M-F, 9:30-6
Sat, 10-3

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

Rx Savings Plus Prescription Discount Program
888-620-1749

CVS Caremark Prescription Insurance

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

Senior Parking Passes (L.A. County Beaches)
310-821-1081

Department of Beaches and Harbors
13837 Fiji Way
Marina del Rey, CA 90292
M-Th, 7 am-6 pm

To obtain a parking pass ($25 charge) you must be a resident of California and be at least 62 yrs. of age. Must bring or mail a copy of CA driver’s license and vehicle registration to above address. Can also fax the necessary papers to 310-821-6345. To obtain an additional pass (maximum of 2 per household) vehicle registration is required for each car. Recreational vehicles are not eligible. Note: parking passes are distributed over-the-counter. Pass will be mailed within 2 weeks. The pass can be used at staffed or un-gated parking lots only. Call Modern Parking Inc. at 310-821-1081 for staffing hours and available lots.
Website: beaches.lacounty.gov (search “senior parking pass” from home page)
**Southern California Edison Co.**  
800-736-4777

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

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

**Southern California Gas Co.**  
877-238-0092

Medical Baseline Allowance Program

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

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)
Torrance residents, 62 years or older and/or permanently disabled with income not to exceed $30,350 would qualify for the exemption. Forms at Focal Point on Aging, phone 310-320-1300. If help is needed to complete form, go to Torrance City Hall, Business License Dept. Also see Disabilities category.
Website: www.torranceca.gov (search “discounts” from home page, then scroll to bottom of results)
EDUCATION

ADVANTAGE Program 310-517-4666
Torrance Memorial Medical Center M-F, 9:00-12:30, 1:00-4:15
3330 Lomita Blvd.
Torrance, CA 90505

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

American Board of Home Care (ABHC) 877-436-5259 949-482-0232
647 Camino de Los Mates, Suite 108-264
San Clemente, CA 92673

Educates seniors and their families on making decisions in choosing a caregiver.
Website: www.americanboardofhomecare.org

American Heart Association Website

“Heart Insight” Magazine

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

Cancer Support Community 310-376-3550
Pier Plaza M-F, 9-5
109 W. Torrance Blvd., Suite 100
Redondo Beach, CA 90277

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or program. Serves South Bay area and Long Beach. Also see Advocacy and Health Services categories.
Website: www.cancersupportredondobeach.org
**EDUCATION**

**Community Services Department, City of Torrance**  
310-618-2720  
3031 Torrance Blvd., West Annex  
Torrance, CA 90503  
M-Th, 8-5  
Alternate Fridays

Variety of classes for various age groups include dancing, jewelry making, oil painting, scrapbooking, photography, and exercise.  
Web site:  www.torranceca.gov/services/community-services

**El Camino College**  
310-660-6460  
Community Education Dept.  
16007 Crenshaw Blvd.  
Torrance, CA 90506  
M-F, 8:30-5

Offers community education classes not for college credit. Classes for all ages. Featured program “Young at Heart” for seniors 50 yrs. and older. Call for schedule.  
Website:  www.eccommunityed.com

**Health Links - Torrance Memorial Medical Center**  
310-325-9110  
Ext. 24225  
3330 Lomita Blvd.  
West Tower Bldg., 1st floor  
Torrance, CA 90505  
M-F, 8:30-5

A centralized location for health-related information, products and services. Health Links emphasizes prevention and education to support health and wellness for the entire family. It offers unique specialty retail items recommended by hospital departments, free consumer education on community resources, and expanded therapeutic bodywork services. Health Links also provides information about Torrance Memorial and services including physician’s referral and health education class registrations. Free health and resource packets available on a variety of topics.  
Email: healthlinks@tmmc.com. Also see Torrance Memorial Medical Center in this category.  
Website:  www.torrancememorial.org/healthlinks
Health Resources (County of L.A. Public Library) 562-868-4003

Reference Service for Consumer Health T, W, Th, 10-8
12350 Imperial Hwy. Fri, 10-6
Norwalk, CA 90650 Sat, 10-5

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

National Center for Complementary and Integrative Health 888-644-6226

P.O. Box 7923 M-F, 10-5
Gaithersburg, MD 20898-7923 EST

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

National Institute on Aging 800-222-2225

Information Center M-F, 8:30-5
P.O. Box 8057
Gaithersburg, Maryland 20898

Conducts and supports social, biomedical, and behavior research on aging processes, diseases, and the special problems and needs of older people. Provides publications on topics such as the biology of aging, exercise, doctor/patient communication, and menopause. The Institute produces the Age Pages – a series of fact sheets for consumers on a wide range of subjects including nutrition, medications, forgetfulness, sleep, driving, and long-term care information, publications, referrals, and resource lists. Resources are available in both English and Spanish.
Website: www.nia.nih.gov
OLLI (Osher Lifelong Learning Institute) 310-243-3208

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

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

Omnilore CA State University, Dominguez Hills 310-215-1848

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

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

Providence Little Company of Mary Health Resource Center 888-432-5464

20555 Earl St. M-F, 7-7
Torrance, CA 90503 Sat, 8-4:30

Provides information on programs and services offered by PLCM hospitals in Torrance and San Pedro. It includes physician referral, education programs, as well as brochures on a variety of health-related topics. Also see Health Services.
Website: providence.org
Research for Life  800-229-3244

41743 Enterprise Circle N, Suite 104  
Temecula, CA 92590

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

Road Scholar (formally Elderhostel)  877-426-8056

11 Avenue de Lafayette  
Boston, MA 02111-1746

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

Senior Studies Center (Long Beach City College)  562-938-3047

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

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

SoCal ROC  310-224-4200

2300 Crenshaw Blvd.  
Torrance, CA 90501

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
18436 Hawthorne Blvd., Suite 110
Torrance, CA 90504

310-373-7003
M, W, F, 1-3

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

Torrance Adult School
18436 Hawthorne Blvd., Suite 110
Torrance, CA 90504

310-533-4689
M-Th, 8 am–9 pm
F, 8-4:30

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

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

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

Levy Adult Center
3420 W. 229th Place
Torrance, CA 90505
310-533-4689, Ext. 8200
**Torrance Memorial Medical Center – Health Links**

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

A centralized location for health-related information, products and services. Health Links emphasizes prevention and education to support health and wellness for the entire family. It offers unique specialty retail items recommended by hospital departments, free consumer education on community resources, and expanded therapeutic bodywork services. Health Links also provides information about Torrance Memorial and a variety of services including physician referrals and health education class registrations. Free health and resources packet available on a variety of topics.  
Email: healthlinks@ttmc.com. Also see Health Links in this category.  
Website: www.torrancememorial.org/healthlinks

**Torrance Public Library**

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

The Library provides materials and services for individuals with sensory and physical or mobility disabilities. The Words on Wheels (W.O.W.) program makes many materials available via the library’s home delivery program for those unable to physically visit or effectively use the library. The ASSIST (Accessible Services for Seniors – Information, Systems, Technology) program provides patrons with fully adjustable computer workstations, magnification and text-to-speech software, a variety of input devices, video print (CCTV) and hand-held magnifiers, and mobility devices (electric scooter, rolling walker, wheelchair). The Library also offers large print books, audio books on CD, and Playaway, and many DVDs with closed captions. Kits for book groups or memory stimulation are available for check-out. Also see Library and Disabilities categories. The Library’s website is accessible 24 hours a day.  
Website: www.library.torranceca.gov
Senior Scholars Program encourages life-long learning by inviting adults 50 yrs. and older to audit undergraduate courses. Now offering memory training – practical activities to enhance memory ability; Memory Care Program, and Brain Boot Camp.
Website:  www.semel.ucla.edu/longevity
EMERGENCY SHELTER/FOOD PROGRAMS

211 L.A. County

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

525 Broad Ave.
Wilmington, CA 90744
M-F, 9-6:45
Sat, Sun, 4-6:45

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

Calvary Assembly of God (His Helping Hands)

25501 Oak St.
Lomita, CA 90717
T-F, 9-4:30

Surplus food distribution for the needy on Thursday, 6-7 p.m.
Website: wwwlomitachurch.org (go to Ministries” tab of page and select “food bank”)

Calvary Light Christian Center

1101 N. Lakme Ave.
Wilmington, CA 90744

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

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## EMERGENCY SHELTER/FOOD PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td><strong>Calvary Presbyterian Church</strong></td>
<td>310-676-1144</td>
</tr>
<tr>
<td>13560 Hawthorne Blvd.</td>
<td>W-F, 10-6</td>
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<tr>
<td>Hawthorne, CA 90250</td>
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<tr>
<td><strong>Department of Public Social Services, Los Angeles</strong></td>
<td>562-908-8400</td>
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<td>M-Th, 8-5</td>
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<tr>
<td>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.</td>
<td>Website: dpss.lacounty.gov</td>
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<tr>
<td><strong>Doors of Hope – Women’s Shelter</strong></td>
<td>310-518-3667</td>
</tr>
<tr>
<td>Beacon Light Mission</td>
<td>M-Sat, 10 am-1 pm</td>
</tr>
<tr>
<td>529 Broad Ave.</td>
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<tr>
<td>Wilmington, CA 90744</td>
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<tr>
<td>Provides a safe and nurturing environment for homeless women in the South Bay. Residents receive food, clothes, showers, temporary shelter 14 days. Must attend chapel services to insure a bed.</td>
<td>Website: <a href="http://www.doorsofhopewomensshelter.org">www.doorsofhopewomensshelter.org</a></td>
</tr>
</tbody>
</table>
EMERGENCY SHELTER/FOOD PROGRAMS

Harbor Gateway/Torrance Outreach 310-328-3689

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

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

Harbor Interfaith Services 310-831-9123

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

M-F, 9-5

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

Hope In Action 310-374-4673

Hope Chapel
2420 Pacific Coast Highway
Hermosa Beach, CA 90254

T-F, 9-5

Once a month food items distributed to residents of South Bay cities including Inglewood, Hawthorne, Torrance and the Beach Cities. For church members, food is available after services Friday at 7 pm, Saturday at 6 pm, Sunday at 8 am and 10:45 am. Requires proof of residence. Church non-members can pick up a free bag of a week’s worth of food once a month. Distribution takes place Wednesday and Friday, 9-12 and 1-4. Individuals must provide proof of residency in the South Bay to be eligible for free food.
Website: www.hopechapel.org (click “Helping” link at top of home page, then “local” and “Hope in Action”)
EMERGENCY SHELTER/FOOD PROGRAMS

House of Yahweh

4046 W. Marine
Lawndale, CA 90260

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

Provides food, clothing, shelter and other supportive services to the economically disadvantaged and impoverished. Persons who participate in the transitional housing program must be homeless or soon to be homeless and be drug/alcohol free for 6 months. Clients must be employed, looking for employment or attending school.
Website: www.hoy-southbay.org

L.A. Regional Food Bank

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

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.

Referral for food, clothing, transportation and shelters. Also see Employment, Finances, and In-home Services categories.
Website: www.facebook.com/LoveINCSouthBay
EMERGENCY SHELTER/FOOD PROGRAMS

PATH

340 N. Madison Ave.
Los Angeles, CA 90004

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

Rock Solid Christian Assembly

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

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

San Pedro Temple Corps Community Center

Salvation Army
138 S. Bandini
San Pedro, CA 90731

Food distribution for the needy, Friday, 9-12, 1:30-3 pm. Also see Meals and Nutrition category.
Website: www.salvationarmyusa.org

St. Catherine Laboure Catholic Church

3846 Redondo Beach Blvd.
Torrance, CA 90504

Food distribution for the needy on the last Saturday of the month, 11 am-1 pm.
Website: www.stcatchurch.org
EMERGENCY SHELTER/FOOD PROGRAMS

St. Joseph Catholic Church 310-679-1139

11886 S. Acacia Ave.  
Hawthorne, CA 90250  
M-F, 9 am-8:15 pm  
Sat, Sun, 9-2:45

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

St. Lawrence Martyr Church 310-540-0329

1900 S. Prospect  
Redondo Beach, CA 90277  
Food pantry (canned and dry food) with food distribution to residents of South Redondo Beach and South Torrance. Proof of residency required. Food distributed Saturday, 8-1:30 pm.  
Website: www.stlm.org

St. Margaret’s Center 310-672-2208

10217 Inglewood Ave.  
Lennox, CA 90304  
M, W, F, 9-11:30 and 1-3:30

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

St. Margaret Mary Catholic Church 310-326-3364 Ext. 15

25511 Eshelman Ave.  
Lomita, CA 90717  
Weekly distribution of food on Wednesday, 8:30-10:00 am. Spanish also spoken.  
Website: www.stmargaretmarylomita.org
EMERGENCY SHELTER/FOOD PROGRAMS

Stillman Sawyer Family Services Center 310-835-1986

820 Lomita Blvd. M-F, 9:30-12:30
Harbor City, CA 90710

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

Toberman Center 310-832-1145

131 N. Grand M-F, 9-6
San Pedro, CA 90731

Family Source Center providing case management, clothing, shelter, food pantry, health screening, employment counseling, utility bill assistance, court-mandated programs, income tax preparation and legal assistance to individuals living at or below the federal poverty level. Children and youth services offered after school, family literacy program, ESL, after school meal and gang intervention. Walk-in’s on Tuesdays, 9-12 to screen for services. Must bring proof of income and address for past 90 days. Service areas include San Pedro, Wilmington, and Harbor City. Also see Case Management, Employment, and Legal categories.
Website: www.toberman.org
Assists Californians with disabilities to obtain and retain employment and maximize their ability to live independently in their communities. Offers vocational rehabilitation preparing individuals for employment, and can include training, education, transportation, and job placement. Other office location @ 4300 Long Beach Blvd., Suite 200, Long Beach, CA 90801 (district office) phone 562-422-8325. Also see Disabilities category. Website:  www.dor.ca.gov

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

Operated by the state of California providing a comprehensive range of employment and training services which would benefit job seekers, laid off workers, individuals currently working, veterans, and people with disabilities. On site is the South Bay Professional Association-Experience unlimited for mature workers. Veteran Employment Service assists with job search for veterans. Also see Veterans category. Website:  www.edd.ca.gov
Enrichment Through Employment, Inc.  310-328-0706

22806 Cerise Ave.
Torrance, CA 90505

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

Gardena One-Stop Employment  310-538-7070

16801 S. Western Ave., Suite A  M-Th, 8:30-5:00
Gardena, CA 90247     Every other Friday, 8-4:00

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.ci.gardena.ca.us

JVS Veterans First  310-309-6000

Jewish Vocational Service of Los Angeles  M-F, 8:30-5

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

Love Inc.  310-831-5683

P.O. Box 6442  M, 9-noon
San Pedro, CA 90734-6442    T-F, 9-5

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

**Pacific Gateway Workforce Investment Network**

310-732-5700

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

M-Th, 8-5
Fri., 8-4

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

Website: www.pacific-gateway.org/veterans

**SoCal ROC**

310-224-4200

2300 Crenshaw Blvd.
Torrance, CA 90501

M-Th, 7:30 am - 8 pm

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

Website: www.socalroc.com

**South Bay Professional Association**

310-782-2164

1220 Engracia Ave.
Torrance, CA 90501

M, 9-noon
W, 10-noon

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

Website: www.sbpa-la.org
Toberman Center  
131 N. Grand  
San Pedro, CA 90731  

Family Source Center providing case management, clothing, shelter, food pantry, health screening, employment counseling, utility bill assistance, court-mandated programs, income tax preparation and legal assistance to individuals living at or below the federal poverty level. Children and youth services offered after school, family literacy program, ESL, after school meal and gang intervention. Walk-in’s on Tuesdays, 9-12 to screen for services. Must bring proof of income and address for past 90 days. Service areas include San Pedro, Wilmington, and Harbor City. Also see Case Management, Emergency Shelter/Food Programs and Legal categories.  
Website: www.toberman.org
**FINANCES**

**211 L.A. County**

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

**Benefits Check Up (National Council on Aging)**

Website only

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

**Clear Point Credit Counseling Solutions**

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

**Website**

www.211la.org

**Website only**

www.benefitscheckup.org

**Website**

www.clearpoint.org
Credit Reporting Agencies

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

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

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

Department of Public Social Services, Los Angeles

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

FINANCES
FINANCES

Homeownership Preservation Foundation 888-995-4673
TTY 877-304-9709
Making Home Affordable Program
1030 15th St. NW
Washington, DC 20005.

