

RESIDENT RESOURCE GUIDE

NORWOOD LEARNING VILLAGE

Prepared by



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The background of the page is a photograph of a library. It shows rows of bookshelves filled with books of various colors. The perspective is from a low angle, looking down the length of the shelves, which creates a sense of depth. A teal-colored rectangular box is superimposed over the center of the image, containing the title text in white.

AFTER SCHOOL PROGRAMS: K-12

IN-PERSON

Art Smart

(559) 441-4221

2233 North First St.

Fresno, CA 93703

<https://www.fresnoartmuseum.org/>

Our goal is to help every child be engaged and successful and to foster a love for the arts, learning, and discovery. The visual art workshops allow students to explore their inner creativity and meet other kids that share their passion for art.

Boys and Girls Club of Hollywood

(323) 467-2007

850 N Cahuenga Blvd.

Los Angeles, CA 90038

<https://www.bgchollywood.com>

The Boys & Girls Club of Hollywood has been providing academic enrichment programs to students since its founding in 1937. We offer a broad array of academic, health, artistic, and leadership programs for our students at our main facility, as well as after school programs at West Hollywood and Van Ness elementary schools. Our mission is to "inspire and empower young people, especially those who need us most, to realize their full potential as productive, responsible, and caring adults.

California Science Center

(323) 724-3623

700 Exposition Park Dr.

Los Angeles, CA 90037

<https://californiasciencecenter.org>

Discover the exciting learning opportunities offered by the California Science Center! Explore our selection of demonstrations, field trips, traveling programs, professional

learning, and more. Whether you are an adult or a child, traveling alone or with a group, you will surely open your mind, stimulate your curiosity, and have FUN!

Hollenback Recreational Center

(323) 261-0113

415 S St Louis St.

Los Angeles, CA 90033

<https://www.laparks.org/reccenter/hollenback>

The center provides a variety of free, bilingual, bicultural English/Spanish, activities for people of all ages with special emphasis on programs for elementary school age children. It offers arts and crafts; cheerleading; cooking; dance instruction, including ballet and Mexican folklorico dance instruction; and karate.

Hoover Recreation Center

(213) 749-8896

1010 W. 25th St.,

Los Angeles, CA 90007

<https://www.laparks.org/reccenter/hoover>

This recreation center offers diverse after-school programming. Enroll your kids in some of the following programs: Youth Soccer, Lil Slugger Baseball, T-ball and Coach -Pitch Baseball, Lil Baller Basketball, Mighty Mite and PeeWee Basketball, GPLA Girl's Softball, Basketball, Ballet I & II, Hip-Hop, Lyrical Dance, Folklorico, Beginner Tap. They also offer a winter camp, summer camp, and after-school tutoring.

Encourage Tomorrow

(559) 233-2880

2491 W. Shaw Avenue, Suite 110

Fresno, CA 93711

<http://www.encouragetomorrow.org/>
Encourage Tomorrow offers an array of high-quality and standards-based enrichment programs geared towards facilitating school efforts. Through hands-on learning activities, our programs focus on improving students' attitudes towards school, their work and personal habits, as well as their attendance and academic achievement.

Plaza De La Raza

(323) 223-2475
3540 N. Mission Rd.
Los Angeles , CA 90031
<http://www.plazadelaraza.org>
The center's School of Performing and Visual Arts, its primary program, offers free classes in the arts for low-income residents of Los Angeles City Council District #1 and also accepts people who live in other parts of Los Angeles County for a fee. Classes are generally offered for people age five and older and include dance, theater, music and visual arts. The center also hosts a variety of special events during the year which promote Latino culture and may include public exhibits of Latino art; special projects to help the community experience different facets of art; and special holiday celebrations.

Unusual Suspects

(323) 739-0768
3719 Verdugo Rd.
Los Angeles, CA 90065
<https://theunusalsuspects.org>
Theatre company offering theatre arts, after-school, and mentoring programs for Los Angeles' youth.

World Impact

323-735-1137
2001 S. Vermont St.
Los Angeles, CA 90007
<https://worldimpact.org>
The organization provides youth services for junior high and high school age youth in South Los Angeles. Services include mentoring, an after-school meal program, youth entrepreneurship program, leadership development and youth worship services. Seasonal camps are also available during the summer and winter.

YouthSource Center

213-482-8618"501 South Bixel St.
Los Angeles CA 90017
<https://ewddlacity.com/>
YouthSource is a city-wide program open to young people ages 16-24. All of our services are FREE! Some of the opportunities our centers offer include work readiness, career exploration, job skills training, tutoring, college prep, and mentoring.

ONLINE

Art in Action

<https://artinaction.org>
Art in Action provides art curriculum, materials, and training that empowers

students to develop creativity, critical thinking, self-expression, and problem-solving skills. Through hands-on learning students expand their knowledge in art and

art techniques, cultural understanding, technology, and more – so every student has the skills they need to succeed and be prepared for jobs of the future

hand2mine

<https://www.hand2mindathome.com>
hand2mind offers daily lessons & activities for K-5 students, a series of free daily lessons and activities created and delivered by teachers. Each week you will find an easy-to-follow schedule, by grade, for K-5 students and daily grade-specific video lessons for Math and Literacy. You will also find worksheets for the Math and Literacy lessons as well as a daily Specials activity.

Khan Academy

<https://www.khanacademy.org/>
Free, world-class education for kids ages 7 and up. Program offers homework help, practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. We tackle math, science, computer programming, history, art history, economics, and more.

Khan Academy – Kids

<https://learn.khanacademy.org/khan-academy-kids/>

Free online program engaging kids ages 2 to 7 in core subjects like early literacy, reading, writing, language, and math, while encouraging creativity and building social-emotional skills.

Kitchen Table Classroom

<https://www.kitchentableclassroom.com/>
Free online resource with videos and instructions on various arts and crafts projects for kids.

Learn to Be

<https://www.learntobe.org/>
Free or pay-what-you-can tutoring for K-12 students. Tutors mainly offer help in math, reading, writing, science; but are open to helping with subjects outside of these areas.

SkillShare

<https://www.skillshare.com/>
Skillshare is an online learning community with thousands of classes for creative and curious people, on topics including illustration, design, photography, video, freelancing, and more.

UPchieve

<https://upchieve.org/>
Free online math tutoring for middle school and high school math. Tutoring is available 24/7.



AMENITIES



ARTS & CULTURE

24th Street Theater

(213) 745-6516

1117 W 24th St.

Los Angeles, CA 90007

<https://www.24thstreet.org>

We believe that the young people we reach today will grow up to be active participants in their communities who are notable for their generosity, independent thinking, and passion for the arts. We envision a change in the culture of Los Angeles: people animated by a greater sense of inter-connectedness, empathy and humanity. The components of that vision include a destination for community gatherings, creating consistently great theatre, and having a place where neighborhood residents come for inspiration.

Blue Whale Bar

(213) 620-0908

23 Astronaut E S Onizuka St. Ste 301

Los Angeles, CA 90012

<http://www.bluewhalemusic.com>

Opened in December of 2009, bluewhale is a live jazz club, art gallery and bar located in the heart of Little Tokyo, Los Angeles. Since its opening, bluewhale has been about one thing; providing the highest level of live music for true music lovers in an innovative space boasting an intimate, yet sophisticated design. The brainchild of jazz vocalist Joon Lee, bluewhale has become the goto venue for the best creative musicians, young as well as established, to showcase their latest projects.

The Broad

(213) 232-6200

221 S Grand Ave.

Los Angeles, CA 90012

<https://www.thebroad.org>

The Broad makes its collection of contemporary art from the 1950s to the present accessible to the widest possible audience by presenting exhibitions and operating a lending program to art museums and galleries worldwide. By actively building a dynamic collection that features in-depth representations of influential contemporary artists and by advancing education and engagement through exhibitions and diverse public programming, the museum enriches, provokes, inspires, and fosters appreciation of art of our time.

California Science Center

(323) 724-3623

700 Exposition Park Dr.

Los Angeles, CA 90037

<https://californiasciencecenter.org>

The California Science Center provides an innovative model for science learning by combining exhibits with an on-site Science Center School and Amgen Center for Science Learning as well as a teacher professional development program. We aspire to stimulate curiosity and inspire science learning in everyone by creating fun, memorable experiences, because we value science as an indispensable tool for understanding our world, accessibility and inclusiveness, and enriching people's lives.

Center Theatre Group

(213) 628-2772

135 N Grand Ave.

Los Angeles, CA 90012

<https://www.centertheatregroup.org>
At Center Theatre Group, we believe theatre creates an extraordinary connection between artists and audiences that only starts on the stage. Theatre creates the energy that feeds a city, a culture, and a society. Theatre reflects the community it serves. As one of the nation's most influential nonprofit theatre companies, we proudly continue our more than 50-year tradition of using the art of theatre to broaden horizons and illuminate new perspectives. CTG offers work at the Ahmanson Theatre, Mark Taper Theatre, and the Kirk Douglas Theatre.

Grammy Museum

(213) 765-6800
800 W Olympic Blvd. Ste A245
Los Angeles, CA 90015
<https://grammymuseum.org>
The Museum is dedicated to cultivating a greater understanding of the history and significance of music through exhibits, education, grants, preservation initiatives, and public programming. Paying tribute to our collective musical heritage, the Museum explores and celebrates all aspects of the art form—from the technology of the recording process to the legends who've made lasting marks on our cultural identity. Today, the GRAMMY Museum fulfills its mission of making music a valued and indelible part of our society through exhibits, education, grants, and public programming.

Hollywood Pantages Theatre

(323) 468-1770
6233 Hollywood Blvd.
Los Angeles, CA 90028
<https://www.broadwayinhollywood.com>

The Pantages Theatre has become of the most popular venues in Hollywood to visit. Renowned for hosting exciting Broadway shows that dedicated fans can experience all year round – it's no wonder why! This lively venue celebrates the highest of quality and specializes in stage musicals and operas, some of the biggest Broadway productions have been held on its very stage including 'West of The Rocky Mountains,' and 'Wicked.'

Hotel Cafe

(323) 461-2040
1623 1/2 N Cahuenga Blvd.
Los Angeles, CA 90028
<https://www.hotelcafe.com>
The Hotel Cafe is a small music venue in the heart of Hollywood, CA. They have been bringing you great live music for almost 20 years. This venue started out as a coffee shop and has been known to jump start the careers of singer-songwriters like Katy Perry, John Mayer, Sara Bareilles, Adele, and many more. If you are looking for an intimate setting with great music--this is the place for you.

Japanese American National Museum

(213) 625-0414
100 N Central Ave.
Los Angeles, CA 90012
<http://www.janm.org/>
The Japanese American National Museum is the first museum in the United States dedicated to sharing the experience of Americans of Japanese ancestry as an integral part of U.S. history. Through its comprehensive collection of Japanese American objects, images and documents, as well as multi-faceted exhibitions, educational programs, documentaries and publications, the National Museum shares

the Japanese American story with a national and international audience.

The Latino Theatre Company at LATC

(213) 489-0994

514 S Spring St.

Los Angeles, CA 90013

<https://www.thelatc.org>

The Latino Theater Company (LTC) celebrates over 30 years of commitment to the creation of exciting, thought-provoking theater in Los Angeles. Artistic Director José Luis Valenzuela also co-founded the Latino Theater Lab at the LATC in 1985. Together with the Latino Theater Company, he has made significant contributions to the advancement of U.S. Latino Theater. In 2006, LTC was awarded a 20-year lease to operate the LATC, from the City of Los Angeles. Their mission at the LATC is to provide a world-class arts center for those pursuing artistic excellence; a laboratory where both tradition and innovation are honored and honed; a place where the convergence of people, cultures, and ideas contribute to the future. In 2014 they hosted the historic Encuentro 2014 festival, the largest LatinX Theater festival in over 25 years. The company also produces a free pageant play, La Virgen de Guadalupe, Dios Inantzin, at the Cathedral of Our Lady of the Angels as a gift to the city each holiday season.

The Museum of Contemporary Art

(213) 626-6222

250 S Grand Ave.

Los Angeles, CA 90012

<https://www.moca.org>

Established in 1979, we are the only artist-founded museum in Los Angeles. We are

dedicated to collecting and exhibiting contemporary art. We house one of the most compelling collections of contemporary art in the world, comprising roughly 7000 objects, and have a diverse history of ground-breaking, historically significant exhibitions. We are committed to the collection, presentation, and interpretation of art created after 1940, in all media, and to preserving that work for future generations. We provide leadership in the field by identifying and presenting the most significant and challenging art of our time, actively supporting the creation of new work, and producing original scholarship.

Natural History Museum

(213) 763-3466

900 Exposition Blvd.

Los Angeles, CA 90007

<https://nhm.org>

The Natural History Museum (NHM) occupies a special place in Los Angeles: It's one of L.A.'s oldest cultural institutions, and today, it's the anchor of an emerging cultural, educational, and entertainment hub in Exposition Park. We show off extraordinary specimens in exhibitions such as Age of Mammals, the Dinosaur Hall, the Gem and Mineral Hall, and our beloved dioramas. But in addition to sharing the history of the planet, we also explore the transformation around us right now: Becoming Los Angeles, the outdoor Nature Gardens, and the Nature Lab look at the relationship between environment and people, past and present, in L.A. In all of these experiences at the museum, whether they're inside or outside, we're interested in the intersection of nature and culture—in L.A. and beyond

GROCERY STORES

Albertson's

(323) 295-1919
3901 Crenshaw Blvd.
Los Angeles, CA 90008
<https://albertsons.com>

CVS

(213) 741-6099
1919 S Hoover St.
Los Angeles, CA 90007
<https://www.cvs.com>

Food 4 Less

(213) 386-1680
1091 S Hoover St.
Los Angeles, CA 90006
<https://www.food4less.com>

Galleria Market

(323) 733-3800
3250 W Olympic Blvd.
Los Angeles, CA 90006
<http://galleriamarket.com>

Grocery Outlet Bargain Market

(213) 372-5003
1120 W 6th St.
Los Angeles, CA 90017
<https://groceryoutlet.com>

H Mart

(213) 235-9560
621 S. Western Ave.
Los Angeles, CA 90005
<https://www.hmart.com>

Northgate Market

(213) 249-9173
2323 W. Olympic Blvd.
Los Angeles, CA 90006
<https://www.northgatemarket.com>

Ralphs

(323) 732-3863
2600 S Vermont Ave
Los Angeles, CA 90007
<https://www.ralphs.com>

Rite Aid

(323) 735-0774
1815 S Vermont Ave.
Los Angeles, CA 90006
<https://www.riteaid.com>

Smart & Final

(323) 733-5875
3607 S Vermont Ave
Los Angeles, CA 90007
<https://www.smartandfinal.com>

Smart & Final Extra!

(213) 629-0039
845 S Figueroa St. Ste 100
Los Angeles, CA 90017
<https://www.smartandfinal.com/>

Target

(213) 275-3149
3131 S Hoover St.
Los Angeles, CA 90089
<https://www.target.com>

Trader Joe's

(213) 749-1497
3131 S Hoover St. Ste 1920
Los Angeles, CA 90089
<https://www.traderjoes.com>

VONS

(213) 384-6552
3461 W 3rd St.
Los Angeles, CA 90020

<https://www.vons.com>

Walgreens

(213) 694-2880

617 W 7th St.

Los Angeles, CA 90017

<https://www.walgreens.com>

Whole Foods

(213) 873-4745

788 S Grand Ave.

Los Angeles, CA 90017

<https://www.wholefoodsmarket.com>

LEISURE

CGV Cinema

(213) 388-9000

621 S Western Ave.

Los Angeles, CA 90005

<https://cgvcinemas.com>

CGV Cinemas is dedicated to showing Hollywood blockbusters as well as the best Asian films with subtitles providing everyone the chance to enjoy world-class entertainment. CGV Cinemas is pleased to deliver the highest standards through beautiful facilities, cutting edge sound, immersive movie-viewing technologies such as 4DX and ScreenX®. CGV Cinemas's signature flavored popcorn and a premium selection of beer and wine are available.

Family Amusement

(323) 660-8180

876 N Vermont Ave.

Los Angeles, CA 90029

<http://www.familyamusement.com>

Family Arcade has been around for more than 40 years! A player's arcade with all the up to date equipment sprinkled with nostalgia and classic equipment situated in a back in time neon setting that keep our loyal players coming back. Pinballs, fighters, air hockey, dance, pool,

basketball, etc. along with prize redemption games are some of the types of equipment offered, and the latest new equipment continuously placed in the arcade as it becomes available has made Family Arcade the players choice for the best real arcade in Southern California.

Regal LA Live

(844) 462-7342

1000 W Olympic Blvd.

Los Angeles, CA 90015

<https://www.regmovies.com>

Movie Theater offering 14 stadiums for a premium movie going experience. Located in the heart of LA Live, come and enjoy the latest and greatest cinema in the world. This theater also offers opportunities for special panel events, 4DX viewing, and wonderful concessions.

Rooftop Cinema Club

888 S Olive St.

Los Angeles, CA 90014

<https://rooftopcinemaclub.com>

We believe that all experiences should be memorable, which is why we are on a mission to transform nights at the movies to cinematic events like no other. You bring your friends and loved ones, and we'll bring you city skylines, sunsets, starlit

evenings, awesome drinks, delicious food, and great movies on the big screen. Our Rooftops promise a handpicked curation of cults, classics, and new releases. We stand for social cinema because we believe it's the future.

Room Escape Adventures

(470) 236-2699

845 West Washington Blvd.

Los Angeles, CA 90015

<https://roomescapeadventures.com>

Looking for something the entire family can do? Look no further than Room Escape Adventures! Kids to adults will love our world-famous escape room, Trapped in a Room with a Zombie! Enjoy memorable family fun as you work together to solve the clues to escape! Show the family how cool the 90's really were as your family tries to crack the y2k bug to escape in our 90's themed escape room, Back to the 90's!

Street Food Cinema

(323) 254-5068

1245 N Spring St.

Los Angeles, CA 90012

<https://streetfoodcinema.com>

Launched in 2012, Street Food Cinema is more than just an outdoor movie. It's an experience. Bringing together the best in pop culture films, gourmet street food and progressive new music, Street Food Cinema reinvents the traditional movie going experience - al fresco style. Every element is carefully curated to develop the unique atmosphere that makes audiences want to come back again and again.

Two Bit Circus

(213) 599-3188

634 Mateo St.

Los Angeles, CA 90021

<https://twobitcircus.com>

Unlike traditional theme parks, Two Bit Circus is a micro-amusement park. It is a carnival-themed high-tech attraction and is a multi-faceted celebration of the new wave of out-of-home entertainment: custom escape rooms called Story Rooms, VR Cabanas (private rooms), VRcades, reimaged arcade games, free roam VR, and live interactive game shows.