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

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

Jewish Free Loan Association 323-761-8830

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

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

Website: www.jfla.org

Love Inc. 310-831-5683

PO Box 6442
San Pedro, CA 90734-6442

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

Website: www.facebook.com/LoveINCSouthBay
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, Medi-Cal and Social Security. One of the online tools called Benefits Checkup allows sorting through programs to determine eligibility based on income and location. See also Advocacy and Health Services categories. Website: www.benefitscheckup.org and www.ncoa.org
<table>
<thead>
<tr>
<th>Health Organization</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academy of Nutrition and Dietetics</td>
<td>800-877-1600</td>
<td><a href="http://www.eatrightpro.org">www.eatrightpro.org</a></td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>800-923-8722</td>
<td><a href="http://www.aa.org">www.aa.org</a></td>
</tr>
<tr>
<td>ALS Association (Amyotrophic Lateral Sclerosis)</td>
<td>800-782-4747</td>
<td><a href="http://www.alsa.org">www.alsa.org</a></td>
</tr>
<tr>
<td>Alzheimer’s Association</td>
<td>800-272-3900</td>
<td><a href="http://www.alzgl.org">www.alzgl.org</a></td>
</tr>
<tr>
<td>American Brain Tumor Association</td>
<td>800-886-2282</td>
<td><a href="http://www.abta.org">www.abta.org</a></td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>800-227-2345</td>
<td><a href="http://www.cancer.org">www.cancer.org</a></td>
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<tr>
<td>American Chronic Pain Association</td>
<td>800-533-3231</td>
<td><a href="http://www.theacpa.org">www.theacpa.org</a></td>
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<tr>
<td>American Council of the Blind</td>
<td>800-424-8666</td>
<td><a href="http://www.acb.org">www.acb.org</a></td>
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<tr>
<td>American Dental Association</td>
<td>312-440-2500</td>
<td><a href="http://www.ada.org">www.ada.org</a></td>
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<tr>
<td>HEALTH ORGANIZATIONS</td>
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<tr>
<td>American Diabetes Association</td>
<td>800-232-3472</td>
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<td><a href="http://www.diabetes.org">www.diabetes.org</a></td>
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<tr>
<td>American Heart Association</td>
<td>800-242-8721</td>
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<tr>
<td><a href="http://www.heart.org">www.heart.org</a></td>
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<tr>
<td>American Liver Foundation</td>
<td>800-465-4837</td>
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<tr>
<td><a href="http://www.liverfoundation.org">www.liverfoundation.org</a></td>
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<tr>
<td>American Lung Association</td>
<td>800-586-4872</td>
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<tr>
<td><a href="http://www.lung.org">www.lung.org</a></td>
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<tr>
<td>American Macular Degeneration Foundation</td>
<td>888-622-8527</td>
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<tr>
<td><a href="http://www.macular.org">www.macular.org</a></td>
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<tr>
<td>American Society on Aging</td>
<td>800-537-9728</td>
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<tr>
<td><a href="http://asaging.org">http://asaging.org</a></td>
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<tr>
<td>American Speech-Language-Hearing Association (ASHA)</td>
<td>800-638-8255</td>
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<tr>
<td><a href="http://www.asha.org">www.asha.org</a></td>
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<tr>
<td>American Stroke Association</td>
<td>800-553-6321</td>
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<tr>
<td><a href="http://www.strokeassociation.org">www.strokeassociation.org</a></td>
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<tr>
<td>American Tinnitus Association</td>
<td>800-634-8978</td>
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<tr>
<td><a href="http://www.ata.org">www.ata.org</a></td>
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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
<table>
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<tr>
<th>Health Organization</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Epilepsy Foundation</td>
<td>800-332-1000</td>
<td><a href="http://www.epilepsy.org">www.epilepsy.org</a></td>
</tr>
<tr>
<td>Hospice Foundation of America</td>
<td>800-854-3402</td>
<td><a href="http://www.hospicefoundation.org">www.hospicefoundation.org</a></td>
</tr>
<tr>
<td>Huntington Disease Society of America</td>
<td>800-345-4372</td>
<td><a href="http://www.hdsa.org">www.hdsa.org</a></td>
</tr>
<tr>
<td>International Hearing Society</td>
<td>734-522-7200</td>
<td><a href="http://www.ihsinfo.org">www.ihsinfo.org</a></td>
</tr>
<tr>
<td>Leukemia &amp; Lymphoma Society</td>
<td>800-955-4572</td>
<td><a href="http://www.lls.org">www.lls.org</a></td>
</tr>
<tr>
<td>Lupus Foundation of America</td>
<td>800-558-0121</td>
<td><a href="http://www.lupus.org">www.lupus.org</a></td>
</tr>
<tr>
<td>Mental Health America</td>
<td>800-969-6642</td>
<td><a href="http://www.mentalhealthamerica.net">www.mentalhealthamerica.net</a></td>
</tr>
</tbody>
</table>
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
www.kidney.org

National Multiple Sclerosis Society
www.nationalmssociety.org

National Osteoporosis Foundation
www.nof.org

National Parkinson Foundation
www.parkinson.org

National Psoriasis Foundation
www.psoriasis.org

National Sleep Foundation
www.sleepfoundation.org

National Stroke Association
www.stroke.org

Skin Cancer Foundation
www.skincancer.org

Stroke Association of Southern California
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
**ADVANTAGE Program**

310-517-4666

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

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

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

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

**Aging Life Care Association**

520-881-8008

(Formally Nat. Assoc. of Professional Geriatric Care Managers)

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

M-F, 8-4:30

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

Website: www.agninglifecare.org

**American Cancer Society**

310-348-0356

press 3 for local office

800-227-2345

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

M-F, 9-5

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

Website: www.cancer.org
American Cancer Society, Road To Recovery 800-227-2345

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 Foundation for the Blind 800-232-5463

2 Penn Plaza, Suite 1102 M-F, 8-5
New York, NY 10121 EST

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

American Red Cross 800-733-2767

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

CPR, First Aid classes, emergency preparedness information and disaster services training. Information and education on health-related subjects. Has a certified nursing assistant training program. Also see Education and Volunteering categories.
Website: www.redcross.org
HEALTH SERVICES

Anatomical Gift Program  323-442-1191
323-442-1229  M-F, 7-3
University of Southern California
Keck School of Medicine
1333 San Pablo St., MMR 118
Los Angeles, CA 90089-9143

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

Arthritis Foundation  323-954-5750

800 W. 6th St., Suite 1010  M-Th, 8:30-5
Los Angeles, CA 90017  F, 8:30-4:30

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

Beach Cities Health District  310-374-3426
Ext. 256  (Ask for Officer of the Day)

514 N. Prospect Ave., 1st Floor, Suite 102  M-F, 8:30-5
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

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

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/about 
Website: www.calhospitalcompare.org (hospital data)

CancerCare

800-813-4673
275 Seventh Ave., Floor 22 
New York, NY 10001
M-Th, 10-5:45
F, 10-4
EST

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

**Cancer Resource Center**

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

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

email: canceranswers@tmmc.com  
Website: www.torrancememorial.org/cancer_institute

**Cancer Support Community**

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

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

Website: www.cancersupportredondobeach.org

**Care Solutions for Elders**

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

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

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

The Center for Optimal Aging is an outpatient program offered at Providence Little Company of Mary Medical Center at San Pedro and Torrance. An assessment is performed by an expert multi-disciplinary team comprised of physical therapists, occupational therapists, pharmacists, dietitians and a Gerontology Specialist. Once all assessments of the program are completed including: PT and OT evaluation, Cognitive Performance Test/cognition, medication management clinic, and nutrition screen, 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. The Team Report will be given to the referring physician, the patient and family/caregivers. The Gerontology Specialist appointment is the key, final meeting that summarizes all of the findings from the program and helps patients, and family/caregivers understand how to safely plan and navigate any potential obstacles that may arise during the aging process.
Website: www.california.providence.org/san-pedro/services/seniors

Clutterers Anonymous
P.O. Box 91413
Los Angeles, CA 90009

Support group for individuals who want to eliminate their clutter and establish order in their lives. Meetings at Torrance Lomita Alano Club, 1645 Arlington Ave., Torrance, CA 90501, Friday’s 10:30 am-noon. Contact person: Maurice at 310-376-1499.
Website: www.clutterersanonymous.org

Department of Mental Health, L.A. County

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

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**HEALTH SERVICES**

**Didi Hirsch Mental Health Services**  
Culver-Palms Center  
4760 Sepulveda Blvd.  
Culver City, CA 90232

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

**Drug Digest**  
Website only

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

**El Dorado Community Service Center**  
4023 Marine Ave.  
Lawndale, CA 90260

Provides primary care and general practice medical services. Mental Health services include counseling, psychiatry, anger management, substance abuse treatment, narcotics replacement therapy and Suboxone administration. Languages also spoken are Spanish, Filipino, Chinese, German, Korean and Vietnamese.  
Website: www.americanhealthservices.org

**El Dorado Community Service Center**

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
<th>Services</th>
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<tbody>
<tr>
<td>4023 Marine Ave.</td>
<td>310-675-9555</td>
<td>Mental Health, M,W, F, 10-5 Sat 9-3:30 Medical, M-F, 7-3:30</td>
</tr>
<tr>
<td>Lawndale, CA 90260</td>
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<tr>
<td>Culver-Palms Center</td>
<td>310-895-2300</td>
<td>Centralized Intake 888-807-7250 M-F, 8:30 am-8 pm</td>
</tr>
<tr>
<td>4760 Sepulveda Blvd.</td>
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<tr>
<td>Culver City, CA 90232</td>
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Website: www.didihirsh.org

**Drug Digest**  
Website only

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Website: www.americanhealthservices.org
HEALTH SERVICES

**Genesis**

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

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

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

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

**Heritage Clinic**

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

562-264-6001
M-F, 8:30-5

Non-profit whose mission is to enhance the behavior health and quality of life of older adults and their families. Provided are mental health services to adults 55 yrs. and older who may be experiencing a life transition, stress, anxiety, depression, loss, or other difficult issues. Services are tailored to address the unique needs of each individual. On staff are psychologists, psychiatrists, social workers, marriage and family therapists, care coordinators/case managers, supervised clinical interns and mental health rehabilitation specialists. Funded through the Department of Mental Health Multilingual offering services in English, Spanish, Armenian, Russian and Tagalog. Service areas are San Gabriel Valley, Mid-City and Hollywood areas, the South Bay and Antelope Valley.

Website:  www.heritageclinic.org

**Harbor Community Clinic**

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

310-547-0202
M, 8-7 pm
T-F, 8-5

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

Website:  www.harborcommunityclinic.com
HEALTH SERVICES

**Health and Healing Center**

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

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

**Health Consumer Alliance**

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 SERVICES

Health Links - Torrance Memorial Medical Center

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

310-325-9110
Ext. 24225
M-F, 8:30-5

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

Email: healthlinks@tmmc.com. Also see Torrance Memorial Medical Center in this category and Education.
Website: www.torrancememorial.org/healthlinks

Help Yourself. Help Others.

Website only

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

HICAP (Medicare Insurance Counseling)

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

800-824-0780
M-F, 9-5

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

**Home Health Depot Medical Equipment & Supplies**  
310-891-1954  
2059 Pacific Coast Highway  
Lomita, CA 90717  
M-F, 9-5  
Sat, 10-3  
Provides adaptive and durable medical equipment, power scooters, lift chairs, and wheelchairs. Installs bathroom grab bars into tile, ramps (custom & modular), stair lifts, elevators, and railings.  
Website:  [www.hhd1.com](http://www.hhd1.com)

**L.A. County Department of Mental Health**  
800-854-7771  
24 hrs.  
24-hour screening and assessment, care management, referral for emergency and crisis intervention. Also see Disabilities and Hotline/Urgent categories.  
Website:  [www.dmh.lacounty.gov](http://www.dmh.lacounty.gov)

**National Cancer Institute**  
800-422-6237  
M-F, 9-9 EST  
Consumer oriented information on a wide range of cancer topics regarding prevention, early detection, types of cancers, risk factors, treatments, resources and publications. Offers comprehensive description of research programs and clinical trials. Provides information about hospice, home care and cancer support organizations. For assistance with smoking cessation call 877-448-7848.  
Website:  [www.cancer.gov](http://www.cancer.gov)
Brings together non-profit organizations, business and government to develop creative solutions that improve the lives of older adults especially those who are vulnerable and disadvantaged. Provides comprehensive, integrated services that significantly increase income and/or reduce everyday expenses. Strengthens and protects major public programs i.e., Medicare, Medicaid and Social Security. One of the online tools called Benefits Checkup allows sorting through programs to determine eligibility based on income and location. See also Advocacy and Finances categories.
Website: www.benefitscheckup.org or www.ncoa.org

Northeast Community Clinic

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

Provides primary health care services and referral to other supportive services to the underserved and indigent residents of LA County.
Website: www.northeastcomunityclinics.com

Providence Little Company of Mary Health Resource Center

20555 Earl St.
Torrance, CA 90503

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

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

Premier inpatient and outpatient rehabilitation program for chemical dependency.
Appointment is necessary. For recovery center intake call 310-241-4021
Website: www.providence.org (search box then click recovery center)

**Research for Life**

41743 Enterprise Circle N, Suite 104
Temecula, CA 92590

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

**Self-Help Group Sourcebook Online**

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

**SBCC Thrive LA**

540 N. Marine Ave.
Wilmington, CA 90744

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

**South Bay Family Health Care Center**

310-802-6170

2114 Artesia Blvd.
Redondo Beach, CA 90278

M, Th, 10-7:30
M, W, F, 8-4:30

Non-emergency general medical services including routine physicals and exams, diagnosis, treatment and follow up; detection and monitoring of chronic illness such as diabetes, congestive heart failure, hypertension and asthma. HIV/Aids testing and counseling. General dental including dental preventive care, cleaning, x-rays, fillings and extractions. Health education classes and integrated behavior health. Accepts persons who are uninsured or under-insured, Medi-Cal and immigrants. Clinic at 742 W. Gardena Blvd., Gardena, 90247. Call for hours. Also see Dental category.

Website: www.sbfhc.org

**South Bay Home Health Care**

310-618-9555

Mobility Care
1349 El Prado
Torrance, CA 90501

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

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

Website: www.mobilitycare.com

**Superior Mobility**

310-218-2040
800-303-2866

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

M-F, 8:30-5

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

Website: www.superiormobility.com


**HEALTH SERVICES**

**Torrance Health Center**

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

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

**Torrance Memorial Medical Center-Health and Healing Center**

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

Offers services, classes, lectures, therapeutic bodywork sessions and information that enhances the healing process and encourages a healthy life style. Integrative medicine combines conventional and complementary practices to treat the mind, body and spirit for a more holistic approach to medicine. Also see Discounts, Education and Insurance categories. Website: www.torrancememorial.org/healthandhealing
**Torrance Memorial Medical Center – Health Links**

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

310-325-9110  
Ext. 24225  
M-F, 8:30-5  

A centralized location for finding health-related information, products and services. Health Links emphasizes prevention and education to support health and wellness for the entire family. It offers unique specialty retail items recommended by hospital departments, free consumer education on community resources, and expanded therapeutic bodywork services. Health Links also provides information about Torrance Memorial and a variety of services including physician’s referral and health education class registrations. Free health and resources packet available on a variety of topics.  
Email: healthlinks@tmmc.com. Also see Health Links in this category, and Education category.  
Website: www.torrancememorial.org/healthlinks

**Torrance Memorial Medical Center – Woman to Woman Image Enhancement**

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

310-517-4660  
By Appointment  

Free confidential consultation provided for women to learn techniques to enhance their appearance during and after hair loss, usually a result of chemotherapy. Support services include demonstration and experience with hats, scarves, turbans, and community resources.  
Website: www.torrancememorial.org (search for “image enhancement” from the home page)
Anatomical Gift Program

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

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

Caring House

2842 El Dorado St.
Torrance, CA 90503

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

First Serve Community Services of the South Bay, Inc.  310-320-3818

M-F, 8-4

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

Website: www.first-serve.org

Gathering Place, The  310-546-6407

5315 Torrance Blvd., Suite B
Torrance, CA 90503
Voice mail 24/7
On site hours vary M-Th

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

Donations accepted.

Website: www.griefcenter.info

Hospice Foundation of America  800-854-3402

1707 L Street NW, Suite 220
Washington, DC 20036

M-F, 9-5:30 EST

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

Website: www.losrobleshc.org

Milestone Hospice  310-782-1177

1500 Crenshaw Blvd., #200
Torrance, CA 90503

24/7

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

Website: www.milestonehospice.org
HOSPICE

**National Hospice and Palliative Care Organization**  
800-658-8898

National Hospice  
1731 King St., Suite 100  
Alexandria, VA 22314  
M-F, 8:30-5:30 EST

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

**New LifeStyles**  
800-869-9549

4144 N. Central Expressway #1000  
Dallas, TX 75204

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

**Providence Trinity Care Hospice**  
310-543-3400  
800-829-8660

5315 Torrance Blvd., Ste. B1  
Torrance, CA 90503  
M-F, 8 am-12 midnight

Doctor referral, Medicare certified, and accepts Medi-Cal and private insurance. Hospice and palliative care service for patients of all hospitals. Bereavement support for patients and family. Specialty programs for the Hispanic community.  
Website: www.california.providence.org/trinitycare
Whole body donations provide scientific research and medical education. This “gift” will impact the quality of medical care and breakthroughs to cures for life threatening illnesses for generations to come. The organization covers all costs associated with donation including cremation. Also see Education and Health Services categories.
Website: www.researchforlife.org

Silverado Hospice

15821 Ventura Blvd., Suite 515
Encino, CA 91436

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, Llocano, Pampango, Persian, Punjabi, and Turkish. Also see Alzheimer’s category.
Website: www.silveradocare.com

Torrance Memorial Home Health and Hospice

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

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

**Vitas Hospice Healthcare**

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

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

Website: [www.vitas.com](http://www.vitas.com)
## HOSPITALS

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Phone</th>
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<tbody>
<tr>
<td><strong>Cedars-Sinai Marina Del Rey Hospital</strong></td>
<td>310-823-8911</td>
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<tr>
<td>4650 Lincoln Blvd.</td>
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<tr>
<td>Marina del Rey, CA 90292</td>
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<tr>
<td>Website: <a href="http://www.marinahospital.com">www.marinahospital.com</a></td>
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<tr>
<td><strong>Centinela Hospital Medical Center</strong></td>
<td>310-673-4660</td>
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<tr>
<td>555 E. Hardy St.</td>
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<tr>
<td>Inglewood, CA 90301</td>
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<tr>
<td>Website: <a href="http://www.centinelamed.com">www.centinelamed.com</a></td>
<td></td>
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<tr>
<td><strong>Del Amo Behavior Health System</strong></td>
<td>310-530-1151</td>
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<tr>
<td>23700 Camino Del Sol</td>
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<tr>
<td>Torrance, CA 90505</td>
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<tr>
<td>Psychiatric hospital treating ages 13 years and older.</td>
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<tr>
<td>Website: <a href="http://www.delamohospital.com">www.delamohospital.com</a></td>
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<td><strong>Harbor-UCLA Medical Center</strong></td>
<td>310-222-2345</td>
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<tr>
<td>1000 W. Carson St.</td>
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<td>Torrance, CA 90509</td>
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<tr>
<td>Website: <a href="http://www.ladhs.org">www.ladhs.org</a> (click on “Find Clinic/Hospital” and select “Harbor-UCLA Medical Center”)</td>
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<tr>
<td><strong>Kaiser Permanente Harbor City</strong></td>
<td>310-325-5111</td>
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<tr>
<td>25825 S. Vermont Ave.</td>
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<tr>
<td>Harbor City, CA 90710</td>
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<tr>
<td>Website: health.kaiserpermanente.org (Main site)</td>
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<tr>
<td><strong>Kindred Hospital South Bay</strong></td>
<td>310-323-5330</td>
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<tr>
<td>1246 W. 155th St.</td>
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<tr>
<td>Gardena, CA 90247</td>
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<tr>
<td>Website: <a href="http://www.khsouthbay.com">www.khsouthbay.com</a></td>
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</table>
HOSPITALS