World on Wheels

(323) 424-7599

4645 Venice Blvd.

Los Angeles, CA 90019

<https://www.wowskatela.com>

A roller rink that offers hours of fun for everyone! This roller rink has themed evenings: R&B Nights, 90's-00's Nights, Love to Skate, All Ages After-School, and many more. Skate rentals are affordable. They also offer party packages for your celebration.

XLanes Family Entertainment Center

(213) 229-8910

333 S Alameda St. Ste 300

Los Angeles, CA 90013

<http://www.xlanesla.com>

XLanes is a 50,000 square feet family fun venue equipped with state-of-the-art LED lanes, competition felt quality billiards tables, private karaoke rooms, and retro to modern video games. You can expect to compete with players from all over the world with our high-performance virtual dart machines. Whether you are here with 10 people or 100, we can accommodate it all.

PARKS & RECREATION

Echo Park Lake

(213) 847-0929

751 Echo Park Ave.

Los Angeles, CA 90026

<https://www.laparks.org/aquatic/lake/echo-park-lake>

Echo Park Lake is a family-friendly destination worthy of its bold backdrop: the Downtown skyline amid the lotus flower blooms and fountains. You can push your way through the lake in a pedal boat (including a swan boat) or stroll around the path that hugs its borders. Either way, make sure to stop at the revived boathouse (and its breakfast pit stop Beacon) and the Lady of the Lake statue.

Elysian Park

(213) 847-0926

929 Academy Rd.

Los Angeles, CA 90012

<https://www.laparks.org/park/elysian>

Elysian Park is the oldest and one of the largest parks in all of Los Angeles. This park is full of great hiking trails and running trails. The wide grassy space also allows for hours of fun playing soccer, frisbee, or enjoying a picnic.

Exposition Park Rose Garden

(213) 763-0114

701 State Dr.

Los Angeles, CA 90037

<https://www.laparks.org/park/exposition-rose-garden>

The Rose Garden is operated by the Los Angeles City Department of Recreation and Parks and has been since 1928. The Rose Garden is visited by hundreds of

Angelinos and tourists each year. It is often used as an urban oasis by the local Community as a place of quiet and refuge. On most weekends between April and November, it is the location of choice for weddings and photographs of family gatherings.

Grand Hope Park

W 9th Street and Hope

Los Angeles, CA 90017

<https://www.laconservancy.org/locations/grand-hope-park>

Grand Hope Park was designed as a collection of "outdoor rooms" each being formed by the use of trees, fountains, sculptures, and walkways. The park includes a large water feature, a children's playground, and spaces for community gatherings. The park is also a site for local artwork. The clock tower at the entrance was designed by Halprin. The other works in the park were designed by various Californian artists including Lita Albuquerque, Raul Guerrero, Ralph McIntosh, Gwynn Murrill, and Adrian Saxe.

Grand Park

(213) 972-8080

200 N Grand Ave.

Los Angeles, CA 90012

<https://grandparkla.org>

The new Grand Park provides Angelenos of all walks of life a place where they can come together to celebrate, reflect, and shape the future, in one central gathering place. Open spaces are available not only for casual sitting and leisurely strolling but also for civic gatherings. Grand Park has four distinct areas featuring amenities

ranging from a restored historic Arthur J. Will Memorial Fountain with a new wade-able membrane pool, a small intimate performance lawn, a community terrace planted with drought-tolerant specimen plants representing the diverse cultural make-up of Los Angeles itself, and a grand event lawn.

Hoover Recreation Park

(213) 749-8896

1010 W. 25th St.,

Los Angeles, CA 90007

<https://www.laparks.org/reccenter/hoover>

This park offers barbecue pits, picnic tables, a small auditorium, a stage, an outdoor basketball area (lighted), new children's play area, outdoor exercise equipment, and walking track. Picnic areas, the private courtyard, and meeting rooms can be permitted for use. Additionally, this park offers programs for kids, adults, and seniors.

Roosevelt Golf Course

(323) 665-2011

2650 N Vermont Ave.

Los Angeles, CA 90027

<https://golf.lacity.org/index.htm>

Roosevelt Golf Course, located across the street from the famous Greek Theatre in Griffith Park, is a unique executive 9-hole golf course which touts some of the best views of the City of Los Angeles. It is a walking only course, which is both hilly and very challenging. This fun course will test your shot-making ability and allow you to play your entire bag of clubs.

Silverlake Reservoir

1854 To 2246 Silver Lake Blvd.

Los Angeles, CA 90026

The Silver Lake Reservoir Complex comprise two concrete-lined basins, Ivanhoe Reservoir and Silver Lake, divided by a spillway, in the Silver Lake community. It is surrounded by several recreational areas, including a dog park on the south, a nursery school on the north, and the Silver Lake Recreation Center, which includes a basketball court on the south side of the lake. There is also a walking and jogging path, which stretches 2.2 miles (3.5 km) around the reservoir. In April 2011, the City of Los Angeles opened up for public use a three-acre passive park on the east side of the lake dubbed the "Silver Lake Meadow," modeled after the Sheep Meadow in New York's Central Park.

Toberman Park

(213) 485-6896

1725 Toberman St.

Los Angeles, CA 90015

<https://www.laparks.org/reccenter/toberman>

Toberman Park has an auditorium, barbecue pits, basketball courts (lighted / indoor), a children's play area, community room, indoor gym (without weights), picnic tables, stage, kitchen, outdoor fitness equipment, multipurpose sports field, and a baseball diamond. This park also provides a basketball, baseball, and volleyball league for kids.

Vista Hermosa Natural Park

(213) 250-1100

100 N Toluca St.

Los Angeles, CA 90026

<https://mrca.ca.gov/parks/park-listing/vista-hermosa-natural-park/>

Located at the western gateway to Downtown Los Angeles, 10.5-acre Vista Hermosa Park is an urban natural park developed by the MRCA that boldly returns the serenity and diversity of nature the Los

Angeles urban core. The park features walking trails, streams, meadows, oak savannahs, picnic grounds, and a nature-themed playground amidst native Mediterranean vegetation.

SCHOOLS & COLLEGES

32nd Street USC Performing Arts Magnet

(213) 748-0126

822 W 32nd St.

Los Angeles, CA 90007

<https://32ndstreet->

[uscsmagnet.schoolloop.com](https://32ndstreet-uscsmagnet.schoolloop.com)

Welcome to 32nd St USC Magnet. Our school houses two magnet schools. 32nd St USC Visual & Performing Arts Magnet is the kindergarten - 5th grade magnet. LAUSD/USC Media Arts and Engineering is the 6th - 12th grade magnet. We attract students from every part of the city and send our seniors to universities throughout the country. We strive to create an environment where students are pushed academically and grow to be good people who share their gifts and strength with others.

Bernardo Middle School

(213) 739-5600

1157 S Berendo St.

Los Angeles, CA 90006

<https://www.berendoms.net/>

Beautiful Berendo Middle School has served the Pico Union community for over 100 years. It is our mission to provide every student experience to grow creatively, ethically and academically. Accredited by the Western Association of Schools and Colleges, we inspire our students to be college ready and connected to their

community locally and globally. Berendo Crusaders learn what it takes to be successful in high school, college and beyond. Having your child join the Berendo family means that over a century of support, knowledge, and guidance will be at your side.

Bill Cruz Early Education Center

(213) 388-6485

1020 S Valencia St.

Los Angeles, CA 90015

<https://schooldirectory.lausd.net/>

Bill Cruz Early Education Center provides preschool services all year long! We create a challenging learning environment that encourages high expectation for success through developmental-appropriate practices/instruction that allows for individual differences and learning styles. Our school is a safe, caring, and supportive environment. We foster positive relationships with students and staff. We strive to have our parents, teachers, and community members actively involved in our students' learning.

California State University, Dominguez Hills

(310) 243-3696

1000 E Victoria St.

Carson, CA 90747

<https://www.csudh.edu>

Centrally located in the South Bay and the heart of Los Angeles, CSU Dominguez Hills is a diverse, welcoming community of learners and educators collaborating to change lives and communities for the better. Through our strong and relevant academic programs, dedicated faculty mentors, supportive staff, attractive campus, and student amenities, CSUDH is committed to connecting our students to an affordable, high-quality, and transformative education. CSUDH provides our communities with a vital resource for talent, knowledge, skills, and leadership needed to thrive today and tomorrow.

California State University, Los Angeles

(323) 343-3000

5151 State University Dr.

Los Angeles, CA 90032

<https://www.calstatela.edu>

Cal State LA transforms lives and fosters thriving communities across greater Los Angeles. We cultivate and amplify our students' unique talents, diverse life experiences, and intellect through engaged teaching, learning, scholarship, research, and public service that support their overall success, well-being, and the greater good. With 100 undergraduate, graduate, pre-professional and certificate programs, as well as our Early Entrance Program and Study Abroad opportunities, you work closely with your professors and classmates to help master your coursework and excel in your chosen field. Whether it's interning with NBC's "Dateline," conducting cancer research at the City of Hope or studying star formation at NASA's Jet Propulsion Laboratory, you'll learn by doing. You're in Los Angeles—the possibilities are endless.