Memorial Hospital of Gardena 310-532-4200
1145 W. Redondo Beach Blvd.
Gardena, CA 90247
Website: www.avantihospitals.com/memorial-hospital-of-gardena

Providence Little Company of Mary Medical Center, San Pedro 310-832-3311
1300 W. 7th St.
San Pedro, CA 90732
Website: california.providence.org/san-pedro

Providence Little Company of Mary Medical Center, Torrance 310-540-7676
4101 Torrance Blvd.
Torrance, CA 90503
Website: california.providence.org/torrance

Torrance Memorial Medical Center 310-325-9110
3330 Lomita Blvd.
Torrance, CA 90505
Website: www.torrancememorial.org
HOTLINE/NON-URGENT

211 L.A. County 211
800-708-6029
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

American Medical ID 800-363-5985
949 Wakefield, Suite 100 M-F, 8-6 CST
Houston, TX 77018
Offers quality medical ID jewelry that is personalized and custom-engraved. Provides a medical ID online medical registry with a personal health file that includes medical conditions, emergency contact information, doctors’ names, insurance information and other documents. Also see Identification category.
Website: www.americanmedical-id.com

Bodyguard I.D. Tags, LLC 800-383-7790
3958 Black Horse Pike M-F, 9-5:30 EST
Mays Landing, NJ 08330
Complete line of engraved bracelets and necklaces identifying those with special medical conditions. With each order an identification card is provided for the wallet or purse. Also see Identification category.
Website: www.bodyguardidtags.com

California Department of Managed Health Care 888-466-2219
M-F, 8-6
Assists consumers who have been unsuccessful in appeals to their health plan. This department can help resolve problems with HMO’s including issues about medical and dental care, prescriptions, preventive testing, and mental health services. No jurisdiction over Medicare issues. Also see Complaints category.
Website: www.dmhc.ca.gov

136
California Voter Hotline 800-345-8683

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

Department of Public Social Services, Los Angeles 877-597-4777

M-Th, 8-5

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

Website: dpss.lacounty.gov

Emergency Response Systems

Life Alert, 800-344-4533
LifeFone, 844-253-7939
Lifeline, 800-372-4103
Rescue Alert, 800-688-9576

Fraud.org 800-876-7060

M-F, 9-5:30

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

Web site: www.fraud.org
Gentle Transitions

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

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

Hoarder Hotline (GENESIS Program)

550 S. Vermont
Los Angeles, CA 90020

Sponsored by the LA County Department of Mental Health
Website: dmh.lacounty.gov (search “hoarding” from home page)

Home Improvement Program – Torrance

3031 Torrance Blvd.
Torrance, CA 90503

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

Household Hazardous Waste Recycling (L.A. County)

Department of Public Works
Website: dpw.lacounty.gov/epd/hhw
L.A. County Registrar Recorder 800-201-8999
County Clerk Office M-F, 8:30-4:30
Recorded information on obtaining birth and death certificates, marriage licenses, record real estate transactions, real estate records, business filings and records. Nearest office to the South Bay: LAX Courthouse, 11701 S. La Cienega Blvd., 6th floor, Los Angeles, CA 90045, phone 310-727-6142.
Website: www.lavote.net

Life Alert 800-344-4533
A personal emergency response company using technology to provide protection via home audio. Provides help 24/7 for any type of emergency whether medical, home intrusion, fire, carbon monoxide gas or emergencies away from home. A “help button” is either worn around the wrist or neck.
Website: www.lifealert.com

LifeFone Medical Alert System and Medical Alarm 844-253-7939
24/7
Personal response service providing a medical alert necklace and bracelet pendant button that is lightweight and waterproof. Technicians dispatch emergency medical services and call family members, neighbors or physician. LifeFone customizes the response to a person’s needs. Help is available 24/7.
Website: www.lifefone.com

Medic Alert Foundation 800-432-5378
2323 Colorado Ave. M-F, 6 am-5 pm
Turlock, CA 95382 Sat, 8-5
Engraved jewelry identifying medical condition with emergency help 24 hours a day.
Provides identification for Alzheimer’s patients. Also see Alzheimer’s and Identification categories.
Website: www.medicalert.org.
In association with Alzheimer’s Association and others this nationwide identification program assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who may wander and become lost. Provides I.D. bracelets. Caregivers register dementia patients in the data bank. Also see Alzheimer’s category.
Website: www.medicalert.org/safereturn

Medi-Cal Information  
310-258-7400  
M-F, 8-5

A state and federally funded program providing health insurance to low-income persons who meet eligibility requirements. Operated by the Department of Public Social Services. Also see Insurance category.
Website: www.medi-cal.ca.gov
Website: www.dpssbenefits.lacounty.gov

Medicare Information  
800-633-4227

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

National “Do Not Call” Registry  
888-382-1222  
TTY 866-290-4236

Register residential and mobile phone numbers to be placed on registry to reduce telemarketing. The registered numbers will remain on registry permanently.
Website: www.donotcall.gov
Rescue Alert 800-688-9576

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

Social Security Administration 800-772-1213
TTY 800-325-0778

20000 Mariner Ave., Suite 150
Torrance, CA 90503
M, T, Th, F, 9-4
W, 9-noon

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

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, call 800-331-7593, hours M-F, 7-3:30.
Website: www.socalgas.com
**1736 Family Crisis Center**  
310-370-5902  

Telephone screening for referrals to crisis intervention, counseling, and shelters for battered women.  
Website: www.1736familycrisiscenter.org

**211 L.A. County**  
211  
800-708-6029  

Information and referral on General Relief Aid to families with dependent children, food stamps, emergency shelter, Medi-Cal, and other forms of financial assistance. For faster service call before 8:30 am or after 4:30 pm. Also see Emergency Shelter/Food Programs, Finances, and Hotline/Non-Urgent categories.  
Website: www.211la.org

**911 Emergency Service**  
911  

U.S. emergency service links the public to the police, mobile rescue units, fire, medical and other emergency services.  
Website: 911.gov

**Adult Protective Services**  
877-477-3646  

Assists seniors 65 yrs. and older and dependent adults, 18-64 yrs. who are physically or mentally impaired and are endangered due to unsafe living conditions, neglect, financial or physical abuse. Non-facility abuse serving L.A. County. Also see Abuse and Advocacy categories.  
Website: www.wdacs.lacounty.gov
Alzheimer’s Association 24/7 Helpline 800-272-3900

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

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

Center for the Pacific-Asian Family

Hotline 800-339-3940

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

Department of Mental Health, L.A. County 800-854-7771

24-hour screening and mental health services providing assessment, care management, crisis intervention, medication support, peer support and other rehabilitation services. Also see Disabilities and Health Services categories. Website: www.dmh.lacounty.gov
HOTLINE/URGENT

Department of Public Social Services, Los Angeles 866-597-4777
M-Th 8-5

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

Elder Abuse Hotline 877-477-3646
24/7

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

Eviction Defense Hotline (Legal Aid Foundation of Los Angeles) 800-399-4529
M-F, 9-5

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

Harbor-UCLA Medical Center Psychiatric Emergency Room 310-222-3144
1000 W. Carson St.
Torrance, CA 90509

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

Identity Theft Hotline 877-438-4338

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

L.A. County Department of Mental Health 800-854-7771

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

L.A. County Domestic Violence Hotline 800-978-3600

Services Southern California and deals with domestic violence between intimate partners,
primarily women and children. Provides counseling and support groups. Twenty-one
shelters for women and children in L.A. County and refers callers to shelters within or
near their zip code area. In case of emergency, call 911. Also see Abuse category.
Website:  da.lacounty.gov/domv.htm
**Long Term Care Ombudsman**  
800-231-4024  
4300 Long Beach Blvd., Suite 440  
Long Beach, CA 90807  
M-F, 8:30-5  
Facility abuse and complaints are investigated on behalf of residents in nursing homes, board and care homes, and convalescent hospitals. Local office in Lakewood and serving Torrance, phone 562-925-2346. Also see Abuse, Advocacy and Complaints categories. Website: www.wiseandhealthyaging.org

**Medi-Cal Fraud Hotline**  
800-822-6222  
Dept. of Health and Care Services  
M-F, 8-5:30 EST  
Languages spoken are Spanish, Vietnamese, Cambodian, and Russian. Also see Complaints category. Website: www.dhcs.gov

**Medicare Fraud Hotline**  
800-447-8477  
Inspector General’s Office  
U.S. Dept. of Health and Human Services  
M-F, 8-5:30 EST  
English and Spanish Spoken. Also see Complaints category. Website: oig.hhs.gov/fraud/report-fraud

**National Suicide Prevention Lifeline**  
800-273-8255  
24/7  
Hotline for people thinking of suicide, in suicidal crisis or emotional distress. Interpreters for any language. Website: www.suicidepreventionlifeline.org
HOTLINE/URGENT

Rainbow Services 310-547-9343

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

Return Home Registry (Torrance) 310-618-6391
M-Th, 8-5
310-328-3456 24/7

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

Silverado Live Chat and Hotline 866-522-8125

The live chat was developed to help families who are dealing with the challenges of dementia. When calling one will be immediately connected with a live, trained professional who is available to answer any questions regarding dementia. Chatting can be either by phone or website. Also see Alzheimer’s category.
Website: www.silveradocare.com
Social Security Fraud Hotline 800-269-0271
M-F, 10-4 EST
Report fraud, waste, or abuse within the Social Security programs such as retirement, disabilities, survivors and supplemental security income. Report persons who are buying or selling social security numbers. Also see Complaints and Social Security categories.
Website: www.ssa.gov (search “submit a fraud report” from the home page)

Suicide Prevention Center 877-727-4747
Didi Hirsh Health Center 24/7
24-hour telephone support system and referral network for callers in suicidal crisis.
Survivors’ group and speaker’s bureau.
Website: www.didihirsch.org/spc

Veterans Crisis Line 800-273-8255 (TALK) Ext. 1
A free hotline set up by the Veterans Health Administration giving 24/7 access to trained counselors who know what a veteran is going through. Provides support for veterans in crisis and their family and friends. All calls are confidential. Also see Veterans category.
Website: www.veteranscrisisline.net
**HOUSING NON-SUBSIDIZED**

**Bayside Terrace**  
310-832-4926  
860 W. 5th St.  
San Pedro, CA 90731  
M-F, 9-5:30  
99 one-bedroom units, 55 years and older and accepts disabled.  
Website: gardnerbaysideterrace@gardnercompany.com

**Camino Village Senior Complex**  
310-835-1899  
21735 Main St.  
Carson, CA 90745  
44 one-bedroom units, 55 years and older. Also see Housing, Subsidized category.  
Website: none

**Carson Terrace Senior Apartments**  
310-835-0969  
632 E. 219th St.  
Carson, CA 90745  
62 one-bedroom units, 62 years and older and accepts disabled 62 yrs. and older.  
Up to 2 yr. waiting list. Also see Housing, Subsidized category.  
Website: none

**Coleman Court**  
310-212-5898  
1421 Cravens Ave.  
Torrance, CA 90501  
M-F, 9-5  
78 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas and trash. Also see Housing, Subsidized category.  
Website: www.tsahousing.com (go to “properties” tab on home page)
### Don Senior Apartments

105 East I Street  
Wilmington, CA 90744  

58 one-bedroom units with one and 2 bedroom apartments. Applicants must be 55 years and older. Also see Housing, Subsidized category.  
Website: none

### Harmony Court Apartments

4502 186th St.  
Redondo Beach, CA 90278  

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

### Heritage Point Apartments

1801 Aviation Way  
Redondo Beach, CA 90278  

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

1300 Park View Ave.  
Manhattan Beach, CA 90266  

104 one-bedroom units, 55 years and older.  
Website: none
HOUSING NON-SUBSIDIZED

**Mobile Homes Association**  
310-530-2610

Mobile homes in mobile home parks are a low-cost housing alternative. Debbie Vicars, President of Knolls Lodge/Manor Homeowners Assn. can advise on mobile homes in general.
Website: none

**Ocean Terrace**  
310-373-0903

3851 226th St.  
Torrance, CA 90505

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

**Roland R. Mindeman Senior Residence**  
310-318-2827

Salvation Army  
125 W. Beryl  
Redondo Beach, CA 90277

44 one-bedroom units, 4 two-bedrooms, 1 studio for 62 years and older. Water and gas paid.
Website: none

**Ross Manhattan Terrace**  
310-545-5063

3400 N. Valley Dr.  
Manhattan Beach, CA 90266

48 one-bedroom units, 55 years and older and water and trash are paid.
Website: none
HOUSING NON-SUBSIDIZED

Seaside Villa 310-376-9363
319 N. Broadway St. M-F, 9-5
Redondo Beach, CA 90277

6 one-bedroom units, no age restriction. Appointment needed to see apartments. Also see Housing, Subsidized category.
Website: none

Seasons Senior Apartments 310-374-6664
109 S. Francisca Ave. M-F, 8-5
Redondo Beach, CA 90277

37 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, 9-5

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

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

**Camino Village Senior Complex**  310-835-1899

21735 Main St.
Carson, CA 90745

M-F, 8-5

Accepts L.A. County Section 8 Vouchers. 44 one-bedroom units, 55 years and older. Also see Housing, Non-Subsidized category.

Website: none

**Carson Garden Senior Community**  310-518-2790

21811 S. Main St.
Carson, CA 90745

M-F, 8-4

Section 8 building administered by management. 99 one-bedroom units, 62 years and older; accepts disabled. Waiting list is 5 yrs.

Website: none

**Carson Terrace Senior Apartments**  310-835-0969

632 E. 219th St.
Carson, CA 90745

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

Website: none
HOUSING, SUBSIDIZED

Casa De Los Amigos  310-376-3457
123 S. Catalina Ave.  M-F, 9-5:30
Redondo Beach, CA  90277

Tax credit, 53 HUD units, 50% subsidized housing. 136 one-bedroom units for persons 62 years and older. Utilities included. Website: www.chmshousing.org (go to “locations” tab on home page)

Coleman Court  310-212-5898
1421 Cravens Ave.  M-F, 9-5
Torrance, CA 90501

Section 8 vouchers accepted. 78 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas, and trash. The subsidy is not tax credit or HUD. Also see Housing, Non-Subsidized category. Website: www.tsahousing.com (go to “properties” tab on home page)

Don Senior Apartments  310-549-3338
105 East I Street  M-F, 10-2
Wilmington, CA 90744

Section 8 vouchers accepted. 57 one-bedroom units with one and 2 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.  M, W, F, 10-2
Gardena, CA 90247

HUD, 80 one-bedroom units, 62 years and older can apply. Website: www.csi.coop/en/locations/CA
**Gateway, The**

720 E. Carson St.
Carson, CA 90745

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

**Harbor Towers**

340 S. Mesa St.
San Pedro, CA 90731

Section 8 building administered by management. Does not accept vouchers. 180 one-bedroom units for independent living. Must be 62 years and older.
Website: none

**Harmony Court Apartments**

4502 186th St.
Redondo Beach, CA 90278

Section 8 vouchers accepted. 187 units, with 1 and 2 bedroom units, 62 years and older and accepts disabled 62 years and older. Also see Housing, Non-Subsidized category.
Website: harmonycourt.wnmapartments.com

**Heritage Point Apartments**

1801 Aviation Way
Redondo Beach, CA 90278

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

Housing Authority of the County of Los Angeles 800-731-4663

700 W. Main St. M-F, 8-4
Alhambra, CA 91801

Operates housing units for low-income seniors and disabled throughout the county.
Waiting list closed. TDD access: 855-892-6095
Website: www.hacola.org

Meadow Lark Manor 800-500-7725 310-532-8310

17150 S. Park Lane M-F, 9-noon
Gardena, CA 90247

HUD, 74 studios and one-bedroom units, 18 years and older; accepts disabled.
Website: www.csi.coop

Mirandela Senior Apartments 310-265-5200

5555 Crestridge Rd. M-F, 9:30-3:30
Rancho Palos Verdes, CA 90275

Tax credit, 34 apartments with one and two bedrooms fully equipped with refrigerator, gas stove, dishwasher and garbage disposal. Age requirement 62 years and older.
Website: https://affordablehousingonline.com/housing-search/California/rancho-palos-verdes

Ocean Terrace 310-373-0903

3851 W. 226th St. M-F, 9-1
Torrance, CA 90505

Accepts Section 8 vouchers, 36 one-bedroom units, 62 years and older; accepts disabled
62 yrs. Rent includes water, gas, and trash. Also see Housing, Non-Subsidized category.
Website: www.tsahousing.com (go to “properties” tab on home page)
**HOUSING, SUBSIDIZED**

**Park Pacific Tower**

714 Pacific Ave.  
Long Beach, CA 90813  
M-F, 9-5

Subsidized housing under management with rent being 30% of income. 84 units including studio and 1 bedroom apartments for seniors 62 yrs. and older. Call to request an application.  
Website: [http://affordableaffordinghousingonline.com-search/california/longbeach](http://affordableaffordinghousingonline.com-search/california/longbeach)

**Plymouth West**

240 Chestnut Ave.  
Long Beach, CA 90802  
M-F, 9-4

Tax credit, Section 8 property with studio and 1 bedroom apartments for seniors 62 yrs. and older.  
Website: [www.lomco.com](http://www.lomco.com) (click on “our housing” link on home page)

**Seaside Villa**

319 N. Broadway St.  
Redondo Beach, CA 90277  
M-F, 9-5

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.  
Website: none

**Seasons Senior Apartments**

109 S. Francisca Ave.  
Redondo Beach, CA 90277  
M-Th, 8-5; F, 9-4

83 units, income and rent restricted at 80% of area median income. 37 units at market price. One and two bedrooms accepting 55 years and older.  
Website: [www.linchousing.org/prop/redondo.html](http://www.linchousing.org/prop/redondo.html)
**HOUSING, SUBSIDIZED**

**South Bay Co-op**

4716 W. 153rd Pl.  
Lawndale, CA 90260

HUD, 56 efficiency with one-bedroom studio units, 18 years and older and with 6 units for mobility impaired.  
Website: www.csi.coop/en/locations/CA

**South Park Manor**

17100 S. Park Lane  
Gardena, CA 90247

HUD, 88 one-bedroom units, 40 studios, 62 years and older; accepts disabled.  
Website: www.csi.coop

**St. Mary’s Tower**

1120 Atlantic Ave.  
Long Beach, CA 90813

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: none

**Telacu Senior Housing**

13000 Doty Ave.  
Hawthorne, CA 90250

Section 8 building administered by management. Vouchers not accepted. 75 one-bedroom and studio units, 62 years and older or disabled.  
Website: telacu.com/propertylistings/telacu-senior-housing
HOUSING, SUBSIDIZED

The Gateway
720 E. Carson St.
Carson, CA 90745

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

Torrance Housing Office
Torrance City Hall
3031 Torrance Blvd.
Torrance, CA 90503

Currently the waiting list is closed and no applications available. To qualify for Section 8 Rental Assistance, the gross income limits by family size are as follows: 1 person $28,550, 2 persons $32,600, 3 persons $36,700 and 4 persons $47,050.
Website: www.torranceca.gov/our-city/community-development/senior-housing/section-8-rental-assistance-program

Villagio Apartments
555 E. Carson St.
Carson, CA 90745

Tax credit property accepting L.A. County Vouchers only. Property has 12 one-bedroom and 12 two-bedroom units for 55 years and older, and units for disabled.
Website: www.tsahousing.com (go to “properties” tab on home page)

Vista Lee Rosa
1001 Pacific Coast Highway
Harbor City, CA 90710

Section 8 building for 62 years and older. 12 studios and 87 one-bedroom. Accepts disabled 18 years and older. Applications available during office hours. Call for further information and appointments are necessary.
## IDENTIFICATION

<table>
<thead>
<tr>
<th><strong>Alzheimer’s Association Greater Los Angeles</strong></th>
<th>323-938-3379</th>
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<tbody>
<tr>
<td>4221 Wilshire Blvd., Suite 400</td>
<td>M-F, 8:30-5</td>
</tr>
<tr>
<td>Los Angeles, CA 90010</td>
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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.alzgla.org](http://www.alzgla.org)

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<tr>
<th><strong>American Medical ID</strong></th>
<th>800-363-5985</th>
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<tbody>
<tr>
<td>949 Wakefield, Suite 100</td>
<td>M-F, 8-6</td>
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<tr>
<td>Houston, TX 77018</td>
<td>CST</td>
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Offers quality medical ID jewelry that is personalized and custom engraved. Provides a medical ID online medical registry as a personal health file that includes medical conditions, emergency contact information, doctors’ names, insurance information and other documents. Also see Hotline/Non-Urgent category. 
Website:  [www.americanmedical-id.com](http://www.americanmedical-id.com)

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<tr>
<th><strong>Bodyguard I.D. Tags, LLC</strong></th>
<th>800-383-7790</th>
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<tbody>
<tr>
<td>3958 Black Horse Pike</td>
<td>M-F, 9-5:30</td>
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<tr>
<td>Mays Landing, NJ 08330</td>
<td>EST</td>
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Complete line of engraved bracelets and necklaces identifying those with special medical conditions. With each order an identification card is provided for the wallet or purse. Spanish spoken. Also see Hotline/Non-Urgent category. 
Website:  [www.bodyguardidtags.com](http://www.bodyguardidtags.com)

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<tr>
<th><strong>MedicAlert Foundation</strong></th>
<th>888-633-4298</th>
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<tr>
<td>2323 Colorado Ave.</td>
<td>M-F, 6 am-5 pm</td>
</tr>
<tr>
<td>Turlock, CA 95382</td>
<td>Sat, 8-5</td>
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</table>

Engraved jewelry identifying medical condition with emergency help 24 hours/day. Provides identification for Alzheimer’s patients. Call for brochure. Also see Alzheimer’s and Hotline/Non-Urgent categories. 
Website:  [www.medicalert.org](http://www.medicalert.org)
IDENTIFICATION

Motor Vehicles, Department of, (DMV)  800-777-0133

1785 W. 220th St.  M, T, Th, F, 8-5
Torrance, CA 90501    W, 9-5

Identification cards, licensing of drivers and vehicles. To schedule a non-drive test appointment and renew vehicle registration call 800-777-0133.
Website:  www.dmv.ca.gov
IN-HOME SERVICES

DISCLAIMER

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

24 Hr. HomeCare 310-375-5353
21311 Hawthorne Blvd., Suite 101
Torrance, CA 90503
24/7

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

Always Best Care Senior Services 310-341-8500
21250 Hawthorne Blvd., Suite 500
Torrance, CA 90503
24/7

Provides non-medical in-home services for people who prefer to stay at home but need ongoing care that cannot easily be provided by family or friends. Care providers are bonded, insured and have passed a thorough criminal background check. Services include non-medical, personal and social needs. Assistance is given for grooming, dressing, bathing, toileting, incontinence, mobility, errands, and light housekeeping. Specialized caregivers are available for hospice patients. Care is available 24 hrs./day, 7 days/week with a 4-hour minimum. Service area is greater South Bay. Languages spoken are Spanish, Tagalog, Italian, Indonesian, French and Farsi. Also see Alzheimer’s, Board and Care and Retirement categories.
Website: www.alwaysbesthomecare.com
IN-HOME SERVICES

Amada Senior Care 310-953-0440

3812 Sepulveda Blvd., Suite #200
Torrance, CA 90505
M-F, 8:30-5:30
On call 24/7

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

A Peace of Mind Home Care Solutions 310-377-3776

4000 Palos Verdes Drive North, Suite 100
Rolling Hills Estates, CA 9074
24/7

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

Assistance in Home Care 844-490-9755

12832 Valley View St., Suite 211
Garden Grove, CA 92845
M-F, 8-5
Phone service 24/7

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

At Home With Care 310-798-2700

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

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

Attentive Home Care 800-731-0071

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

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

Coastal Care Inc. 310-543-3211
21707 Hawthorne Blvd., Suite 106
Torrance, CA 90503
24/7

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

Continuous Care Services 310-667-6562
23505 Crenshaw Blvd., Bldg. #230
Torrance, CA 90505

Continuous Care Services caregivers give elderly clients professional care with a wide range of non-medical services for 4-24 hrs. Provides home support for clients requiring short/long term care and those with special needs. Serves the South Bay, Los Angeles, Long Beach, Palos Verdes and West Covina. Languages spoken in addition to English are Tagalog and Spanish.
Website: ccareservices.com

Davis In-Home Care, Inc. 310-297-9127
2627 Manhattan Beach Blvd., Suite 204
Redondo Beach, CA 90278
24/7

Provides free consultation and needs assessment visits for clients/family. Offers meal preparation, transportation and homemaking services including laundry and bed linen changes. Also offers personal care like bathing, dressing and toileting, Alzheimer’s and dementia care, and constant care 24/7. Daily written care reports by care giver. Pre-employment screening and caregiver training. Bonded, insured and provides Worker’s 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

3655 Torrance Blvd., #300
Torrance, CA 90503

424-704-5330
M-F, 9-5
24 hr. phone service

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

Hair Is Us

4172 Pacific Coast Highway, #105
Torrance, CA 90505

310-378-3327
M-F, 10-2
Appointment only

Provides in-home beauty services.
Website: none

Home Improvement Program – Torrance

3031 Torrance Blvd.
Torrance, CA 90503

310-618-2731

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

**Home Instead Senior Care**

310-542-0563
After 5 pm call 310-408-9905

3625 Del Amo Blvd., Suite 105, Torrance, CA 90503

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

**HomeLife Partners**

310-465-0100

23868 Hawthorne Blvd., Suite 201, Torrance, CA 90505

Provides non-medical, in-home care and Certified Geriatric Care Management exclusively for seniors living in the South Bay area. Provides hourly companionship to specialized services such as live-in, 24-hour care for dementia/Alzheimer’s, chronic illness, stroke, hospice and other challenging situations for seniors who do not have family living locally or unavailable to help manage the transitioning levels of care. All-inclusive services range from light housekeeping, cooking, errands, driving to a CNA performing complete bed care and short-term surgical recovery care. Caregivers are employees of the company, fully insured and screened for job credentials, performance, criminal, medical and driving records with staff having worked for over 4 years with the company. Certified by the American Board of Home Care, National Association of Professional Geriatric Care Managers and Home Care Association of America member. See also Case Management category. Website: www.homelifepartners.com
LivHOME
5670 Wilshire Blvd., #500
Los Angeles, CA 90036

LivHOME non-medical homecare is provided by caregivers and companions under the direct supervision of professional Life Care managers. Services focus on the specific needs of each client, providing a variety of personal care including Activities of Daily Living and Instrumental Activities of Daily Living as well as companionship and supervision to ensure safety. Specialized dementia care, socialization and life enhancement programs are also included. All caregivers are registered with the CA Dept. of Social Services having fingerprinting, background and DMV checks, skill testing, bonded, Worker’s Compensation, liability, and professional insurance. Also see Case Management category. Website: www.livhome.com

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

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

Luxucare Home Care
22939 Hawthorne Blvd., Unit 209
Torrance, CA 90505

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

Physician’s Choice  310-793-1616
3220 Sepulveda Blvd., Suite 100  M-F, 9-5
Torrance, CA 90505

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

Website:  www.pchomehealth.com

Providence Little Company of Mary Home Health  310-543-3450
5315 Torrance Blvd., #B169  M-Sun, 8-5
Torrance, CA 90503

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

Website:  www.providence.org

Salus Homecare  310-436-4303
1515 W. 190th St., Suite 150  24/7
Gardena, CA 90248

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

Website:  www.salushomecare.com
IN-HOME SERVICES

Seniors Helping Seniors 310-878-2045

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

Provides compassionate non-medical in-home care for seniors to help them continue living at home with comfort and safety. Services include Alzheimer’s and dementia care, post-hospitalization care, companionship, meal preparation, light housekeeping, transportation and errands, yard work, personal care (bathing, dressing and toileting assistance) and pet care. Two-hour minimum required. Services South Bay and west of Los Angeles. French and Arabic spoken. All caregivers are trained, bonded, insured, have Worker’s Compensation and criminal background checks performed. Also see Alzheimer’s category.
Website: inhomecarela.com

Torrance Home Improvement Program 310-618-2731

3031 Torrance Blvd.
Torrance, CA 90503

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

**ADVANTAGE Program**

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

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

Free network of health-related resources and services for people 50 years and over. Free Medicare insurance consultation with a trained volunteer to assist with questions related to Medicare, Medicare supplement plans, Medicare HMO's, or prescription drug plan selection. Also see Discounts, Education, and Health Services categories.
Website: [www.torrancememorial.org](http://www.torrancememorial.org) (search “Advantage Program” from home page)

**California Department of Insurance**

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

M-F, 8-5

Consumer hotline providing brochures on all types of insurance and for reporting fraud and injustice. Also see Complaints category.
Website: [www.insurance.ca.gov](http://www.insurance.ca.gov)

**HICAP (Medicare Insurance Counseling)**

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

M-F, 9-5

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918, and at Torrance Memorial Hospital, ADVANTAGE program, Thursdays, 10 am-1 pm. Must call for appointment: 310-517-4666.
Also see Advocacy, Complaints, and Health Services categories.
Website: [www.cahealthadvocates.org](http://www.cahealthadvocates.org)
INSURANCE

HMOs – Medicare (LA County)

<table>
<thead>
<tr>
<th>HMO Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aetna Medicare</td>
<td>800-832-2640</td>
</tr>
<tr>
<td>Anthem Blue Cross</td>
<td>877-811-3107</td>
</tr>
<tr>
<td>Blue Shield 65+</td>
<td>800-776-4466</td>
</tr>
<tr>
<td>Care More Heart</td>
<td>888-494-8280</td>
</tr>
<tr>
<td>Care 1st Health Plan</td>
<td>800-544-0088</td>
</tr>
<tr>
<td>Health Net Medicare Programs</td>
<td>800-275-4737</td>
</tr>
<tr>
<td>Kaiser Permanente Senior Advantage</td>
<td>800-777-1238</td>
</tr>
<tr>
<td>SCAN Health Plan for Seniors</td>
<td>800-559-3500</td>
</tr>
<tr>
<td>United Health Care-Secure Horizons</td>
<td>800-357-0978</td>
</tr>
</tbody>
</table>

Long Term Care Insurance Information 818-597-3227

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

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

Medi-Cal Information 800-541-5555

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 Ombudsman 888-452-8609
M-F, 8-5
Assists with resolving problems with Medi-Cal managed care plans. The ombudsman solves the problems from a neutral standpoint to ensure members receive all medically necessary covered services for which plans are contractually responsible.
Website: www.dhcs.ca.gov

Medi-Cal Telephone Service Center 800-541-5555
M-F, 8-5
Assistance to those already enrolled in Medi-Cal. Answers questions, needs help or needs to report a problem.
Website: www.medi-cal.ca.gov

Medicare HMO Appeals Hotline 888-466-9050
Website: www.medicareinteractive.org
www.medicare.gov/appeals
M-F, 10-3 EST

Medicare Information 800-633-4227
24 hours
General Medicare information including enrollment, Medicaid programs for low income, billing information, ordering of Medicare publications, and health plan choices. Also see Hotline/Non-Urgent and Insurance categories.
Website: www.medicare.gov
**American Civil Liberties Union of Southern California**

1313 West 8th St.
Los Angeles, CA 90017

Information and handling of cases involving civil rights and liberties. Listen to messages for contact instructions.
Website:  www.aclusocal.org

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**Bartlett Senior Citizens Center**

1318 Cravens Ave.
Torrance, CA 90501

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

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

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**Bet-Tzedek Legal Services**

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

M-F, 9-5
Appointment only

Legal team visits and assists needy people age 60 yrs. and older, regardless of race or religion residing in L.A. County. Appointments only at the following Senior Centers:
- Gardena, 310-217-9552 (every other month)
- Hawthorne, 310-349-1650 (every other month)
- Wilmington, 310-518-4533 (every other month)
Website:  www.bettzedek.org
California Advocates for Nursing Home Reform  800-474-1116

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

M-F, 9-5

Legal referrals for residents, rights violations, Medi-Cal, conservator ships, 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

845 S. Figueroa St.  
Los Angeles, CA 90017

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

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

Cancer Legal Resource Center  213-736-1455

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

M-Th, 9-5  
F, 9-4

Cancer Legal Resource Center is a joint program of the Disability Rights Legal Center providing free and confidential information and resources on cancer-related legal issues to cancer survivors, their families, friends, employers, health care professionals, and others coping with cancer. By appointment only.
Website:  cancerlegalresources.org/clrc-intake-form
email:  clrc@drlcenter.org/
Legal

Department of Consumer and Business Affairs - L.A. County  310-680-8613

Lennox Constituent Service Center  M, W, F, 8:30-4:30
4343 Lennox Blvd.  Closed noon to 1 pm
Lennox, CA 90304

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

Disability Rights California  800-776-5746
213-213-8000  M-F, 9-5

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

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

Disability Rights Legal Center  Intake number 213-736-1031

350 S. Grand Ave., Suite 2010  M-F, 9-5
Los Angeles, CA 90071

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

Healthcare and Elder Law Programs Corp.  
1404 Cravens Ave.  
Torrance, CA 90501  

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

**Immigration Legal Assistance Project (LACBA)**

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

Fee-based service for assistance with immigration issues.  
Website: www.lacba.org/give-back/immigration-legal-assistance-project

**Legal Aid Foundation of Los Angeles**

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

Free civil legal aid for low-income individuals in L.A. County. Offers a variety of legal help including defense against unjust evictions, restraining and custody orders for domestic violence survivors, assistance with obtaining or restoring government benefits, and a variety of services for military veterans. Appointment required. Also see Veterans category.  
Website: www.lafla.org
Legal Aid Foundation of Los Angeles
Self Help Legal Access Center
Torrance Court House
825 Maple Ave., Room 160
Torrance, CA 90503

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

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

National Organization of Veterans’ Advocates 877-483-8238
1775 Eye St. NW, Ste. 1150
Washington, DC 20006

M-F, 9-5

A non-profit group maintains an excellent directory of lawyers who practice Veterans law. The easy-to-navigate directory is organized by state. Also see Veterans category.
Website: www.vetadvocates.org

Public Counsel 800-870-8090 213-385-2977
610 S. Ardmore Ave.
Los Angeles, CA 90005

M-F, 9-12:30, 1:30-5:15

A law firm specializing in delivering a wide variety of pro bono legal services to low-income individuals and non-profits. Areas of assistance include government benefits, homelessness prevention, affordable housing advocacy, immigrants’ rights, impact litigation, and legal representation for veterans. Does not handle criminal law matters or matters relating to personal injury, divorce or child custody. Free bankruptcy assistance through “Debtors Assistance Project”, extension 704 on Tues. and Thurs. 10-12, 2-4 pm. Appointment is required and no walk-ins accepted. Also see Veterans category.
Website: www.publiccounsel.org
LEGAL

Public Guardian

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

A program administered by the Dept. of Mental Health. Public Guardians are named by the court as conservators for those physically or mentally disabled. The fees are less than a private conservator. Useful information about conservatorships and resources.
Websites: https://dmh/lacounty.gov/our-services/public-guardian

Redondo Beach Senior and Family Services

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

Free 15-minute appointment one time each month for legal matters. Must be an older adult or disabled. Appointment necessary. Also see Meals and Nutrition and Senior Center categories.
Website: www.redondo.org/senior

South Bay Bar Assn. Attorney Referral Service

Referrals to local attorneys, either by phone or e-referral form. Do listen to the long recording.
Website: www.southbaybar.org (click on “Need a Lawyer?” link on home page for Certified Lawyer Referral Service)
**South Bay Center for Dispute Resolution**  
1015 4th Street  
Hermosa Beach, CA 90254

Offers a variety of alternative dispute resolution services using conciliation and mediation. Conflict resolution techniques used to prevent, manage, settle and resolve disputes. Types of disputes include neighbors, landlord/tenants, business, consumer, domestic, homeowner’s associations and workplace. Serves South Bay (Redondo Beach, Manhattan Beach, Hermosa Beach, Lawndale) and free to all residents of most cities.  
Website:  [www.sbcdr.net](http://www.sbcdr.net)