Early College Academy

(213) 763-3685

400 W Washington Blvd. Building B4-350

Los Angeles, CA, 90015

<https://eca-lattc-laUSD-ca.schoolloop.com>

Early College Academy at LATTC high school innovative partnership with Los Angeles Trade Tech College, allow pupils to earn a high school diploma and up to two years of college credit in four years or less. Early College Academy at LATTC is a small, pilot school that blends high school and college into a coherent educational program. In Early College Academy at LATTC, students begin taking college courses in the 9th grade and the college credit earned may be applied toward completing their high school diploma, as well as an AA degree, transfer to a four-year university, or obtaining a skills certificate. Early College Academy @ LATTC is more than getting students college ready, ECA is college going!

Frank Lanterman High School

(213) 749-8310

2328 St James Pl.

Los Angeles, CA 90007

[http://lantermanhs-laUSD-](http://lantermanhs-laUSD-ca.schoolloop.com)

[ca.schoolloop.com](http://lantermanhs-laUSD-ca.schoolloop.com)

Lanterman High School is a special education center providing instruction for students with moderate to severe disabilities. Lanterman High School provides opportunities for all students to meet proficient and advanced levels of academic performance. As a school within Local District Central of the Los Angeles Unified School District, we share the goals, objectives, and instructional initiatives of our Local District by working to follow the cycle of clear expectations and academic

rigor in standards-based teaching and learning.

John Adams Middle School

(213) 745-3700

151 W. 30th St.

Los Angeles, CA 90007

[https://adamsms-laUSD-](https://adamsms-laUSD-ca.schoolloop.com)

[ca.schoolloop.com](https://adamsms-laUSD-ca.schoolloop.com)

John Adams Middle School is committed to creating a learning environment for innovative thinking and cultural preservation through cooperation with our school community. We provide students with programs that allow them to interact in a setting that stimulates their academic and creative development. We have an award-winning band and mariachi program, a state-of-the-art studio painting and digital media Arts program, robotics, sports, clubs, and leadership activities. We pride ourselves with a Highly Gifted Magnet Program that excels in academics. We at John Adams believe that the student is the most important person in our school and our mission is to have each student succeed at their maximum potential. We invite you to be part of the John Adams Family.

John H Liechty Middle School

(213) 989-1200

650 S Union Ave.

Los Angeles, CA 90017

[https://liechtyms-laUSD-](https://liechtyms-laUSD-ca.schoolloop.com)

[ca.schoolloop.com](https://liechtyms-laUSD-ca.schoolloop.com)

Liechty Middle School is committed to an intellectual and social-emotional growth of its students. Liechty empowers students to become resourceful, lifelong learners and productive citizens equipped with 21st Century critical thinking skills. High quality instruction is

collaboratively designed and implemented throughout the subject areas. Integration of the Arts and Technology is core to our philosophy. Technology is a part of every classroom experience. We offer elective Art classes in Digital Imaging, 3d Art, 3d Animation, 3d Modeling and Game Design. Students also have access to honors classes, AVID, Robotics, Coding, Orchestra, and Jazz Band.

Los Angeles City College

(323) 953-4000

855 N Vermont Ave.

Los Angeles, CA 90029

<https://www.lacitycollege.edu>

LACC provides a dynamic and innovative learning environment offering more than 100 vocational and professional programs including degrees, transfer programs, and certificates to more than 18,000 students. In 2019, LACC will celebrate its 90th anniversary. Under the LA College Promise, we offer one year of free enrollment to all full-time students graduating from LAUSD high schools and charter schools. We also offer music majors tuition free attendance, private lessons and financial aid thanks to a gift from The Herb Alpert Foundation. Additionally, our students benefit from a wide variety of financial aid options. LACC helps students transfer to competitive universities as juniors, enter high-paying jobs and enable them to advance in their careers.

Magnolia Avenue Elementary

(213) 748-6281

1626 S. Orchard Ave.

Los Angeles, CA
 90006"<https://magnoliaes-laUSD-ca.schoolloop.com>
Magnolia Avenue Elementary School has been serving the proud Pico-Union community since 1904. We take great pride in providing all students a supportive and nurturing learning environment to grow and develop into empowered scholars and citizens. We focus on differentiating our instruction to better serve our students and develop critical thinkers and problem solvers. We target the whole child and offer our students unique programs and services that include enrichment opportunities in Dual Language, chorus, orchestra, mariachi, mental health, technology, student leadership, before and after school programs, academic intervention classes, and extensive special education services. We welcome you to our school community!

Mount St. Mary's - Doheny Campus
 (213) 477-2500
 10 Chester Pl.
 Los Angeles, CA 90007
<https://www.msmu.edu>
Nestled into a private, verdant park-like setting just south of Downtown Los Angeles, the Doheny Campus is home to the Mount's graduate degree programs, associate in arts programs, education credential program, and Weekend College - a baccalaureate degree program designed for working adults.

Norwood Street Elementary
 (213) 748-3733
 2020 Oak St.
 Los Angeles, CA 90007

<http://www.norwoodstreetelementary.org>
Norwood Street School Community provides a positive, healthy, student-centered learning environment where there are shared responsibilities and high expectations of excellence, student engagement and collaboration based on fairness and mutual respect for all stakeholders.

Olympic Primary Center
 (213) 739-2753
 950 S Albany St.
 Los Angeles, CA 90015
Olympic Primary Center is home to the University Bound and Career Ready Lions! 225 Olympic PC learners are academically prepared to be lifelong readers and learners and are supported by all staff to develop a positive social and emotional self-image. Kindergarten (K), Transitional Kindergarten (TK), Extended Transitional Kindergarten (ETK) and PALS students, families and staff work cooperatively to help students develop into proficient English speaking 21st Century Learners who exhibit Creativity, Collaboration, Critical Thinking and are effective Communicators. Olympic Primary Center is the BEST Learning environment for the future leaders of our community.

Orthopedic Hospital Senior High Medical Magnet
 (213) 765-2088
 300 W 23rd St.
 Los Angeles, CA 90007
<https://www.orthovipers.org>
Welcome to Orthopedic Hospital Medical Magnet High School is a medically themed magnet school open to all students in LAUSD. At Ortho, we fundamentally believe in the potential of all students to

grow and to achieve. Our highly qualified and diverse faculty and staff is committed to providing students a rigorous, well-rounded education. This education prepares our students to be college, career, and life ready. OHMMHS is a unique place where personalization takes center stage.

University of Southern California

(213) 740-2311

3551 Trousdale Pkwy.

Los Angeles, CA 90089

<https://www.usc.edu>

The University of Southern California (USC) is one of the world's leading private research universities. An anchor institution in Los Angeles, a global center for arts, technology and international business, USC's diverse curricular offerings provide extensive opportunities for interdisciplinary study and collaboration with leading researchers in highly advanced learning environments. In a comprehensive 2020 ranking, The Wall Street Journal and Times Higher Education ranked USC 18th among more than 1,000 public and private universities. Among all California institutions – public and private – only USC, Caltech and Stanford University ranked within the top 20.

West Adams Preparatory Senior High

(323) 373-2500

1500 W Washington Bl.

Los Angeles, CA, 90007

<https://westadamsprep-lausd-ca.schoolloop.com>

West Adams Preparatory Senior High is divided into three smaller schools: School of Business, School of the Arts (SOTA), and the School of Invention, Design, Engineering & Architecture (IDEA). Core programs include Advisory (a required course for every student, every year, learning about college and career opportunities) and "7 to 7" (an elongated school day offering enrichment opportunities for students and families before and after normal school hours).

William Jefferson Clinton Middle School

(323) 235-7200

3500 S. Hill St.

Los Angeles, CA 90007

<https://wjcms-lausd-ca.schoolloop.com>

William Jefferson Clinton Middle school is located near the historic Mercado de la Paloma. At Clinton, students are engaged in rigorous learning through school-wide college preparatory strategies via the AVID Program. Student are motivated to achieve their fullest potential through Kagan cooperative groups and Restorative Justice Practices. Our school partners with Community in Schools, City Year, and Beyond the Bell to ensure student success is achieved. We have an excellent band program as well. We believe students are our future leaders and work on strengthening their skills so they are not only college and career ready, but become good citizens too.

SHOPPING CENTERS

FIGat7th

(213) 955-7150

735 S Figueroa St.

Los Angeles, CA 90017

<http://www.figat7th.com>

FIGat7th offers a unique, oasis-like shopping and dining environment, with massive appeal for everyone, from the urban sophisticates who make their homes here, to the hundreds of thousands of professionals who are getting down to business. Both a treat and retreat right in the heart of downtown LA, FIGat7th is certainly in the right place at the right time.

The Grove

(323) 900-8080

189 The Grove Dr.

Los Angeles, CA 90036

<https://thegrovela.com>

The Grove is a popular fashion and lifestyle destination offering the best mix of retail, restaurants and entertainment in Los Angeles. Pulsing with style and energy, it's a gathering place where friends and families spend whole days shopping, dining, seeing movies and relaxing, soaking up the sunshine and the excitement around them.

Japanese Village Plaza

(213) 617-1900

335 E 2nd St. Ste 223

Los Angeles, CA 90012

<http://japanesevillageplaza.net>

Conveniently located at the gateway to the Little Tokyo District of downtown Los Angeles, Japanese Village Plaza offers a unique shopping and dining experience in

a relaxing, comfortable atmosphere. Japanese Village Plaza is more than a historic shopping center; it is now a place where customers can come early and stay late for a variety of services, shopping, dining and entertainment. Abundant parking is available on Central Avenue, between 1st and 2nd Street.