**State Bar of California**  
845 S. Figueroa St.  
Los Angeles, CA 90017

Takes complaints only. Also see Complaints category.  
Website:  [www.calbar.ca.gov](http://www.calbar.ca.gov)

**Toberman Center**  
131 N. Grand  
San Pedro, CA 90731

Family Source Center providing case management, clothing, shelter, food pantry, health screening, employment counseling, utility bill assistance, court-mandated programs, income tax preparation and legal assistance to individuals living at or below the federal poverty level. Children and youth services offered after school, family literacy program, ESL, after school meal and gang intervention. Walk-in’s on Tuesdays, 9-12 to screen for services. Must bring proof of income and address for past 90 days. Service areas include San Pedro, Wilmington, and Harbor City. Also see Case Management, Emergency Shelter/Food Programs, and Employment categories.  
Website:  [www.toberman.org](http://www.toberman.org)
United States Bankruptcy Court, Central District of California 213-894-3118
Edward Roybal Federal Bldg. and Court House
255 E. Temple St.
Los Angeles, CA 90012
Online information about bankruptcy.
Website: www.caeb.uscourts.gov

U.S. Citizenship and Immigration Service (USCIS) 800-375-5283
Customer Service, 2nd level M-F, 8 am-9 pm EST
300 N. Los Angeles St.
Los Angeles, CA 90012
Assists with immigration problems including residency, obtaining U.S. citizenship or naturalization. Appointments are mandatory. To request forms call 800-870-3676 or download from website. To make an appointment, “Info Pass” must be obtained on the website. Division of Homeland Security.
Website: www.uscis.gov

USC Family Caregiver Support Center 855-872-6060
3715 McClintock Ave. M-F, 8:30-5
Los Angeles, CA 90089
Offers legal consultation, resource information, support groups and respite for caregivers and to families of people with adult-onset brain impairment. This is a non-profit/no cost organization. Also see Advocacy and Alzheimer’s categories.
Website: www.fcscgero.org

Wilmington Multipurpose Senior Center 310-518-4533
1371 N. Eubank M-F, 8-4:30
Wilmington, CA 90744
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)
Ben Allen, California State Senate, District 26 310-318-6994
2512 Artesia Blvd., #320 M-F, 9-5
Redondo Beach, CA 90278

Represents El Segundo, Manhattan Beach, Hermosa Beach, Redondo Beach, part of Torrance, Lomita, Palos Verdes Estates, Rolling Hills Estates, Rancho Palos Verdes, and Rolling Hills. Capitol address: State Capitol, Room 5072, Sacramento, CA 95814-4900. Term expires November 2022.
Website: sd26.senate.ca.gov

Nanette Barragan, Congressperson 44th District 310-831-1799
302 W. Fifth St., Suite 201 M-F, 8:30-5:30
San Pedro, CA 90731

Website: www.barragan.house.gov

Steven Bradford, California State Senate District 35 310-412-6120
1 West Manchester Blvd., Suite 600 M-F, 9-5
Inglewood, CA 90301

Website: sd35.senate.ca.gov
LEGISLATION

Autumn R. Burke, California State Assembly 62nd District 310-412-6400

One W. Manchester Blvd., #601
Inglewood, CA 90301
M-F, 9-5

Represents Inglewood, Hawthorne, El Segundo, Lawndale, Gardena (part), and Lennox.
Capitol address: P.O. Box 942849, Room 5150, Sacramento, CA 94249-0062,
phone (916) 319-2062. Term expires December 2020.
Website: asmdc.org/members/a62
E-mail: assemblymember.burke@assembly.ca.gov

Diane Feinstein, US Senator, California 310-914-7300

11111 Santa Monica Blvd., Suite 915
Los Angeles, CA 90025
M-F, 9-5

Represents statewide. Washington address: 331 Hart Senate Office Building,
Website: www.feinstein.senate.gov

Mike A. Gipson, California State Assembly District 64 310-324-6408

879 W. 190th St., #920
Gardena, CA 90248
M-F, 9-5

Represents Harbor City, Carson, West Compton, Harbor Gateway, Willowbrook,
Wilmington, Torrance (part) and Gardena (part). Capitol office: P.O. Box 942849, Room
4164, Sacramento, CA 94249-0064, phone (916) 319-2064. Term expires
December 2020.
E-mail: assemblymember.gipson@assembly.ca.gov
Website: http://a64.asmdc.org
Janice Hahn, County Supervisor 4th District  213-974-4444

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

Website: www.janice_hahn.com

Kamala Harris, US Senator, California  213-894-5000

11845 W. Olympic Blvd., Suite 1250 West  
Los Angeles, CA 90064

Website: www.harris.senate.gov

League of Women Voters of the Beach Cities  310-379-6663 press 2

629 19th St.  
Manhattan Beach, CA 90266

Non-partisan organization providing study groups and voter services to promote political responsibility through informed and active participation of citizens in government. Covers the areas of Inglewood, Hawthorne, El Segundo, Manhattan, Hermosa and Redondo Beach.  
Website: www.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 the areas of Palos Verdes Estates, Rancho Palos Verdes, Rolling Hills, Rolling Hills Estates, and parts of San Pedro.
Website: www.lwvpalosverdes.org

League of Women Voters Torrance Area

P.O. Box 964
Torrance, CA 90508

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

Ted Lieu, U.S. Congressman 33rd District

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

M-F, 9-5

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

Al Muratsuchi, California State Assembly District 66 310-375-0691
3424 Carson St., Suite 450 M-F, 9-5
Torrance, CA 90503

Represents Manhattan Beach, Hermosa Beach, Redondo Beach, Gardena, Torrance, West
Carson, Lomita, Palos Verdes Estates, Rolling Hills Estates, Rancho Palos Verdes,
Rolling Hills, El Camino Village, Harbor Gateway, and Harbor City. Sacramento address:
P.O. Box 942849, Room 2179, Sacramento, CA 94249-0066. Term expires December
2020.
E-Mail: assemblymember.muratsuchi@assembly.ca.gov
Website: A66.ASMDC.org

Patrick O’Donnell, California State Assembly District 70 310-548-6420
461 W. 6th St., #209 M-F, 9-5
San Pedro, CA 90731

Represents San Pedro. Capitol office: P.O. Box 942849, Room 2196, Sacramento, CA
94249-0070, phone (916) 319-2070. Term expires December 2020.
E-mail: assemblymember.odonnell@assembly.ca.gov
Website: asmdc.org/members/a70

Torrance City Hall 310-618-2801
3031 Torrance Blvd.
Torrance, CA 90503

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

Maxine Waters, U.S. Congresswoman 43rd District 323-757-8900
10124 S. Broadway, #1 M-F, 9-5
Los Angeles, CA 90003

Represents: Inglewood, Lennox, Gardena, El Camino Village, Hawthorne, Lawndale,
Harbor City, Harbor Gateway, Torrance (East of Hawthorne Blvd.), Lomita and West
Carson. Washington address: 2221 Rayburn House Office Building, Washington, DC
Website: waters.house.gov
**LIBRARIES**

**Braille Institute of America**
800-272-4553
741 N. Vermont Ave.
Los Angeles, CA 90029
M-F, 8:30-5
Free complete service center for the visually impaired. Talking books. All ages accepted. Also see Disabilities category. Website: www.brailleinstitute.org

**Carson Public Library (County)**
310-830-0901
151 East Carson St.
Carson, CA 90745
Website: www.colapublib.org

**Dr. Martin Luther King Jr. Public Library (County)**
310-327-4830
17906 S. Avalon Blvd.
Carson, CA 90746
Website: www.colapublib.org/libs/victoria

**El Segundo Public Library**
310-524-2722
111 W. Mariposa Ave.
El Segundo, CA 90245
Website: library.elsegundo.org

**Gardena Mayme Dear Library (County)**
310-323-6363
1731 W. Gardena Blvd.
Gardena, CA 90247
Website: www.colapublib.org/libs/gardena

**Harbor City-Harbor Gateway Branch Library (L.A. City)**
310-534-9520
24000 S. Western Ave.
Harbor City, CA 90710
Website: www.lapl.org/branches/harbor-city-harbor-gateway
LIBRARIES

Hawthorne Public Library (County) 310-679-8193
12700 S. Grevillea Ave.
Hawthorne, CA 90250
Website: www.colapublib.org/libs/hawthorne

Hawthorne Wiseburn Public Library (County) 310-643-8880
5335 W. 135th St.
Hawthorne, CA 90250
Website: www.colapublib.org/libs/wiseburn

Hermosa Beach Public Library (County) 310-379-8475
550 Pier Ave.
Hermosa Beach, CA 90254
Website: www.colapublib.org/libs/hermosa

Inglewood Public Library (County) 310-412-5380
Main Library
101 W. Manchester Blvd.
Inglewood, CA 90301
Website: www.cityofinglewood.org (search “library” on home page)

Inglewood Public Library (County) 310-412-5403
Crenshaw-Imperial Branch
11141 S. Crenshaw Blvd.
Inglewood, CA 90303
Website: www.cityofinglewood.org (search “library” on home page)

Lawndale Public Library (County) 310-676-0177
14615 Burin Ave.
Lawndale, CA 90260
Website: www.colapublib.org/libs/lawndale
LIBRARIES

**Lennox Public Library (County)**

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

**Lomita Public Library (County)**

24200 Narbonne Ave.
Lomita, CA 90717

**Manhattan Beach Public Library (County)**

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

**Masao W. Satow Library (County)**

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

**Palos Verdes - Malaga Cove Plaza Library**

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

**Palos Verdes - Miraleste Library**

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

**Palos Verdes - Peninsula Center Library**  
310-377-9584
701 Silver Spur Rd.
Rolling Hills Estates, CA 90274
Website: www.pvld.org/locations/pc

**Redondo Beach - Main Library**  
310-318-0675
303 N. Pacific Coast Highway
Redondo Beach, CA 90277
Website: www.redondo.org/depts/library/default.asp

**Redondo Beach - North Branch Library**  
310-318-0677
2000 Artesia Blvd.
Redondo Beach, CA 90278
Website: www.redondo.org/depts/library/default.asp

**San Pedro Regional Branch Library (L.A. City)**  
310-548-7779
931 S. Gaffey St.
San Pedro, CA 90731
Website: www.lapl.org/branches/san-pedro

**Torrance - El Retiro Branch Library**  
310-375-0922
126 Vista Del Parque
Redondo Beach, CA 90277
Website: http://www.library.torranceca.gov/home-library(click on “Hours and Locations” on left side of page)

**Torrance - Henderson Branch Library**  
310-371-2075
4805 Emerald Ave.
Torrance, CA 90503
Website: www.library.torranceca.gov/home-library (click on “Hours and Locations” on left side of page)
Torrance - North Branch Library 310-323-7200
3604 Artesia Blvd.
Torrance, CA 90504
Website: www.library.torranceca.gov/home-library (click on “Hours and Locations” on left side of page)

Torrance Public Library
Katy Geissert Civic Center Library 310-618-5959
3301 Torrance Blvd.
Torrance, CA 90503
Reference and reader’s advisory services, public information, literary and cultural programming, books (including large print format), magazines, government documents, audiovisual materials, internet access, interlibrary loan, and delivery service (WOW) for individuals with disabilities. For full description of services refer to Disabilities category.
Website: www.library.torrance.gov/home-library (click on “Hours and Locations” on left side of page)

Torrance - Southeast Branch Library 310-530-5044
23115 S. Arlington Ave.
Torrance, CA 90501
Website: www.library.torranceca.gov/home-library (click on “Hours and Locations” on left side of page)

Torrance - Walteria Branch Library 310-375-8418
3815 W. 242nd St.
Torrance, CA 90505
Website: www.library.torranceca.gov/home-library (click on “Hours and Locations” on left side of page)

Wilmington Branch Library (L.A. City) 310-834-1082
1300 N. Avalon Blvd.
Wilmington, CA 90744
Website: www.lapl.org/branches/wilmington
Wiseburn Library (County) 310-643-8880

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

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<td><a href="http://www.lomita.com/cityhall">www.lomita.com/cityhall</a></td>
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<td>Manhattan Beach City Hall</td>
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<td>Rolling Hills Estates City Hall</td>
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<td>Torrance City Hall</td>
<td>310-328-5310</td>
<td><a href="http://www.torranceca.gov">www.torranceca.gov</a></td>
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</table>
### Anderson Memorial Senior Center

**Address:** 828 S. Mesa St.  
San Pedro, CA 90731  

The nutrition program serves hot, well-balanced meals in congregate dining centers M-F @ 11 am for $3. No pre-registration is necessary. Meals are served on a first come, first served basis. Also see Senior Centers category.  
Website: [www.laparks.org/dos/senior/facility/andersonsc.htm](http://www.laparks.org/dos/senior/facility/andersonsc.htm)

### Bartlett Senior Citizens Center

**Address:** 1318 Cravens Ave.  
Torrance, CA 90501  

Hot lunch ($2.50) for adults 50 years and older, M-F at 11:30 am. Reservations should be made 24 hours in advance. Also see Legal and Senior Centers categories.  
Website: [www.torranceca.gov/our-city/recreation/seniors](http://www.torranceca.gov/our-city/recreation/seniors)

### Carson Senior Social Services

**Address:** 801 E. Carson St.  
Carson, CA 90745  

Hot lunch $3.50 provided by the YMCA for seniors on Monday-Friday @ 11:30 am. Sack lunches delivered to Carson residents only on the weekends costing $3.75. To start home delivery process application must be filled out. Call 310-505-5253. Reservations required. Also see Case Management and Senior Centers categories.  
Website: [ci.carson.ca.us](http://ci.carson.ca.us) (search “senior social services” from home page)

### First United Methodist Church of Redondo Beach

**Address:** 243 So. Broadway  
Redondo Beach, CA 90277  

Hot meals on Wednesday, 6-7 pm. Hygiene items and clothes when available.  
Website: [www.beachfaith.com](http://www.beachfaith.com)
MEALS & NUTRITION

First United Methodist Church of Torrance 310-328-3242

1551 El Prado
Torrance, CA 90501

Hot meals served the 4th Saturday of the month at 11 am.
Website: www.firstumctorrance.org

Food Stamps (Cal Fresh) 877-597-4777

Department of Public Social Services, L.A. County 24/7

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

Gardena Senior Citizens Bureau 310-217-9552

1670 W. 162nd St.
Gardena, CA 90247

M-F, 8-5

Lunch program M-F, 12:30-1 p.m. Cost $2.75 for adults 60 yrs. and older; reservations needed 24 hr. ahead of time. Has home-delivered meals. Also see Case Management and Senior Centers categories.
Website: www.cityofgardena.org (Search “senior citizen’s bureau” from the home page)

Gardena Valley Japanese Cultural Institute (JCI) 310-324-6611

1964 W. 162nd St.
Gardena, CA 90247

M-F, 9-5

Japanese box lunches, $3.25. For non-residents of Gardena lunch is $4.50 and served Monday and Wednesday. Reserve by Wednesday noon of prior week. Eat in or at home. Call for time. Also see Senior Centers category.
Website: www.jci-gardena.org
MEALS & NUTRITION

Hawthorne Senior Center  310-349-1650
3901 W. El Segundo Blvd.  M-F, 9-4
Hawthorne, CA 90250

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

Inglewood Senior Center  310-412-5338
111 Locust St.
Inglewood, CA 90301

Lunch served Monday to Friday from 12 noon to 12:30 pm. Home delivered meals also served. Suggested donation $2. Also see Case Management and Senior Centers categories.
Website:  www.cityofinglewood.org (Search “senior center” on home page)

Japanese Cultural Institute (JCI)  310-324-6611
1964 W. 162nd St.
Gardena, CA 90247

Japanese lunch box for pick up, M-F, 10:45-11:45 for $3.25. Reservations required by Wednesday noon of prior week.
Website:  www.jci-gardena.org
MEALS & NUTRITION

Lawndale Community Center-Senior Services  310-973-3270
14700 Burin Ave.                                      M-Th, 7 am-8 pm
Lawndale, CA 90260                                   F, 7 am-4 pm
                                            Sat, 7 am-8 pm

Lunch served Monday-Friday from 12 noon to 1 pm, suggested donation $2.25. Sign up required ahead of time. Also see Case Management and Senior Centers categories. Website: www.lawndalecity.org (after clicking “Services” tab at top of home page, select “Daily Senior Activities Schedule”)

Meals on Wheels

Carson – 310-835-0212, ext. 1487
El Segundo – 310-322-9033
Gardena – 310-217-9552 - www.ci.gardena.ca.us (search “home delivered meals” from home page)
Harbor City – 310-518-4533 – serves 1 meal/day
Harbor Gateway – 310-518-4533 – serves 1 meal/day
Hawthorne – 310-412-4380 - www.cityofhawthorne.org/senior-activities
Inglewood – 310-412-5338 - www.cityofinglewood.org (search for “senior services” on home page, and click on first link for senior services information)
Lawndale – 310-973-3270 – www.lawndalecity.org (search “meals on wheels” from home page and click on link called “Programs and Services”) Or leave a voicemail to request more information.
Lennox – 310-412-5338 - www.cityofinglewood.org (search for “senior services” on home page, and click on first link for senior services information)
Manhattan, Redondo, Hermosa Beaches - 310-318-2827 - www.salvationarmy-socal.org (search using city name on home page)
Palos Verdes – 310-318-2827 (east of Hawthorne only)
San Pedro – 310-518-4533 – only 1 meal/day
San Pedro – 310-832-7335, SAN PEDRO RESIDENTS ONLY, serves 2 meals/day
Torrance/Lomita – 310-542-3434 (M-F, 8:30-2:30) – www.tlmow.org
Wilmington – 310-518-4533 – serves 1 meal/day

Hot meals delivered to homes of housebound seniors or disabled. Call for details.
MEALS & NUTRITION

Nakaoka Community Center 310-217-9552

Senior Citizens Bureau  
1670 W. 162nd St. 
Gardena, CA 90247

Hot meals served Monday to Friday at 12:30, $2.75 suggested donation for seniors and provides home delivered meals @ $2.25 suggested donation. Also see Senior Centers category.  
www.ci.gardena.ca.us (Search “senior citizens bureau” from home page.)