Koreatown Galleria

(323) 733-6000

3250 W Olympic Blvd. Ste 400

Los Angeles, CA 90006

<http://www.koreatowngalleria.com>

Located in the heart of Koreatown in Los Angeles, Koreatown Galleria has been offering one-stop shopping experience with over 70 stores, including the Galleria Market, since 2001. The Galleria Market is frequented by residents from all over Los Angeles for its quality and competitive pricing. The center also features a food court offering a variety of authentic Asian cuisine for a pleasant dining experience. Koreatown Galleria is the ultimate shopping destination in Koreatown, and we welcome you to come experience for yourself everything it has to offer.

Koreatown Plaza

(213) 382-1234

928 S Western Ave. Ste 300

Los Angeles, CA 90006

<http://www.koreatownplaza.com/p>

Koreatown plaza is the place where people come to shop, dine, relax, browse or meet in an atmosphere alive with vitality. Koreatown is one of the fastest growing communities in Los Angeles, a

thriving focal point of commerce rivaling Chinatown and Little Tokyo. Now, just as modern retail centers have been developed to serve other expanding regions. Koreatown Plaza matches the vitality of the area with a design that provides a stimulating environment in a setting offering the utmost security for daytime and nighttime shopping.

LA Fashion District

(213) 488-1153

818 S Broadway Ste 801

Los Angeles, CA 90014

<https://fashiondistrict.org>

From stylemakers like Anine Bing, Michael Costello, and Heidi Merrick to fresh streetwear boutiques like Nice Kicks, Holy Grail, and Blends LA, the LA Fashion District

is an evolving and trendsetting epicenter of style. With 4,000+ independently owned and operated retail and wholesale businesses, you'll find everything from luxury brands to affordable trends in apparel, footwear, accessories, jewelry, flowers, fabrics and more.

USC Village

3301 S Hoover St.

Los Angeles, CA 90007

<https://uscvillage.com>

The Shops at USC Village has it all. Over 104,000 sq ft to shop, dine, exercise, and unwind. Convenient validated parking. Unique dining experiences, shops, and services. Whether you're local, visiting, or part of the USC community, there's something for everyone at USC Village.



HEALTH & SAFETY



AIDS & HIV

AIDS Project LA - The David Geffen Center

(213) 201-1600

611 S. Kingsley Dr.

Los Angeles, CA 90005

www.aplahealth.org/

The program provides emergency food services and nutrition information for low-income persons who have AIDS or HIV illness in Los Angeles County.

AIDS Project LA- Gleicher/Chen Health Center Dental Clinic

(213) 201-1388

3743 S. La Brea Ave.

Los Angeles, CA 90016

www.aplahealth.org

The agency provides HIV/AIDS services, housing services and volunteer opportunities for people of all ages who live in Los Angeles County. Individuals must be HIV positive or have AIDS for some services.

APLA Health

(213) 201-1388

5901 W. Olympic Blvd., Suite 310

Los Angeles, CA 90036

<https://aplahealth.org/>

APLA Health's mission is to achieve health care equity and promote well-being for the LGBT and other underserved communities and people living with and affected by HIV.

Elizabeth Taylor AIDS Foundation

(310) 472- 7778

9701 Wilshire Blvd., Suite 600

Beverly Hills, CA 90212

<https://elizabethtayloraidsfoundation.org/contact/>

This nonprofit serves individuals living with and affected by HIV/AIDS in Los Angeles.

Black AIDS Institute

(213) 353- 3610 Ext 103

W 8th Ste. 200

Los Angeles, CA 90057

The Black AIDS Institute launched the Prevention Clinic in Los Angeles, in partnership with St. John's Well Child and Family Clinic to provide counseling, testing and linkage services.

CLINICS & HOSPITALS

Adventist Health White Memorial

(323) 268- 5000

1720 East Cesar E Chavez Avenue, Los Angeles, CA 90033

<https://www.adventisthealth.org/white-memorial/>

Downtown Women's Center Residence

(213) 225-8003

333 S. Los Angeles St.

Los Angeles , CA 90013

www.downtownwomenscenter.org

Elite Medical Clinic – Houman Kashani, MD

(213) 622- 3100

2214 S Hoover St.

Los Angeles, CA 90007

<http://elitemedicalclinic.net/>

Garfield Medical Center

(626) 573-2222

525 N. Garfield Ave.

Monterey Park, Los Angeles 91754

<https://www.garfieldmedicalcenter.com/>

Huntington Memorial Hospital

(626) 397-5000

100 W. California Blvd.

Pasadena , CA 91105

www.huntingtonhospital.com

JWCH Institute Inc. - Wesley Health Centers - East Hollywood

(866) 733-5924

954 N. Vermont Ave.

Los Angeles , CA90029

www.jwchinstitute.org/

Kaiser Permanente Los Angeles Medical Center

(833) 574- 2273

4867 Sunset Blvd

Los Angeles, CA 90027

<https://healthy.kaiserpermanente.org/south-california/facilities/Los-Angeles-Medical-Center-100099>

LAC+USC Medical Center

(323) 409- 1000

2051 Marengo St.

Los Angeles, CA 90033

<http://dhs.lacounty.gov/wps/portal/dhs/lacusc>

Optum Urgent Care

(213) 861- 5950

1120 W Washington Blvd

Los Angeles, CA 90015

<https://healthcarepartners.com/>

PIH Health Good Samaritan Hospital

(213) 977-2121

1225 Wilshire Blvd

Los Angeles, CA 90017

<http://www.goodsam.org/>

Primary Care Health Clinic

(424) 201- 0598

1601 W Washington Blvd

Los Angeles, CA 90007

https://www.pchcinc.org/?utm_source=google_b_auth

South Central Family Health Center

(323) 908-4200

4425 S Central Ave

Los Angeles, CA 90011

<https://www.scfhc.org/>

St. Anthony Medical Centers

(213) 384- 4555

2515 W Pico Blvd

Los Angeles, CA 90006

<http://stanthonymedical.org/>

St. Johns Well Child and Family Center

(213) 749- 0947

1910 Magnolia Ave 101

Los Angeles, CA 90007

<http://www.wellchild.org/>

DISABILITIES

Braille Institute

(800) 272-4553

<https://www.brailleinstitute.org/>

Programs and services for the blind and visually impaired.

Genetically Handicapped Persons Program

(800) 639-0597

311 S. Spring St., Ste. 800

Los Angeles, CA 90013

<https://www.dhcs.ca.gov/services/ghpp>

The Genetically Handicapped Persons Program (GHPP) is a health care program for adults with specific genetic diseases. GHPP helps beneficiaries with their health care costs.

Greater LA Agency on Deafness, Inc

(323) 478-8000

<https://gladinc.org/>

Greater LA Agency on Deafness (GLAD) works with consumers, businesses and service providers to improve quality of life and ensure communication access for the deaf, hard of hearing and deaf-blind community.

South Central LA Regional Center

(213) 744-7000

<https://sclarc.org/>

South Central Los Angeles Regional Center for Persons with Developmental Disabilities, Inc. (SCLARC) is a private, non-profit, community-based organization that coordinates services for individuals with developmental disabilities and their families. SCLARC works to provide them with the highest quality life possible from their community.

EMERGENCIES

American Red Cross - Los Angeles Region Office

General (310) 445-9908

Emergency assistance (877) 272-7337

1450 S Central Ave

Los Angeles, CA 90021

<https://www.redcross.org/local/california>

Dedicated to helping victims of disaster and providing programs and services that help the community prevent, prepare for, and respond to emergencies.

Poison Hotline

(800) 222-1222

3201 New Mexico Ave., Suite 310

Washington, DC 20016

<https://www.poison.org/>

Poison Control tells you what to do if you swallow, splash, or get stung by something that may be harmful.

FAMILIES & CHILDREN

Arroyo Vista Family Health Center

(323) 254-5221

6000 N. Figueroa St.

Los Angeles, CA 90042

https://www.arroyovista.org/home_en.php

The program provides health services for people of all ages in Los Angeles. Services include breast examinations, child health and disability prevention exams (CHDP), childhood immunizations, and community clinics.

California Black Women's Health Project

(310) 412-1828

9800 S. La Cienega Blvd., Ste. 905

Inglewood, Los Angeles 90301

<https://www.cabwhp.org/>

The agency provides advocacy, health education and volunteer opportunities in Los Angeles County and the state of California. Services are targeted, but not restricted to African American women.

Drew Child Development Corporation

(323) 249-2950 Service/Intake and Administration

(323) 249-2950 [Ext. 122] Mental Health
1770 E. 118th St.

Los Angeles, CA 90059

www.drewcdc.org

The agency provides childcare services, family preservation, and mental health services primarily for people who live in South Central Los Angeles. Programs are targeted to at risk families.

Drew Calworks Alternative Payment Program – Stage 1

(310) 609-3885 Service/Intake

(323) 249-2950 Mental Health

3737 Martin Luther King Jr. Blvd., Ste 550
Lynwood, CA 90262

The agency provides childcare services, family preservation, and mental health services primarily for people who live in South Central Los Angeles. Programs are targeted to at-risk families.

Healthy Families + Medical for Children

(888) 747- 1222

<https://www.dhcs.ca.gov/services/medical/eligibility/Pages/SB-75.aspx>

Healthy Families is low cost insurance for California children and teens. It provides health, dental and vision coverage to children who do not have insurance and do not qualify for free Medi-Cal.

LA County Department of Public Health – CHDP - Southwest Regional Office

(424) 338-1186

12012 S. Compton Ave., Rm. 4-212

publichealth.lacounty.gov/cms/chdp.htm

The program provides administrative support of health services for low-income youth in Los Angeles County. Services are provided at physician offices, county health centers and hospitals.