Perry Park Senior Center 310-318-0650

North Redondo Senior Club  
2308 Rockefeller Lane  
Redondo Beach, CA 90278

Lunch program on Monday, Wednesday, and Friday at 12 noon with reservations required 24 hours ahead of time. Cost is $3.00. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information. Also see Senior Centers category.  
Website: www.redondo.org/senior

Redondo Beach Senior and Family Services 310-318-0650

1922 Artesia Blvd.  
Redondo Beach, CA 90278

YMCA sponsored lunches, $3.00 donation served Tuesday and Thursday at Veterans Park, and Monday, Wednesday, and Friday at Perry Park. For more information call Senior and Family Services. Also see Legal and Senior Center categories.  
Website: www.redondo.org/senior

Riviera United Methodist Church 310-378-9273

375 Palos Verdes Blvd.  
Redondo Beach, CA 90277

Every 5th Saturday of each month, 11-1 pm, for low income and homeless is provided a “Loaves and Fish” lunch that serves a full course home cooked meal. Brown bag sandwich meals, socks and toiletries are available to take as a person leaves.  
Website: www.rivieraumc.com
Salvation Army
125 W. Beryl St.
Redondo Beach CA 90277

Delivers hot meals for those who cannot prepare for themselves. Cost is $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
769 W. Third St.
San Pedro, CA 90731

Senior nutrition site with hot lunch meal for $3 (suggested donation) at 11:30 am on a first come, first served basis. Call for more information and reservations. Also see Case Management, and Senior Centers categories.
Website: https://wdac.lacounty.gov/programs/centers/sanpedro

St. Andrews Episcopal Church
1432 Engracia Ave.
Torrance, CA 90501

Hot meals served the 3rd Saturday of the month. No charge for meals. Serving starts at 11:00 am and continues until all food is gone.
Website: www.saintandrewstorrance.org

St. Andrews Presbyterian Church
301 Ave D
Redondo Beach, CA 90277

Hot lunches are provided from 12 noon – 1 pm on Tuesday and Thursday. Canned food, hygiene, bedding items and used clothing given when available.
Website: www.sntandrews.org
MEALS & NUTRITION

St. James Catholic Church 310-372-5228

415 Vincent St.
Redondo Beach, CA 90277

Sack lunches are provided from 1 pm-2 pm on Monday, Wednesday, and Friday. Part of “Feed the Needy” program.
Website: www.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 pm. Dinner served every 4th Saturday each month at 4 pm. Sack lunches are served Sunday at 12 noon.
Website: none

St. Paul’s United Methodist Church 310-370-4319

2600 Nelson Ave.
Redondo Beach, CA 90278

Hot supper served at church from 6-7 pm on Tuesday. Food pantry is open from 9-11 am on the 1st and 3rd Thursday of the month. Clothing available at both events.
e-mail: projectneedsrb@gmail.com
Website: www.stpaulrb.org

Torrance 1st Baptist Church 310-328-5030

2118 W. Carson St.
Torrance, CA 90501

Hot meal served on the first Saturday of each month, 11 am-1 pm.
Website: www.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 11am the prior day. Donation of $3.00 for seniors 60 yr. plus and caregivers: $4.00 for non-seniors. Also see Senior Centers category.
Website: www.ymcala.org/t56

Veterans Park Senior Center  310-318-0650

Redondo Beach Senior Club
301 Esplanade (corner of Catalina and Torrance Blvd.)
Redondo Beach, CA 90277

Lunch program $3.00 donation on Tuesday and Thursdays at 12 noon with reservations required 24 hr. ahead of time. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information or go to website. Also see Senior Centers category.
Website: www.redondo.org/senior

Walteria United Methodist Church  310-375-0622
3646 Newton St.
Torrance, CA 90505

Full hot meal served the 2nd Saturday of each month from 11 am -1 pm for the needy and homeless.
Website: www.walteriaumc.org

Wilmington Multipurpose Senior Center  310-518-4533
1371 Eubank (Banning Park)
Wilmington, CA 90744

Hot meal served at 12 noon for $3 for seniors 60 yrs. and over. Call for more information and reservations. Also see Case Management, Legal, Senior Centers and Transportation categories.
Website: www.wilmingtonjcfoundation.yolasite.com
Yvonne Burke Senior and Community Center

4750 W. 62nd St.
Los Angeles, CA 90056

Senior Nutrition Program serving lunch Monday to Friday, 12 noon – 12:30 pm. Suggested donation $2, $5.00 for non-seniors. On site is Meals on Wheels. Also see Senior Centers category.

Website: cityofinglewood.org (search “Yvonne Burke” from home page and click on “Senior congregate meals” in the results)
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<th>City</th>
<th>Sheriff's Department</th>
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<td>Carson</td>
<td>310-830-1123</td>
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<td>El Segundo</td>
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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

P.O. Box 833
Southfield, MI 48037

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

Always Best Care Senior Services

21250 Hawthorne Blvd., Suite 500
Torrance, CA 90503

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

5701 Crestridge Rd.
Rancho Palos Verdes, CA 90275

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

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**Bixby Knolls Towers**

3737 Atlantic Ave.
Long Beach, CA 90807

A non-profit Retirement Housing Foundation community offering affordable senior housing with independent, assisted living, skilled nursing and rehabilitation. Provides 3 meals/day and social activities, excursions, laundry services, beauty shop and weekly housekeeping. The full-service senior apartments accept 55 yr. and older, and skilled nursing is provided for 62 yrs. and older.

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

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**Brookdale South Bay**

5481 Torrance Blvd.
Torrance, CA 90503

Accepts active adults 62 years and older, providing studios, 1 and 2 bedroom units, 3 meals a day, and weekly housekeeping. Staff is available 24 hours. Transportation for medical appointments and shopping.

Website: [www.brookdale.com](http://www.brookdale.com) (search for “Torrance, CA” on home page)
Canterbury, The
5801 Crestridge Rd.
Rancho Palos Verdes, CA 90275

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.
Website: www.thecanterbury.org

Carson Senior Assisted Living Center
345 E. Carson St.
Carson, CA 90745

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
3210 W. Sepulveda Blvd.
Torrance, CA 90503

Assisted living and memory care for 65 yrs. and older and disabled. Studio, one and two bedroom options. Pet friendly. Services include dining, scheduled transportation, state-of-the-art emergency call system, housekeeping, laundry, utilities, and recreation. Amenities include coffee bar, movie theatre, beauty salon, game room, multi-purpose room, and large courtyard with putting green and gardening. Private pay only. Also see Alzheimer’s category.
Website: www.clearwaterliving.com
Gardena Retirement Center 310-327-4091
14741 South Vermont Ave.  
Gardena, CA 90247  
M-F, 9-5
65 years and older, providing 3 meals a day. Offers activities, outings, Japanese arts and crafts and exercise program. Will accept those using walkers and canes. Serves Japanese and American food.  
Website:  www.gardenaretirement.com

Geriatric Solutions Unlimited 310-403-3499
1601 N. Sepulveda Blvd., #136  
Manhattan Beach, CA 90266  
24/7
Specializes in providing personalized free resources and information to seniors and families looking for alternative options in transitioning their love one. Assists in process to find the right assisted living, memory care/Alzheimer’s care communities, residential board and care, respite care, and retirement communities, that will fit individual needs. The focus is to understand and personalize the best resource solution. Specializes in giving resources for VA veterans Aid and Attendance application benefits. The free service includes Geriatric Care consultants that will visit, evaluate and assess care needs, establish location which is comfortable for client and family. Establish client’s social and personal interests and their budget. Serves South Bay, Los Angeles, Orange, Ventura and San Diego counties and throughout California. English, Spanish and Tagalog spoken. Also see Alzheimer’s, Case Management, Board and Care, and Veterans categories.  
Website:  www.freeseniorplacements.com

Glen Park at Long Beach 562-432-7468
1046 E. Fourth St.  
Long Beach, CA 90802  
M-Sun, 8-5
A state licensed assisted living facility serving the physical, social, emotional and spiritual needs of seniors. Provides 3 meals a day, health and wellness programs, full time activity directory, chapel with non-denominational services, and an internet/computer room. A secured facility with 40 beds for Alzheimer’s/dementia individuals as well as respite care for families. Also see Alzheimer’s category.  
Website:  www.glenparkhealthyliving.com/glen-park-at-long-beach/
**Harbor Terrace Retirement Center**
310-547-0090

435 W. 8th St.
San Pedro, CA 90731

24/7

87 person capacity for 60 years and older, providing 3 meals a day, studio and one bedroom with utilities included. Ambulatory patients only. No wheelchairs. Dietitian meets with each new resident. 24-hour full-service and medical transportation provided.
Website: www.harborterraceretirement.com

**Heart Light Referral Service**
310-308-9967

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

**Huntington Retirement Hotel**
310-370-5828

20920 Earl St.
Torrance, CA 90503

24/7

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

New LifeStyles

4144 N. Central Expressway #1000
Dallas, TX 75204

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

Palos Verdes Villa

29661 S. Western Ave.
Rancho Palos Verdes, CA 90275

60 years and older with 73 private and semi-private rooms providing 24-hour caregiving, assisted living, activities and 3 meals a day plus snacks. Transportation to appointments. Website: www.palosverdesvilla.com

Rosecrans Villa

14110 Corday Ave.
Hawthorne, CA 90250

Retirement and board and care facility for 60 yr. and older, providing 3 meals a day plus snacks. Transportation to and from medical appointments, art classes, and adult education classes. Individuals must be able to transfer from bed to wheelchair without assistance. Accepts disabled and SSI. Website: www.rosecransvilla.com

Spring Senior Assisted Living

20900 Earl St.
Torrance, CA 90503

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. No Alzheimer’s patients accepted. Website: www.genesishcc.com/springassistedliving
Sunnyside Retirement Center 310-320-3318
22711 S. Vermont M-Sun. 8-5
Torrance, CA 90502 Business Office

70 semiprivate and private rooms for 60 yrs. and older. Provides assisted living and 3 meals a day. Does not accept Alzheimer’s patients or those in wheelchairs. Transportation, activities, housekeeping, laundry, and medication supervision.
Website: www.sunnysideretirement.com

Sunrise Assisted Living of Hermosa Beach 310-937-0959
1837 Pacific Coast Highway
Hermosa Beach, CA 90254

60 yrs. and older offering three levels of assisted living, three meals a day, laundry services, housekeeping, scheduled transportation, and care for persons with dementia/Alzheimer’s disease or other types of memory impairment. See also Alzheimer’s category.
Website: www.sunriseseniorliving.com (search “Hermosa Beach, CA” from home page.)

Sunrise at Palos Verdes 310-377-7425
25535 Hawthorne Blvd.
Torrance, CA 90505

60 yrs. and older offering assisted living, memory care, and coordination of hospice. Daily physical fitness, creative, social, learning and spiritual activities. Scheduled transportation, laundry services, housekeeping and 3 meals a day. Memory Care services for individuals with memory impairment. Trained staff available 24 hrs./day. Also see Alzheimer’s category.
Website: www.sunriseseniorliving.com. (Search “Palos Verdes, CA” from home page)
Villa Sorrento 310-539-6826

23450 Madison St. 24/7
Torrance, CA 90505

62 years and older, 108 units, studio and 1-bedroom with 3 meals a day. Limited wheelchairs. Mild cognitive impairment accepted. Transportation and activities. Pets allowed.
Website: www.villasorrentoretirement.com
SENIOR CENTERS

Anderson Memorial Senior Center

828 S. Mesa St.
San Pedro, CA 90731

Exercise classes, bingo, sewing, art classes, ceramic classes and guitar. Applications for City Ride program available. Hot lunches M-F for $3, $5 non-seniors at 10:30 am. Also see Meals and Nutrition category.
Website: www.laparks.org/dos/senior/facility/andersonscc.htm

Anderson Park Senior Center (Beach Cities Health District)

310-318-0650

Bridge, exercise, Tai Chi, trips, tours, potluck, zumba and bingo. Adaptive mobility post-stroke class and support group staffed by Beach Cities Health District. Nutrition program serves hot, well-balanced meals in congregate dining center M-F @ 11:30 for $2. Adult Day Care Center staffed by Easter Seals open Monday through Friday, 7:30-5:30 pm. Call Easter Seals at 310-214-6963 for more information. Also see Alzheimer’s and Disabilities categories.
Website: www.redondo.org/senior

Bartlett Senior Citizens Center

1318 Cravens Ave.
Torrance, CA 90501

5-0 And on the Go! Promoting fitness, fun and friendships.

M-F lunches for $2.50 at 11:30 am for adults 50 yrs. and over. Reservations are recommended 24 hrs. in advance. Open daily and provides a full range of programs and services. Activities include special events and interest classes; exercise classes, chair aerobics, bridge, canasta, pinochle, dances, shuffleboard, billiards, crafts, free movie matinees, ceramics, beadwork, lapidary, free legal appointments, and Health Insurance Counseling Advocacy Program (HICAP). Also see Insurance, Legal and Meals and Nutrition categories.
Website: www.torranceca.gov/our-city/recreation/seniors
SENIOR CENTERS

Carson Senior Social Services 310-835-0212
Ext. 1775
M-F, 7-6
801 E. Carson St.
Carson, CA 90745

Hot lunches Monday-Friday, reservations at 310-835-0212, Ext. 1487. Exercise classes, Polynesian, square and line dancing, monthly dances, bingo, tax help, Medicare advice, Stroke Center, legal referrals, geriatric aid program, senior clubs, Glee Club, Tai Chi, health programs and transportation. Also see Case Management and Meals and Nutrition categories.
Website: ci.carson.ca.us (search “senior social services” from home page.)

El Segundo Joslyn Center 310-524-2705
339 Sheldon St.
El Segundo, CA 90245
M-Th, 8 am-9 pm
F, 8-5
Sat, varies

Arts and crafts, stained glass, exercise classes, Saturday dances, bingo, pool, and movies on Thursday. Monthly trips and potluck. Delivered meals (El Segundo residents only) by Outreach Program, 310-322-9033. Dial-a-Ride for El Segundo residents. Call for reservations and operating hours.
Website: www.elsegundo.org (search “Joslyn center” from home page.)
Website: www.esrec.org (registration only)

Gardena Senior Citizens Bureau 310-217-9552
1670 W. 162nd St.
Gardena, CA 90247
M-F, 8-5

Case management, information and referral, health clinics, escort and shopping services, socialization, recreation programs, exercise, music therapy, education programs, in-home supportive help for low-income seniors, home delivered meals and transportation in Gardena. Lunch program M-F, 12:30-1 p.m. Bilingual (Spanish). Also see Case Management and Meals and Nutrition categories.
Website: www.cityofgardena.org (Search “senior citizens bureau” from home page.)
SENIOR CENTERS

Gardena Valley Japanese Cultural Institute (JCI) 310-324-6611
1964 W. 162nd St. M-F, 9-5
Gardena, CA 90247

Crafts, line dancing, ballroom dancing, martial arts, and adult school classes. Japanese language school on Saturday, 9 am -12:30 pm. Japanese box lunches, $3.25. Reserve 3 days in advance. Eat in or at home. Also see Meals and Nutrition category. Website: www.jci-gardena.org

Hawthorne Senior Center 310-349-1650
3901 W. El Segundo Blvd. M-F, 9-4
Hawthorne, CA 90250

Meals served at 12 noon, ($2 donation, $3 non-senior). Reservations required. Transportation, sewing, knitting, crocheting, cards, bingo, legal appointments, Tai-Chi, dances, pool, field trips, games, line dance classes, movies and computer lab, AARP driving class; call for information. Also see Meals and Nutrition category. Website: www.cityofhawthorne.com (search “senior center” in box at bottom of home page.)

Herma Tillim Senior Center 310-329-1889
3614 W. Artesia Blvd. T, W, Th, 9-3
Torrance, CA 90504

5-0 And on the Go! Promoting fitness, fun and friendships.

Bridge, table games, bingo, crafts, gentle fitness, watercolor workshop, chair dancing, quilting workshop, exercise, and movie matinee. Greeting Card workshop the 1st Tuesday of the month. Website: www.torranceca.gov/our-city/recreation/seniors
SENIOR CENTERS

**Hermosa Five-0 Senior Activity Center** 310-318-0280

710 Pier Ave.
Hermosa Beach, CA 90254

Bingo, lectures, trips, art classes, computer help, movies, ping pong, yoga, Tai Chi, brain fitness and physical fitness classes. Call for times.
Website: www.hermosabch.org (search “seniors” from home page.)

**Inglewood Senior Center** 310-412-5338

111 Locust St.
Inglewood, CA 90301

M-F, 8-5

Information and referral, lunch served on site as well as home delivered meals, care and case management, transportation, caregiver support services, diabetic support group, senior Tai Chi classes, trips and excursions. Also see Case Management and Meals and Nutrition categories.
Website: www.cityofinglewood.org (search “senior center” on home page)

**Jewish Community Center** 310-214-4999

1003 N. Sepulveda Blvd.
Manhattan Beach, CA 90266

Th, 11-1

Speakers on topics from current Jewish events to taxes and medical issues; presentations, games, music and outings. Call for current schedule. Fee of $5 per program. Light lunch is served.
Website: www.jccmb.com (click “Community Programs” tab at top of home page and select “Senior Club.”)
SENIOR CENTERS

Ken Miller Recreation Center

3341 Torrance Blvd. (behind Benstead Plunge)
Torrance, CA 90503

5-0 And on the Go! Promoting fitness, fun and friendships.

Programs offered: Cardio salsa and physical fitness classes. Fees vary. Special events throughout the year, senior prom, senior faire, flu clinic, and holiday arts and crafts sale.
Website: www.torranceca.gov/our-city/recreation/seniors

Lawndale Community Center-Senior Services

14700 Burin Ave.
Lawndale, CA 90260

Multipurpose senior center offering information and referral, case management, transportation, meals on wheels, and legal services. Social and recreational activities include Bunco, scrapbooking, movies, art and internet classes, small bus excursions, lunch program at noon, Monday through Friday, sign-up required ahead of time. See also Case Management category.
Website: www.lawndalecity.org (search “senior services” from home page.)