LA County Department of Public Health – Curtis R. Tucker Health Center

(310) 419-5325

123 W. Manchester Blvd.

Inglewood, Los Angeles 90301

publichealth.lacounty.gov/cms/chdp.htm

The program provides administrative support of health services for low-income youth in Los Angeles County. Services are

provided at physician offices, county health centers and hospitals.

**L A Care Health Plan
(888) 452-2273**

1055 W. 7th St., 10th Fl.
Los Angeles, Los Angeles 90017
<https://www.lacare.org/>

The organization administers health insurance plans for low to moderate income families in Los Angeles County.

**Maternal and Child Health Access
(213) 749-4261**

1111 W. 6th St., Ste. 400
Los Angeles, Los Angeles 90017
The agency provides advocacy, CalFresh applications and health insurance for low-income people in Los Angeles County, including children, families, pregnant and parenting women, who live in the downtown area of Los Angeles.

**Maternal, Child, & Adolescent Health
Los Angeles County Department of
Public Health Programs**

(213) 639-6400
600 S. Commonwealth Ave., 8th Floor,
Los Angeles, CA 90005
www.publichealth.lacounty.gov/mch/
Here you can find information for free or low-cost health, dental, vision, and mental health insurance programs for mothers, children and adolescents.

WATTS Healthcare Corporation

(323) 564-4331
10300 S. Compton Ave.
Los Angeles, CA 90002
www.wattshealth.org

This agency provides health services, residential treatment for substance use disorders, substance use disorder services, welfare-to-work support services and WIC for people of all ages who live primarily in the South Central Los Angeles area. Services are targeted, but not restricted, to the African-American and Spanish-speaking communities of South Central Los Angeles.

WIC

(888) 942-9675
P.O. Box 997375
Sacramento, CA 95899-7375
<https://m.wic.ca.gov/>

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

MENTAL HEALTH

**Hollygrove An EMQ Families First
Agency- Developmental Screening**

(800) 864-5437
815 N. El Centro Ave.

Los Angeles, CA 90038
www.Hollygrove.org
The program provides mental health services for youth, ages 2 to 18 years old

who have full-scope Medi-Cal in Los Angeles County. Services include behavior modification, child guidance, developmental screening, home based mental health services, infant and early childhood mental health, and wrap around facilitation/community support.

Los Angeles County Department of Mental Health

(800) 854-7771

<https://dmh.lacounty.gov/>

The Department of Mental Health seeks to optimize the hope, wellbeing and life trajectory of Los Angeles County's most vulnerable through access to care and resources that promote not only independence and personal recovery but also connectedness and community reintegration.

LA County Department of Mental Health- - Augustus F. Hawkins Family Mental Health Center

(310) 668-4272

1720 E. 120th St.

Los Angeles, CA 90059

dmh.lacounty.gov

The center provides mental health services and welfare-to-work support services, primarily for adults and children who live in South-Central Los Angeles and surrounding communities.

La County Department of Mental Health- Roybal Family Mental Health Service - Access Line

(800) 854-7771

4701 E. Cesar E. Chavez Ave. 2nd Floor.

Los Angeles, CA 90022

<https://dmh.lacounty.gov/>

This is a family-oriented, bilingual outpatient mental health center for children and adolescents age 4 to 17 and their families.

National Suicide Prevention Hotline

(800) 273-8255

<https://suicidepreventionlifeline.org/>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Online chat options available for deaf and hard of hearing.

Project Return Peer Support Network- The Warmline

(888) 448-9777

2677 1/2 Zoe Ave Suite # 304

Huntington Park, Ca 90255

www.prpsn.org

The program provides mental health services for people who are recovering from mental illness. Services include helplines/warmlines, legislative advocacy, mental health related support groups, psychiatric resocialization and respite care.

VETERANS

California Department of Veterans Affairs (CalVet)

(800) 952-5626

Mailing Address: P.O. Box 942895,
Sacramento, CA 94295

<https://www.calvet.ca.gov/>

The California Department of Veterans Affairs focuses on the overall wellness and reintegration of military veterans from all

eras. Services include housing assistance, behavioral health treatment, and case management, and more.

OTHER

Center for Healthcare Rights

(213) 383-4519, Ext. 3006
520 S. Lafayette Park Place, Suite 214
Los Angeles, CA 90057
www.healthcarerights.org

The Center for Health Care Rights (CHCR) is a nonprofit health care advocacy organization dedicated to assuring consumer access to quality health care through education, counseling, informal advocacy, and legal services.

Denti-Cal

(800) 322-6384
<https://dental.dhcs.ca.gov/>
Under the guidance of the California Department of Health Care Services, the Medi-Cal Dental Program aims to provide Medi-Cal beneficiaries with access to high-quality dental care.

Medi-Cal Assistance

(800) 541-5555
<https://www.medi-cal.ca.gov/contact.asp>
Here you will find Medi-Cal resources and health information for individuals, families, children with special medical conditions and seniors needing personal care.

Los Angeles County Health and Nutrition Hotline

(877) 597-4777
<http://publichealth.lacounty.gov/nut/>
This hotline provides food stamp information as well as information about nutrition and physical activity programs county wide.



TRANSPORTATION



FOR THE ELDERLY & PERSONS WITH DISABILITIES

Access Paratransit

(800) 827-0829

Hotline: 511

<https://accessla.org/home/>

Access Services is responsible for the administration of Access, the Americans with Disabilities Act (ADA) mandated paratransit transportation program for Los Angeles County and is committed to improving the mobility on public transit of persons with disabilities.

Dial-A-Ride in Los Angeles

For Applications:

5747 Rickenbacker Rd

Commerce, CA 90040

Dial-A-Ride Information

(800) 827-0829

https://accessla.org/riding_access/online_reservations.html

Access Paratransit provides Americans with Disabilities Act (ADA) mandated paratransit services for eligible people with disabilities who are unable to use public fixed route transportation systems.

PUBLIC TRANSPORTATION SERVICES

Culver CityBus

(310) 253-6510

<https://www.culvercity.org/how-do-i/find/culver-city-bus>

You will find information about the Culver CityBus System. Additionally, you will find arrival times, departure times, schedules, fares, system maps, etc.

LADOT Transit

(818) 943-6211

<https://www.ladottransit.com/>

Access here for information about DASH, Commuter Express, City Ride, LA now, real-time bus information and other transportation services in LA county.

LA GO Bus

(800) 827-0829

<https://dpw.lacounty.gov/transit/DAR.aspx>

Provides dial-a-ride (paratransit) services for eligible residents of the unincorporated areas of Los Angeles County.

LA Metro Home

(323) 466-3876

<https://www.metro.net/>

You will find information about the Metro System in Los Angeles County. Additionally, you will find arrival times, departure times, schedules, fares, system maps, etc.

OTHER

Department of Motor Vehicles (DMV) - Los Angeles

(800) 777- 0133

3615 S Hope St.

Los Angeles, CA 90007

<https://www.dmv.ca.gov/portal/field-office/los-angeles/>

Available for Driver License and ID Card Processing, and Vehicle Registration. Has DMV Now Kiosks to guide you through various DMV transactions with touchscreen technology. Inquire about accepted forms of payment.

Nearby Bus Stop Locations

These are some cross streets where you'll find bus stops close to you:

- Washington / Oak (381 ft)
- Washington / Cherry (0.2 miles)
- Washington Blvd & Union Ave (0.3 miles)
- 23rd / Union (0.4 miles)

Nearby Metro Stations

These are the four metro stations closest to you:

- Grand / LATTC (0.6 miles)
- Jefferson Blvd./USC (1.5 miles)
- Exposition Park/USC (2.1 miles)
- Exposition Blvd./Vermont Avenue. (2.3 miles)



SOCIAL SERVICES



ADDICTION

Altamed Health Services Corporation – Altamed Medical Group – Boyle Heights Zonal – Addictions/Substance Use Disorder Support Groups

(888) 499-9303

1701 Zonal Ave.

Los Angeles, CA 90033

www.altamed.org

The agency provides substance abuse services for people of all ages in Los Angeles county. Services include opioid detoxification, methadone maintenance and addictions/substance use disorder support groups.

Beit T'shuvah- Addiction Counseling

(310) 204-5200

8831 Venice Blvd.

Los Angeles, Los Angeles 90034

www.beittshuvah.org

The agency provides substance use disorder services to people who live in Los Angeles County. Services are targeted, but not restricted, to people of the Jewish faith.

Gambling Addiction Helpline

(800) 426-2537

The agency provides substance abuse services for individuals with gambling problems or individuals who are adversely

affected by the gambling problems of others. Services include gambling addiction prevention programs, gambling hotlines and specialized information and referral.

His Sheltering Arms Inc – Addictions/Substance Use Disorder Support Groups for Women

(323) 755-6646

11101 S. Main St.

Los Angeles, CA 90061

www.hisshelteringarms.org

The agency provides residential treatment for substance use disorders for single women, women with a small child and pregnant women ages 18 and older who are residents of Los Angeles County. For women with a small child, the child must be 3 years or younger.

Sex Addicts Anonymous Hotline

(213) 896-2964

The agency provides self-help group services to individuals in Los Angeles County. Services include printed materials, sexual/love addiction support groups, and speakers bureau services.