Lomita Recreation Center

24428 Eshelman Ave.
Lomita, CA 90717

Lomita “Goodtimers” meets on Thursdays from 10:30 am to 3:00 pm. Bingo starts around 12:30 pm. Exercise/aerobic classes offered Tuesdays and Thursdays; 8-week classes; $16 fee. Chair Yoga on Mondays, 10 am to 10:50 am; 8-week class: $40 residents/$45 non-residents. Badminton games Tuesdays, 10:30 am-1:30 pm and Thursdays, 10:30 am–12:30 pm; fee $10 per 10-week period.
Website: www.lomita.com (search “seniors” from home page.)
<table>
<thead>
<tr>
<th><strong>Senior Centers</strong></th>
<th><strong>Phone</strong></th>
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<tbody>
<tr>
<td><strong>Long Beach Senior Center</strong></td>
<td>562-570-3500</td>
</tr>
<tr>
<td>1150 E. 4th St.</td>
<td>M-F, 8-4</td>
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<tr>
<td>Long Beach, CA 90802</td>
<td>Sat, 10-4</td>
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</tbody>
</table>

Coffee shop, lunches, billiards, ballroom and dance classes, fitness center, arts and crafts, bingo, lapidary, library, movies, trips, senior nutrition program, tours, sewing program, woodcarving, weaving, knitting and crocheting programs, stretch classes, thrift and gift shop, theater group, karaoke, variety band, tap dance classes, computer classes, Tai Chi, and income tax preparation. Information, referral and assistance call 562-570-3533 or 562-570-3534.  
Website: www.longbeach.gov (search “senior citizen program” from home page.)

<table>
<thead>
<tr>
<th><strong>Manhattan Beach Older Adults Program</strong></th>
<th>310-802-5430</th>
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<tbody>
<tr>
<td>Joslyn Community Center</td>
<td>M-F, 8:30-5</td>
</tr>
<tr>
<td>1601 Valley Dr.</td>
<td>Sat, Sun, 10-4</td>
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<tr>
<td>Manhattan Beach, CA 90266</td>
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</table>

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.citymb.info (search “older adults program” from home page.)

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<tr>
<th><strong>Nakaoka Community Center</strong></th>
<th>310-217-9552</th>
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<tr>
<td>Senior Citizens Bureau of Gardena</td>
<td>M-F, 8-5</td>
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<tr>
<td>1670 W. 162nd St.</td>
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<tr>
<td>Gardena, CA 90247</td>
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</table>

Hot lunches on site M-F ($2.75 for seniors), and home-delivered meals. Bingo, exercise classes, legal advice, movies, day trips, candlelight dinners, and special transit for 60 years and older and disabled, nutrition counseling, food management.  
Call for schedule. Also see Meals and Nutrition category.  
Website: www.ci.gardena.ca.us (search “senior citizens bureau” from home page.)
SENIOR CENTERS

Peninsula Seniors 310-377-3003

30928 Hawthorne Blvd. M-F, 10-4
Rancho Palos Verdes, CA 90275

Legal appointments, tours, lectures, bridge, Scrabble, Mahjong classes and games; call for information, bingo monthly, movies, writers group, AARP driving classes, Peninsula Veterans monthly luncheon, Hesse Park lectures weekly, income tax service, podiatrist, caregivers’ support group, chair yoga, and exercise classes. Travel programs and lectures. Website: www.pvseniors.org

Perry Park Senior Center 310-318-0650

North Redondo Senior Club
2308 Rockefeller Lane
Redondo Beach, CA 90278

Arthritis Foundation exercise classes, cards, bingo, chair yoga, movies, needlework, computer learning, art and hobbies. Lunch program on Monday, Wednesday, and Friday at 12 noon with reservations required 24 hours ahead of time. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information. Also see Meals and Nutrition category.
Website: www.redondo.org/senior

Redondo Beach Senior and Family Services 310-318-0650

1922 Artesia Blvd. M-F, 7:30-5:30
Redondo Beach, CA 90278 Closed every other Friday

Information and referral for seniors and disabled adults. Transportation, legal services, and cultural trips. YMCA sponsored lunches; $2.75 donation and served Tuesday and Thursday at Veterans Park; Monday, Wednesday, Friday at Perry Park. See also Legal and Meals and Nutrition categories.
Website: www.redondo.org/senior
SENIOR CENTERS

**Rosenberg Cultural Center**  310-316-8444

Temple Menorah  
1101 Camino Real  
Redondo Beach, CA 90277  

Field trips, lunch, spiritual/intellectual and exercise classes, speakers and enrichment programs. A daily charge of $12 for members, $15 for non-members, covers all activities. See website for current programming and schedules. Website: [www.templemenorah.org](http://www.templemenorah.org) (click on “Adult” tab at top of home page and select “Rosenberg Cultural Center.”)

**San Pedro Service Center**  310-519-6091

769 W. Third St.  
San Pedro, CA 90731  

Multi-purpose facility with a wide range of educational, social and recreational activities and programs for seniors 60 yrs. and older. Services offered are case management, assistance with Medicare/Medi-Cal forms (call for times), emergency food distribution, as well as bread, fruit and vegetables distribution programs; arts and crafts, sewing, dance classes, senior nutrition site with hot lunch meal @ 11 am for $3 (suggested donation). Also see Case Management and Meals and Nutrition categories. Website: [https://wdac.lacounty.gov/programs/centers/sanpedro](https://wdac.lacounty.gov/programs/centers/sanpedro)

**Torrance YMCA Senior Center**  310-325-5885 Ext. 2732

2900 W. Sepulveda Blvd.  
Torrance, CA 90505  

Daily lunches (donation $2.75) M-F, 12 noon with reservations required. Wellness and nutrition, fitness, exercise, line dance, bridge, bingo, parties, travel tours, AARP 55 Alive Mature Driving Program, and volunteer opportunities. Membership in YMCA not required. Also see Meals/Nutrition and Volunteer categories. Website: [www.ymcala.org/torrance-south-bay](http://www.ymcala.org/torrance-south-bay) (search “active older adults” by clicking on magnifying glass icon on home page.)
SENIOR CENTERS

**Veterans Park Senior Center**

Redondo Beach Senior Club, Inc.
301 Esplanade (corner of Catalina and Torrance Blvd.)
Redondo Beach, CA 90277

Exercise, weight loss, square dance, cards, potlucks, theater group, line dancing, knitting, book club, Tai Chi, bridge, yoga, computer tutoring class. Lunch program on Tuesdays and Thursdays at 12 noon with reservations required 24 hr. ahead of time. Call Redondo Beach Senior and Family Services at 310-318-0650 for more information or go to website. Also see Meals and Nutrition category.
Website: www.redondo.org/senior

**Walteria Park Senior Citizens Center**

3855 W. 242nd St.
Torrance, CA 90505
M, Th, 11-3

Monday – Pinochle, board games, 11-3
Thursday – join in the fun and games: hand and foot and ping pong
Website: www.torranceca.gov/our-city/recreation/seniors

**Wilmington Multipurpose Senior Center**

1371 N. Eubank
Wilmington, CA 90744
M-F, 8-4:30

Multipurpose center offering classes in sewing, exercise, and nutrition. Lunch served at 12 noon for $3 for seniors 60 yrs. and older. Transportation available for residents of Wilmington, Harbor City, LA Strip and San Pedro. Health screening, case management, information and referral, social services, legal aid, and meal delivery (if eligible). Registry for in-home services. Also see Case Management, Legal, Meals and Nutrition and Transportation categories.
Website: www.laparks.org (search “Wilmington senior center” from home page)
Yvonne Burke Senior and Community Center

4750 W. 62nd St.
Los Angeles, CA 90056

Multipurpose center offering computer and exercise classes, education workshops, lunch on site, Meals on Wheels, and movies. HICAP representative to assist with Medicare insurance health plans. Also see Meals and Nutrition category.

Website: cityofinglewood.org (search “Yvonne Burke” from home page and click on “Senior congregate meals” in the results)
SENIOR CLUBS

Banning Manor Senior Club  310-548-7776
1331 Eubank St.
Wilmington, CA 90744
M, 9-12
Activities include trips, potlucks, and social events.
Website: none

Carson V.I.P. Senior Club  310-835-0212
Carson Community Center
Dominguez Room
801 E. Carson St.
Carson, CA 90745
Ext. 1475 or 1478
Club operates under auspices of the senior recreation programs. Activities include bingo, games, cards, potluck dinners, holiday activities, excursions, birthday parties, etc. Membership is required. Call for information on meeting days.
Website: ci.carson.ca.us (on home page, click on “Departments” tab at top of page, then select “Community Services,” then “Human Services,” and finally “Senior Recreation.”)

Harbor Lites Senior Club  310-534-5866
Harbor Recreational Center
24901 Frampton Ave.
Harbor City, CA 90710
F, 12 noon to 2:30
Socialization, bingo and refreshments. Contact person: Maria Hooe.
Website: none

Hi Neighbors Senior Club  310-328-6367
Harbor Recreational Center
24901 Frampton Ave.
Harbor City, CA 90710
T, 9:30-2
Bingo and card games. The club also celebrates birthdays, anniversaries and special celebrations. Bring brown bag lunch. Contact person: Madeleine Bozin.
Website: none
SENIOR CLUBS

Normandale Center Senior Club
22400 S. Halldale Ave.
Torrance, CA 90501
310-328-3689
M-F, 9-12:30
General meeting, bingo, lunch $3.00, trips, and gardening program.
Email: rapnormandalerc@lacity.org
Website: none

North Redondo Senior Club
Perry Park Senior Center
2308 Rockefeller Lane
Redondo Beach, CA 90278
310-318-0650
Call for current programming.
Website: www.redondo.org

Peck Park Seniors
560 N. Western Ave.
San Pedro, CA 90732
310-548-7580
M, 10-1
Plays bingo, planned day trips, tours, and provides lunch.
Website: none

Redondo Beach Senior Club
Veterans Park Senior Club
301 Esplanade
Redondo Beach, CA 90277
310-318-0650
Call for current programming.
Website: www.redondo.org (search “senior clubs” from home page.)
SENIOR CLUBS

Roaring 90’s Club 310-542-6081
Solutions for Senior Living
P.O. Box 465
Redondo Beach, CA 90277

A social and educational club for those 90 yrs. and older, to meet and enjoy fellowship with their peers. Those 85 yr. and older are invited to join as “Trainees”. The South Bay chapter boasts over 150 members. Contact person: Lynn Brennan.
Email: lynn@solutionsforseniornliving.com
Website: www.solutionsforseniorliving.com (select “Roaring 90’s Club” from links on left side of home page.)

Sea-Aire Senior Citizens Golf Club 310-543-4653
22730 Lupine Drive
Torrance, CA 90505
F, 8-11

Seniors meet at 9-hole golf course every Friday 8 -11 am.
Website: www.torranceca.gov/our-city//recreation/seniors

Sunshine Seniors 310-834-2312
VFW Hall
1130 Anaheim St.
Wilmington, CA 90744

Offers bingo and fun trips. Dancing the 3rd Sunday of each month. Meets in the VFW room at 11 am on the 1st and 3rd Tuesday of the month. Special project making blankets for wounded soldiers meets at 9 am every 2nd and 4th Tuesday of the month.
Website: none

Toberman Seniors Club 310-547-9266
Toberman Center
131 N. Grand Ave.
San Pedro, CA 90731

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

3750 Garnet St.
Torrance, CA 90503

24/7

80 beds. Medicare and Medi-Cal accepted. Skilled nursing, rehabilitative services, hospice and custodial care.
Website: www.genesis.hcc.com

Del Amo Gardens Care Center

22419 Kent Ave.
Torrance, CA 90505

24/7

94 beds in facility. Services include skilled nursing, wound care, pain management, rehabilitation therapies, hospice, and respite care. Accepts Medicare, Medi-Cal, private and managed care plans.
Website: www.delamogardens.com

Driftwood Healthcare Center

4109 Emerald St.
Torrance, CA 90503

99 beds in facility. Services include rehabilitation, hospice and custodial care in addition to skilled nursing. Accepts Medicare, Medi-Cal, and private pay.
Website: www.driftwoodhealthcare.com
SKILLED NURSING

**Earlwood Care Center**  
310-371-1228  
20820 Earl St.  
Torrance, CA 90503  
82 beds in facility. Various levels of care depending on condition of patient. Has an Express Recovery Unit. Medicare and Medi-Cal accepted.  
Website: www.earlwoodcarecenter.com

**Gardena Convalescent Center**  
310-532-9460  
14819 S. Vermont Ave.  
Gardena, CA 90247  
74 beds in facility. Services include skilled nursing, pain management care, rehabilitation therapies, hospice and respite care. American and Japanese food served. Accepts private pay, Medicare, Medi-Cal, and managed care plans.  
Website: www.gardenacovalescentcenter.com

**Greenfield Care Center of Gardena**  
310-329-9929  
16530 S. Broadway  
Gardena, CA 90248  
24/7  
50 beds in facility. Must qualify for skilled nursing by referral from doctor. 50 beds. Medicare and Medi-Cal accepted.  
Website: none

**Harbor Post-Acute Care Center**  
310-320-0961  
21521 S. Vermont Ave.  
Torrance, CA 90502  
24/7  
127 beds in facility. Provides 24 hr. skilled nursing care, wound and pain management, hospice and respite care, intravenous therapy and renal dialysis. Accepts Medicare, Medi-Cal, and HMO’s.  
Website: www.harborcarecenter.com
SKILLED NURSING

Heritage Rehabilitation Center
310-320-8714

21414 S. Vermont Ave.
Torrance, CA 90502

140-bed skilled nursing facility with physical, occupational, and speech therapies as well as hospice and respite care. Medicare, Medi-Cal, HMO’s and private pay accepted.
Website:  www.heritagerehabcenter.com

Lomita Post-Acute Care Center
310-325-1970

1955 W. Lomita Blvd.
Lomita, CA 90717

24/7

68 beds in facility specializing in geriatric rehabilitation and wound care. In-house rehabilitation services consisting of physical, occupational, and speech therapies, pain management, pharmacy, lab and x-ray, psychiatry and psychological services offered. Social services are available as well as recreational programs. Medicare and private pay accepted.
Website:  www.lomitacare.com

New Lifestyles
800-869-9549

4144 N. Central Expressway #1000
Dallas, TX 75204

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

Primrose Post-Acute
310-674-4500

515 Centinela Ave.
Inglewood, CA 90302

24/7

68 beds in facility. Accepts Medicare, Medi-Cal, HMO’s, 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. 24/7
San Pedro, CA 90732

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. 24/7
Torrance, CA 90503

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

Royalwood Care Center, Genesis Healthcare 310-326-9131
22520 Maple Ave. 24/7
Torrance, CA 90505

110 beds facility providing skilled nursing, rehabilitation therapy, respite, custodial, and hospice care. Medicare and Medi-Cal accepted.
Website: www.genesishealth.com

South Bay Keiro Nursing Home 310-532-0700
15115 S. Vermont Ave. 24/7
Gardena, CA 90247

98 beds accepting Medicare, Medi-Cal, private and long-term insurance. Skilled nursing, rehabilitation, and short-term, temporary use for respite and hospice care available.
Website: www.keiro.org
SKILLED NURSING

**Sunnyside Nursing Center**

22617 S. Vermont Ave.
Torrance, CA 90502

300 beds providing skilled nursing, custodial and hospice care. Medicare and Medi-Cal accepted.
Website: www.sunnysidenursing.com

**Vermont Health Care Center**

22035 S. Vermont Ave.
Torrance, CA 90502

200 beds providing skilled nursing and rehabilitation services and accepts individuals with Alzheimer’s. Medicare, Medi-Cal, private pay, and some HMO’s are accepted. Also see Alzheimer’s category.
Website: none
Disability Community Resource Center
12901 Venice Blvd.
Los Angeles, CA 90066

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
20000 Mariner Ave., Suite 150
Torrance, CA 90503

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

Social Security Fraud Hotline

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)
The AARP Foundation in conjunction with the IRS provides free tax return preparation and counseling to all by certified volunteers, with special attention for ages 60 and older with low or moderate income. Program operates February 1 through April 15, Monday through Friday and Saturdays 9-noon (including city holidays) in Torrance on a first come, first served basis; no appointments available. Bring last year’s returns, all forms, W-2s, and 1099s. Tax-Aide also has sites in other South Bay cities. For full details about the Torrance and other city sites go to www.taxaide-southbay.org

**Internal Revenue Service**

Federal Tax Forms, 800-829-3676  
National Tax Payer Advocate Hotline, 877-777-4778  
Website: www.irs.gov

**L.A. County Treasurer and Tax Collector**  
Kenneth Hahn Hall of Administration  
225 N. Hill St.  
Los Angeles, CA 90012

Website: ttc.lacounty.gov
TRANSPORTATION

Access Services, Inc. 800-827-0829
Services all L.A. County M-F, 8-5 office hours
Serves the disabled, who cannot board, ride or exit a public bus or train. Wheelchair accessibility. Call for eligibility requirements. There are also services offered by local transportation offices. Operates 7 days a week. Also see Disabilities category. Website: www.accessla.org

Amtrak 800-872-7245
Website: www.amtrak.com

Beach Cities Transit Information – 310-802-7686
Wave dispatch – 310-802-7684
Wave hours daily, 6 am-9 pm
The Wave
415 Diamond
Redondo Beach, CA 90277
Provides registered Redondo Beach and Hermosa Beach residents 62 years and older or disabled any age with curb-to-curb transportation. Must register at 310-937-6660. Fare is $1 each way, 7 days a week, M-F, 6 am-9 pm, Sat., Sun. 8 am-9 pm. Need to have exact change. Lift vehicles available. Transportation is provided within Hermosa and Redondo Beach, as well as satellite locations, which 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 310-225-2545
M-F, 5:30 am-6 pm
Bus service in Carson. Monthly Carson Circuit Pass $30. Standard ride costs $1. Seniors 60 yrs. and older are free. Call for route information and hours. Connects to other South Bay services. Website: www.ci.carson.ca.us (click on “Residents” link at top of home page and click on “Transportation.”)
TRANSPORTATION

**Carson Dial-a-Ride**

310-835-0212
Ext. 1401
M-Th, 8-5

Services residents of Carson seniors 60 years and older, and/or disabled. Provides taxi cards for rides within the city and satellite destinations.