CHILDREN & YOUTH

California Children's Services

(800) 288-4584

<http://publichealth.lacounty.gov/>

California Children's Services (CCS) is a state program for children with certain diseases or health problems. Through this

program, children up to 21 years old can get the health care and services they need. CCS will connect you with doctors and trained health care people who know how to care for your child with special health care needs.

California Youth Crisis Line

(800) 843-5200

<https://calyouth.org/cycl/>

The California Youth Crisis Line (CYCL) operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis. Professionally trained staff and volunteer counselors respond to 20,000 calls annually with crisis intervention counseling and resource referrals to service providers in the caller's local community.

Child Abuse Hotline

(800) 540-4000

<https://mandreptla.org/cars.web/>

The Child Protection Hotline receives telephone calls alleging suspected child abuse, neglect, and exploitation 24 hours a day, 7 days a week. Children's Social Workers evaluate all calls of suspected child abuse, neglect, and exploitation to determine if an in-person investigation is warranted by the Department of Children and Family Services (DCFS).

Child Support Hotline

(800) 540-4000 - Within CA

(213) 639-4500 - Outside CA

<https://dcfs.lacounty.gov/>

The Los Angeles County Department of Children and Family Services promotes child safety and well-being by partnering with communities to strengthen families, keeping children at home whenever possible, and connecting them with stable, loving homes in times of need.

Children's Institute Inc- Watts Campus

(323) 523-8600

1522 E. 102nd St.

Los Angeles, CA 90002

www.childrensinstitute.org

The agency provides child abuse services, child care, early childhood education, family support services, foster care services, mental health services, school readiness and welfare-to-work support services for people of all ages and their families in Los Angeles County

Koreatown Youth and Community Center - Menlo Family Services

(213) 365-7400

1230 S. Menlo St. No.100

Los Angeles, Los Angeles 90006

www.kyccla.org

The agency provides youth services for children and adolescents, grades K - 12, who live in Koreatown and the surrounding areas in the County of Los Angeles. Services include computer and related technology classes, day camps, juvenile delinquent prevention, leadership development, parent support groups, and tutoring services.

Public Counsel – Children's Rights Groups

(213) 385-2977 Ext. 500

610 S. Ardmore Ave.

Los Angeles, CA 90005

www.publiccounsel.org

The agency provides youth services to youth and young adults age 24 and younger who live in Los Angeles County. Services include benefits assistance, emancipation assistance, individual advocacy, guardianship assistance and legal counseling.

Shields for Families Inc - Ark Compton Drug Court

(323) 242-5000

11705 Deputy Yamamoto Pl., Ste. A

Lynwood, CA 90262

www.shieldsforfamilies.org

The agency provides case management, child abuse services, coordinated entry system, domestic violence services, family preservation services, mental health

services, residential substance use disorder treatment, substance use disorder services, vocational education services and youth services.

ELDER SERVICES

AARP

(888) 687-2277

(877) 342-2277 (Spanish)

www.aarp.org

Nationwide advocacy organization for people aged 50 and older. Information and educational resources on an extensive range of subjects, ranging from long-term health care to consumer fraud.

Ahmanson Senior Center (at EXPO Center)

(213) 7630118

3990 Bill Robertson Ln.

Los Angeles, CA 90037

<https://www.laparks.org/expo/senior-center>

Classes, activities and programs for senior citizens. Programs include Chair Yoga, Outdoor Fitness Circuit, Art, Sewing, Knitting, and Crochet, Table Games, Bingo, Dominos, Bridge, Line Dance, Senior Club, Monthly Movie Day, etc.

Alzheimer's Association

(800) 272-3900

225 N Michigan Ave., Fl. 17

Chicago, IL 60601

www.alz.org

Nonprofit organization provides support, education, training and resources for families and caregivers affected by Alzheimer's and related disorders.

Better Business Bureau

(703) 276-0100

www.bbb.org

Provides reports on business and charities, helps resolve consumer complaints, and provides consumer counseling.

Betty Hill Senior Citizen Center

(323) 733-1946

3570 Denker Ave.

Los Angeles, CA 90018

<https://www.laparks.org/scc/betty-hill>

Classes, activities and programs for senior citizens. Programs include Chair Yoga, Outdoor Fitness Circuit, Art, Sewing, Knitting, and Crochet, Table Games, Bingo, Dominos, Bridge, Line Dance, Senior Club, Monthly Movie Day, etc.

California Adult Protective Services

(888) 202-4248: For general Information, toll-free in LA & vicinity

(877) 477-3646: 24-hr abuse hotline

<https://www.cdss.ca.gov/adult-protective-services>

State mandated program charged with investigating situations involving elder and dependent adults who are reported to be in danger due to abuse, neglect, exploitation, or hazardous or unsafe living conditions.

California Advocates for Nursing Home Reform

(800) 474-1116

www.canhr.org

Information and advocacy for nursing home residents and their families, including detailed facility profiles at www.nursinghomeguide.org

California Department of Aging

(800) 510-2020

<https://www.aging.ca.gov/>

The California Department of Aging (CDA) administers programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout the State.

California Department of Justice, Bureau of Medi-Cal Fraud and Elder Abuse

(800) 952-5225

<https://oag.ca.gov/bmfea>

Provides information on a wide variety of elder topics, links to numerous other relevant sites, and contains contact and reporting information.

California Independent Living Centers

(916) 325-1690

<https://www.calsilc.ca.gov/independent-locator>

Find Independent Living Centers in this online locator.

Community Services for Seniors- Los Angeles County

(213) 738-2600

<http://www.worksourcecalifornia.com/>

The agency provides WIA programs for people who live in unincorporated areas of Los Angeles County and areas not covered by other WIB's.

Eldercare Locator

(333) 331-7289

www.elder.org

Nationwide information and resource center for seniors and caregivers.

Long-Term Care Ombudsman Administration for Community Living

(202) 401-4634

To find local resources:

(800) 677-1116

[https://acl.gov/programs/Protecting-](https://acl.gov/programs/Protecting-Rights-and-Preventing-Abuse/Long-term-Care-Ombudsman-Program)

[Rights-and-Preventing-Abuse/Long-term-Care-Ombudsman-Program](https://acl.gov/programs/Protecting-Rights-and-Preventing-Abuse/Long-term-Care-Ombudsman-Program)

Trained individuals who advocate for the protection and rights of all residents of 24-hour long-term care facilities. The primary responsibility of the Ombudsman program is to investigate and resolve complaints made by, or on behalf of, individual residents.

National Committee for the Prevention of Elder Abuse

(202) 464-9481

www.preventelderabuse.org

Association of researchers, medical practitioners and advocates dedicated to the safety and security of the elderly. Serves as the nation's clearinghouse on information and materials on elder abuse and neglect.

National Family Caregivers' Association

(855) 227-3640

www.nfcacares.org

Grassroots organization dedicated to improving life for family caregivers, or those caring for loved ones with a chronic illness or disability.

National Hispanic Council on Aging

(202) 347-9733

www.nhcoa.org

Provides information on issues critical to Latino seniors, including those pertaining to health, income, education, employment and housing.

National Institute on Aging

(800) 222-2225

www.nia.nih.gov

Information and consumer information on health and research advances in aging issues

National Senior Citizens' Law Center

(213) 639-0930

www.nslc.org

Provides information for elder and dependent adults on such issues as Medicare, Medi-Cal, SSI and pensions.

Nursing Home Compare

Service is online

<https://www.medicare.gov/>

[nursinghomecompare/search.html](https://www.medicare.gov/nursinghomecompare/search.html)

Site designed to help individuals choose a nursing home, includes comprehensive inspection results for all nursing homes.

Report Elder Abuse Hotline

(877) 477-3646

(888) 202-4248

<https://wdacs.lacounty.gov/>

You can call this number to report elder abuse if you know or suspect that an elderly person may be suffering from mistreatment.

Watts Labor Community Action Committee – Bradley Multipurpose Senior Citizen Center

(323) 563-5639

10957 S. Central Ave.

Los Angeles, CA 90059

www.wlcac.org

The center provides health education, nutrition programs, services for older adults and transportation for people age 60 years and older who live in the Central and South Central Region of Los Angeles.

FAMILY SERVICES

City of Culver City Parks, Recreation and Community Services – Linwood Howe School

(310) 253-6650

4100 Irving Pl.

Culver City, CA 90232

www.culvercity.org/

The agency provides youth services to children and youth ages 6 through 17 who live in Culver City and surrounding areas. Services include arts and crafts instructions, drop in center services, extended day care, homework help programs, job

search/placement services and recreational facilities.

Mount Saint Mary's University Child Development Center – Child Care Centers

(213) 477-2977

17 Chester Pl.

Los Angeles, CA 90007

<https://www.msmu.edu/undergraduate-bachelor-programs/child-development/child-development-center/>

The child development center provides child-care for families in the Los Angeles area. Services include a comprehensive day care program for children age one and a half to four.

Salvation Army

(213) 744-8186

3107 S Grand Ave.

Los Angeles, CA 90007

https://lahopeharbor.salvationarmy.org/hope_harbor_us_west/

The Salvation Army works to identify and meet areas of need in the communities it serves. The Hope Harbor serves to empower homeless men suffering from

drug and alcohol abuse achieve spiritual, physical and social self-sufficiency.

YMCA of Metropolitan Los Angeles – Ketchum Downtown YMCA

(213) 624-2348

401 S. Hope St.

Los Angeles, CA 90071

www.ymcala.org/kd

The agency provides childcare services for children and adolescents who live, primarily in the Downtown Los Angeles and Pico-Union area of Los Angeles. Services include extended day care through special afterschool programs, and a Preschool program.