Website: www.ci.carson.ca.us (click on “Residents” link at top of home page and click on “Transportation.”)

**Department of Motor Vehicles (DMV)**

800-777-0133

1785 W. 220th St.
Torrance, CA 90501
M, T, Th, F, 8-5
W, 9-5

Issues drivers and vehicle licenses and identification cards. Torrance location is south of Carson St. near Abalone. For faster service, call for appointment or use website. Other locations: Hawthorne, 3700 W. El Segundo Blvd., San Pedro, 1511 N. Gaffey St. Also see Advocacy category listing DMV Senior Driver Ombudsman Program.

Website: www.dmv.ca.gov

**Dial-A-Taxi, Torrance**

310-618-2536

West Annex, Torrance City Hall
3031 Torrance Blvd.
Torrance, CA
M-Th, 10-noon, 1-4

Special service for disabled citizens who are unable to access regular modes of public transportation for residents of Torrance. Ticket price $1 regardless of income. Call to determine eligibility. Reservations must be made 24 hr. in advance. Also see Torrance Community Transit Program in this category.

Website: www.torranceca.gov (search “dial a taxi” from home page.)

**El Segundo Dial-a-Ride**

310-524-2704

M-F, 9-3
Sat, 11-3

Door-to-door service for senior adults 60 yrs. and older and disabled. El Segundo residents only. Call for appointments and hours.

Website: www.elsegundo.org
Gardena Special Transit 310-965-8848

For senior residents 60 years and older, or physically disabled for Gardena, Hawthorne and certain parts of LA County (Calendar Park and Del Aire). Must register at Gardena Senior Citizens Bureau, 1670 W. 162nd St., Gardena. Goes to selected malls and medical facilities outside of Gardena. Fare is 75 cents. Call for hours of operation. Website: ridegtrans.com (search “special transit” from home page.)

Hermosa Beach Dial-a-Taxi Office 310-318-0251
Order service 800-829-4378
Service available 24/7

Provides taxi vouchers for seniors 62 years and older, and/or disabled for Hermosa Beach residents. The boundaries are: El Segundo (north), Crenshaw Blvd. (east), and Pacific Coast Highway (south). Taxi service operates 24 hours. Must apply for pass from MTA (866-827-8646) first, before going to City Hall for vouchers. Application forms can be obtained at Hermosa Beach Finance cashier office at 1315 Valley Dr., Hermosa Beach. Need current utility bill to prove residency. Website: www.hermosabch.org (go to “About Us” tab at top of home page and select “Senior Programs & Services, Senior Programs.”)

Lawndale Senior Transit 310-973-3270

M-F, 8-3

Curb-to-curb transportation service available for disabled and seniors, age 60 and over residing in Lawndale. Free of charge to residents. Pick-ups are made anywhere within the incorporated boundaries of Lawndale. The transit is available for medical, dental, banking, shopping, hairdressing and recreation activities. For more information, leave a voice message at 310-973-3287. A 48-hour advance notice is required (Monday through Friday only). Website: www.lawndalecity.org
TRANSPORTATION

**Lomita Dial-A-Ride**

310-325-7110
Ext. 102

M-Th, 7:30-5:30
Alternate Fridays 8-5

24300 Narbonne Ave.
Lomita, CA 90717

Lomita residents only, 65 years and older or disabled of any age. Provides around the clock transportation within service area and 6 satellite points: Harbor UCLA Hospital, Farmers Market, Torrance; Kaiser Foundation; Carson, Providence Little Company of Mary, Torrance and San Pedro; and Beach Cities Health District. Service area bound by Hawthorne, Vermont, Sepulveda, and Pacific Coast Highway, and Palos Verdes Drive North between Western and Narbonne. Any destination past the boundaries requires an additional fee. Initial registration at Lomita City Hall. Swipe card system used. Website: www.lomita.com

**Lomita Dial-A-Taxi**

310-325-7110
Ext. 102

M-Th, 7:30-5:30
Alternate Fridays 8-5

24300 Narbonne Ave.
Lomita, CA 90717

Lomita residents who are disabled/wheelchair bound. No age restriction. Service to Lomita and Torrance and several South Bay medical facilities and colleges. Swipe card system used. Website: www.lomita.com

**Manhattan Beach Dial-a-Ride**

310-545-3500

M-F, 6:30 am-5:30 pm
Sat, Sun, 8-5
Closed noon to 1 pm daily

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

Information on a Metro System offering 200 bus lines and 4 rail lines. For senior-disabled discount, call 213-680-0054, the Reduce Fare Office, M-F, 8-4. Riders with hearing or speech impairments, use the CA Relay Service, 711, and then dial phone number you need. Wheelchair Lift Hotline: 800-621-7828. Frequent bus riders should obtain a TAP card. Metro Rail only accepts TAP cards. Information available for the counties of L.A., Orange, Riverside, San Bernardino and Ventura. Operating hours, M-F, 6 am - 8:30 pm, Sat/Sun, 8 am – 6 pm.

Website: www.commutesmart.info (route information)
Website: www.metro.net (Using the Metro system)
Website: www.metro.net/riding/senior-tips (senior tips for riding Metro)

Peninsula Transit Authority Dial a Ride Service- 800-400-2924
PV Transit office- 310-544-7108

38 Crest Road West
Rolling Hills, CA 90274

For seniors 60 years and older or disabled. Services Peninsula area with curb-to-curb service. Will provide transportation to doctor’s offices, medical buildings and hospitals in Torrance, Harbor City, San Pedro, Lomita, and Redondo Beach. For ambulatory persons service is available 24/7 and 24 hr. notice must be given. Also can transport persons in wheelchairs, M-F, 6 am - 6 pm. For general information call 310-544-7108. Pre-registration is required. The program uses prepaid swipe cards.
Website: www.palosverdes.com/pvtransit/

Public Transportation

South Bay Region

All South Bay cities’ transportation departments provide discounts for seniors and disabled riders. Refer to Transportation section of this directory. Also see Discounts category.
TRANSPORTATION

**Taxi Operators**

Companies accepting Torrance Senior Taxi Program tickets:

- All Yellow Taxi, 310-807-8888
- South Bay Yellow Cab/United Checker Co-op, 866-400-4103
- Bell Cab, 800-999-9977

**Torrance Community Transit Program**

Torrance City Hall, West Annex  
3031 Torrance Blvd.  
Torrance, CA 90503

Senior Taxi is for Torrance residents 65 yrs. or older who reside west of Western Avenue. First time riders must register in person at the City Hall West Annex Transit Center. To register bring proof of age, residency (utility bill), and income tax return. Tickets are renewed by mail thereafter. Swipe card system is used. Taxi tickets cost $1, $3, or $5 and have a value of $13. Any ride over $13 the participants are required to pay the difference. Tickets can be used for travel outside of Torrance boundaries. To inquire about taxi tickets balance on the swipe card call 855-932-4245. The Dial-A-Taxi provides service for disabled citizens who are unable to access regular modes of public transportation. Ticket price $1 regardless of income. Call to determine eligibility. Enrollment is only Dial-a-Taxi or Dial-a-Ride. Wilmington Transportation Department provides service east of Western Ave. For information call: 310-518-4533.  
Website:  www.torranceca.gov/our-city/transit/services/senior-and-dial-a-taxi-program

**Wilmington Multipurpose Senior Center**

1371 Eubank  
Wilmington, CA 90744

Transportation for Wilmington, San Pedro and Harbor City residents who are 60 years and older or disabled. Van services zips: 90744, 90731, 90732, 90710, 90501, 90502 (east of Western Ave, Torrance). Information on CITYRIDE and L.A. City transport program (Para-transit) available by calling Maribel in the Transportation Department. Payment for the services is only cash. Also see Case Management, Legal, Meals and Nutrition and Senior Centers categories.  
Website:  www.laparks.org (search “Wilmington senior center” from home page)
Supportive Services for Veterans Families Program
1044 Figueroa St.
Wilmington, CA 90744

Supportive Services for veterans helps veterans through outreach, permanent housing placement and case management. The program is VA funded and designed to prevent homelessness and/or rapidly house single veterans and/or veterans with families. These services are available to veterans throughout Los Angeles and Orange County. Call for an eligibility screening over the phone.
Website: www.1736familycrisiscenter.org

Amada Senior Care
3812 Sepulveda Blvd., Suite 200
Torrance, CA 90505

As a contractor with the Veterans Administration, Amada Senior Care provides VA subsidized in-home care to veterans who can qualify for these benefits. They will conduct a complimentary assessment of eligibility under both the Aid and Attendance Homemaker/Home Health programs and guide you through the process of getting the Veterans Administration to pay for services to assist with personal care, errands, light housekeeping, etc. Amada will help qualify for the benefit and provide the caregivers who assist you. Also see the In-Home Services category.
www.amadaseniorcare.com
California Department of Veteran Affairs 213-620-2755

Los Angeles District Office
11000 Wilshire Blvd., #5203
Los Angeles, CA 90024

M-Th, 8-3:30 F, 8-noon

Provides California veterans and their families with compensation and pension benefits, beneficial opportunities through low-cost loans, and rehabilitative, residential, and medical care and services at the California Veterans Homes.

Veterans Affairs resources:

Education Assistance 888-442-4551
Veterans Health Administration 877-222-8387
Homeless Vets Hotline 877-424-3838
VA Insurance Services 800-669-8477
Dept. of Veterans Affairs Telephone Assistance Service 800-827-1000
Women Veterans 855-829-6636, 8 am-10 pm EST Mon-Sat

All other benefits, press #3 for pensions, disability compensation, education, G.I. Bill, home loan, insurance and more.

Website: www.calvet.ca.gov

Century Villages at Cabrillo 562-388-8000

2001 River Ave.
Long Beach, CA 90810

M-F, 8:30-12, 1-5:30

The U.S. Veterans Initiative administers the facility. A residential community offering transitional housing for homeless veterans and families. Services include a residential addiction treatment program, a residential job re-entry program, long-term supported housing for veterans, and rental assistance housing for senior and disabled veterans. All programs offer food, supportive services and employment assistance to veterans. The VA Health Clinic provides comprehensive veterans’ medical care at 5901 E. Seventh St., Long Beach, CA 90822, phone 562-826-8000, ext. 8414. For housing appointments call 562-388-8000. Website: www.centuryvillages.org
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

Employed 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

Veteran owned agency knowledgeable on VA benefits and their surviving spouse including Veterans Aid and Attendance program. Open 24/7 for consultation. Free in-home assessment available. Also see Case Management and In-Home Services categories.
Website: www.firstlighthomecare.com
Geriatric Solutions Unlimited
1601 N. Sepulveda Blvd., #136
Manhattan Beach, CA 90266

Specializes in providing personalized free resources and information to seniors and families looking for alternative options in transitioning their loved one. Assists in the 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

JVS Veterans First
Jewish Vocational Service of Los Angeles

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

Legal Aid Foundation of Los Angeles
Long Beach Office
601 Pacific Ave.
Long Beach, CA 90802

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
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

Website only

1775 Eye Street NW, Ste. 1150
Washington, D.C. 20006

A non-profit group maintains an excellent directory of lawyers who practice veterans law. The easy-to-navigate directory is organized by state. See also Legal category. Website: www.vetadvocates.org

Pacific Gateway Workforce Investment Network

310-732-5700

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

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

Public Counsel 800-870-8090
213-385-2977
610 S. Ardmore Ave.
Los Angeles, CA 90005

A law firm specializing in delivering a wide variety of pro bono legal services to low-income individuals and non-profits. Areas of assistance include government benefits, homelessness prevention, affordable housing advocacy, immigrants’ rights, impact litigation, and legal representation for veterans. Does not handle criminal law matters or matters relating to personal injury, divorce or child custody. Free bankruptcy help through “Debtors Assistance Project”, extension 704 on Monday and Wednesday 10-12, 2-4 pm. Appointment required and no walk-ins accepted. Also see Legal category.
Website: www.publiccounsel.org

Social Security Administration 800-772-1213
TTY 800-325-0778
20000 Mariner Ave., Suite 150
Torrance, CA 90503
M, T, Th, F, 9-4
W, 9-noon

Information and referral on Social Security, Medicare, SSI and retirement benefits for seniors, survivors and disability insurance. Also see Hotline/Non-urgent category.
Website: www.ssa.gov

U.S. Veterans Center, Gardena 310-767-1221
Gardena Medical Plaza M, Tu, Th, 8-8
1045 W. Redondo Beach Blvd., Suite 150 W, F, 8-4:30
Gardena, CA 90247 Sat, 8-noon

Counseling for veterans. After hours, weekends and holidays call 877-927-8387.
Website: www.va.gov (search “Los Angeles Vet Center” from home page.)
VETERANS

**V.A. Caregiver Support Line** 855-260-3274

Assistance in finding the appropriate support services for the veteran.
Website: www.caregiver.va.gov

**V.A. Long Beach Health Care System** 562-826-8000

5901 E. 7th Street
Long Beach, CA 90822

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

**V.A. Greater Los Angeles Healthcare System** 310-478-3711 Ext. 49711

11301 Wilshire Blvd.
Los Angeles, CA 90073

Services provided for veterans: homeless programs, health care services, transitional housing programs, benefits counseling and mental health outpatient care. Contact Juma Rafiki, a veterans outreach worker, for questions and assistance.
Website: www.losangeles.va.gov/
VETERANS

Veterans Affairs, California Department of 800-952-5626

M-F, 8-5

Cal Vet Program
Federal Building
11000 Wilshire Blvd.
Los Angeles, CA 90024

Provides California veterans and their families with compensation and pension benefits, beneficial opportunities through low-cost loans, and rehabilitative, residential, and medical care and services at the California Veterans Homes.
Website: www.calvet.ca.gov

Veterans Crisis Line 800-273-8255

Suicide Prevention Hotline

Ext. 1

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
**American Red Cross**  
800-445-8210  
3150 E. 29th St.  
Long Beach, CA 90806  
CPR, First Aid, and instruction in disaster preparedness. Also see Education and Health Services categories.  
Website: www.redcross.org

**Beach Cities Health District**  
310-374-3426  
514 N. Prospect Ave., 1st floor  
Redondo Beach, CA 90277  
M-F, 9-5  
Volunteers needed for the wellness programs, Conversation Companions, Peer Counseling Program, Errand Volunteer Program, support line, Move-Well in-home exercise program, community events, fitness programs, office help, and working with children. Also see Case Management, Education and Health Services categories.  
Website: www.bchd.org

**Focal Point on Aging**  
310-320-1300  
1339 Post Ave.  
Torrance, CA 90501  
M-F, 9-3  
Provides free information and referrals for services in the community for seniors, caregivers, and family members. Volunteer commitment is a 3 hour shift each week.  
Website: www.torranceca.gov/focalpoint

**James Armstrong Theatre**  
310-618-6339  
3330 Civic Center Drive  
Torrance, CA 90503  
Volunteers needed to serve as ushers and ticket takers.  
Website: http://arts.torranceca.gov/our-city/general-services/cultural-arts/james-r-armstrong-theatre
Providence Little Company of Mary Medical Center, Torrance 310-303-5805

4101 Torrance Blvd.
Torrance, CA 90503

Wide range of volunteer opportunities throughout the hospital and its affiliated sites.
Website: www.providence.org/southbay

South Coast Botanic Garden 310-544-1847

26300 Crenshaw Blvd.
Palos Verdes Peninsula, CA 90274

7 days, 9-5
Volunteers needed as tour guides, garden maintenance jobs, gift shop, and craft workshops.
Website: www.southcoastbotanicgarden.org

South Bay Literacy Council 310-373-7003

18436 Hawthorne Blvd., Unit 110
Torrance, CA 90504

M-F, 1-3
Teach adult students 18 years and older to read, write and speak English. The Council also teaches basic literacy to native-born students. Will train prospective tutors. Knowledge of another language or teaching degree not necessary. Also see Education category.
Website: www.southbayliteracy.org

Torrance Memorial Medical Center 310-325-9110

3330 Lomita Blvd.
Torrance, CA 90505

Ext. 4752
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
Torrance Volunteer Programs 310-618-5965

Volunteers participate in many city programs, working 4 to 40 hours a week in a variety of jobs such as City Cable, Finance, Fire Department, General Services, Library, Community Services Department, Police Department, Madrona Marsh, sports programs, cultural arts center and street services.
Website: www.torranceca.gov/our-city/volunteering

Torrance YMCA 310-325-5885

2900 W. Sepulveda Blvd.
Torrance, CA 90505

Volunteer positions available.
Website: www.ymcala.org

Volunteer Center 310-212-5009

1230 Cravens Ave.
Torrance, CA 90501

Serves South Bay, Harbor, and Long Beach areas. Will provide volunteer referral to over 600 agencies.
Website: volcenter.org
APPENDIX:
Successful Aging Reading List

*Becoming a Life Change Artist:  7 Creative Skills to Reinvent Yourself at Any Stage of Life* by Fred Mandell and Kathleen Jordan (Avery, 2010).


*Project Renewment: The First Retirement Model for Career Women* by Bernice Bratter and Helen Dennis (Scribner, 2008).

*Second Wind: Navigating the Passage to a Slower, Deeper and More Connected Life* by Bill Thomas, M.D. (Simon & Schuster, 2014).


*The Big Shift - Navigating the New Stage Beyond Midlife* by Marc Freedman (PublicAffairs, 2011).

The Couple’s Retirement Puzzle: 10 Must Have Conversations for Creating an Amazing New Life Together by Roberta K. Taylor and Dorian Mintzer (2014, Sourcebooks, Inc.).


The Memory Prescription: Dr. Gary Small’s 14-Day Plan to Keep your Brain and Body Young by Gary Small, M.D. (Hyperion, 2004).

The Roadmap to 100: The Breakthrough Science of Living a Long and Healthy Life by Walter M. Bortz II, M.D. (Palgrave Macmillan, 2010).


Unretirement: How Baby Boomers are Changing the Way We Think About Work, Community and the Good Life by Chris Farrell (Bloombury Press, 2014).

Your Life Calling: Reimagining the Rest of Your Life by Jane Pauley (Simon & Schuster, 2014)
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