FOOD ASSISTANCE

CalFresh (Food Stamps)

(877) 847-3663

By mail: Call the Customer Service Center at (866) 613-3777 and ask for a CalFresh application to be mailed to you. Once you have filled out your CalFresh application, mail it to your local DPSS Office.

<https://www.getcalfresh.org>

CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.

Los Angeles Regional Foodbank

1734 E 41st St.

Los Angeles, CA 90058

www.lafoodbank.org

The Los Angeles Regional Foodbank provides meals for families and children struggling with hunger in the community.

General Relief and Calfresh Program Division – South Central District Office – 27

(877) 328-9677 EBT Customer Service

(Lost or Stolen Card)

10728 S. Central Ave.

Los Angeles, CA 90059

www.dpss.lacounty.gov/

This division coordinates field operations and provides intake, application and benefit distribution services for the Department of Public Social Services.

HOUSING

City of LA Housing and Community Investment Department – Southeast Watts Family source – Watts Labor Community Action Committee

(323) 249-7552 Service/Intake

1212 E. 108th St.

Los Angeles, CA 90059

hcidla.lacity.org/family-source-centers

City of Los Angeles Housing and Community Investment Department provides counseling services, disaster services, emergency food, family life education, family support services and youth services for people of all ages in Los Angeles city. Services are provided through a network of 17 family-source centers and are restricted to residents of Los Angeles.

Fair Housing Foundation of Los Angeles

(800) 446-3247

<http://www.fhfca.org/>

The Fair Housing Foundation is dedicated to eliminating discrimination in housing and promoting equal access to housing choices for everyone.

Housing Authority of the City of LA – Nickerson Gardens Worksource Satellite Portal

(323) 357-3980

1495 E. 114th St., Ste. 1106

Los Angeles, CA 90059

www.hacla.org

Provides business services, housing services and WIA programs for low-income people who live in the City of Los Angeles.

Housing Rights Center

(800) 477-5977 or (213) 736-8310

<http://www.housingrightscenter.org/>

They actively support and promote fair housing through education, advocacy and litigation, to the end that all persons have the opportunity to secure the housing they desire and can afford.

Los Angeles County Development Authority

(800) 731-4663

<https://wwwb.lacda.org/public-housing/how-to-apply>

Low-income housing Information and application.

Los Angeles County Helps

(877) 428-8844

<https://housing.lacounty.gov/>

This community resource helps people list and locate housing in the County of Los Angeles, including affordable, special needs, emergency housing, and more. Listing and searches are free.

Los Angeles Housing + Community Investment Department Hotline

(866) 557-7368

<https://hcidla.lacity.org/online-services>

Information about accessible housing, community services, residents, property owners, supportive housing, etc.

US Dept of Housing and Urban Development

(213) 894-8000

<https://www.hud.gov/>

The Department of Housing and Urban Development administers programs that provide housing and community development assistance.

IMMIGRATION

U.S. Citizenship & Immigration Services L.A. County Field Office

(800) 375-5283

300 N. Los Angeles St.

Los Angeles, CA 90012

<https://www.uscis.gov/about-us/find-a-uscis-office/field-offices/california-los-angeles-county-field-office>

Legal resources, information and services on citizenship, green card and immigration.

SAFETY & VICTIMS SERVICES

Los Angeles Commission on Assaults Against Women

(213) 626-3393

www.peaceoverviolence.org

The Los Angeles County Commission for Women seeks to represent the interest and concerns of women of all races, ethnic and social backgrounds, religious convictions, sexual orientation and social circumstances.

LA County District Attorney's Bureau of Victims Services – City of Los Angeles

(800) 380-3811

210 W Temple St., Ste 12-514

Los Angeles, CA 90012

<https://da.lacounty.gov/victims>

Victim services representatives work in courthouses and police stations, providing an array of services to help victims become survivors. Staff members are available to assist victims in several languages. Program services are provided free of charge and there is no legal residency or citizenship requirement.

Los Angeles County Domestic Violence Hotline

(800) 978-3600

<http://publichealth.lacounty.gov/dvcouncil>
Los Angeles County Domestic Violence Hotline can help victims, survivors of domestic violence. For more information visit their website.

National Domestic Violence Hotline

(800) 799-7233

<https://www.thehotline.org/>

National Domestic Violence Hotline can help victims, survivors of domestic violence. Call or chat with an advocate on their website.

Reporting Illegal Firearms Activity

(800)-283-4867

<https://www.atf.gov/contact>

Call to report any illegal firearm activity.

Sexual Assault Telephone Hotline

(800) 656- 4673

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

The National Sexual Assault Hotline is a safe, confidential service. Calling the National Sexual Assault Hotline gives you access to a range of free confidential and supportive services.

OTHER

Department of Public Social Services County of Los Angeles

(866) 613-3777

17600 Santa Fe Ave.

Rancho Dominguez, CA 90221

<http://dpss.lacounty.gov/>

*Information on Public Social Services for the
County of Los Angeles.*

Social Security Administration

(800) 772-1213

611 W 6Th St.

Los Angeles, CA, 90017

<https://www.ssa.gov/>

*Information regarding Social Security
number, benefits, Medicare, survivors,
disability, etc.*

Watts Office – Social Security Administration

(877) 836-1558 General Information

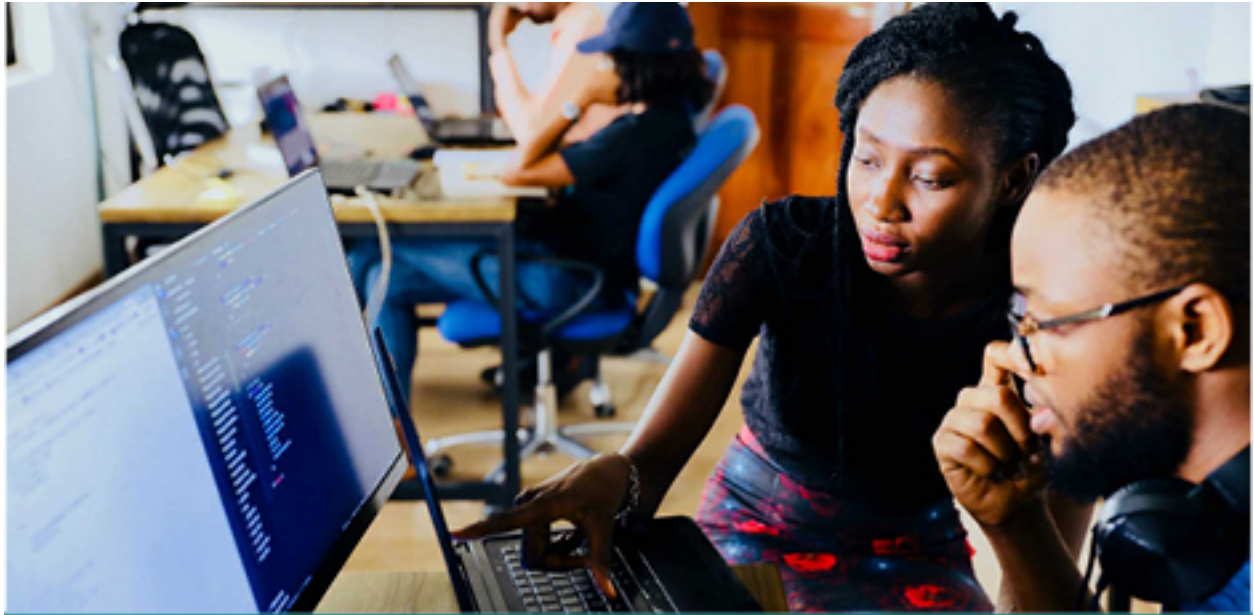
(800) 772-1213 National Toll-Free Number

12429 S. Avalon Blvd.

Los Angeles, CA 90061

www.ssa.gov

*The agency administers and provides
retirement benefits, disability benefits,
survivors benefits, Medicare coverage, and
Supplemental Security Income (SSI) for US
citizens. It operates a regional teleservice
center and 34 local offices.*



WORKFORCE TRAINING



Carecen Day Laborer Center

213-747-2064

121 East Pico Blvd.

Los Angeles 90015

<https://idepsca.org/daylabor>

The Day Labor Resource Center program provides fixed hiring centers in selected areas of the City where persons participating in the casual labor force can safely congregate to solicit employment from residents and businesses seeking day labor. As such, these centers provide a valuable community service to residents, merchants, and others to feel comfortable and safe with the practice of seeking work in public. A Day Labor Resource Center provides a safe space away from traffic and busy streets, decreasing the potential for an accident and provides basic amenities to day laborers such as water, coffee, bread, lavatories, waste disposal, benches and shade.

General Assembly

(DTLA) 360 E. 2nd St. Suite 400

Los Angeles, CA 90012

(Santa Monica) 1520 2nd St.

Santa Monica, CA 90401

<https://generalassemb.ly>

General Assembly is a pioneer in education and career transformation, specializing in today's most in-demand skills. The leading source for training, staffing and career transitions, we foster a flourishing community of professionals pursuing careers they love.

Los Angeles County Workforce Development, Aging, and Community Services

(213) 738-2600

3175 W. Sixth St.

Los Angeles , Los Angeles 90020

<https://wdacs.lacounty.gov>

The agency provides Workforce Development programs for people who live in unincorporated areas of Los Angeles County and areas not covered by other Workforce Development Boards. The agency also provides services for individuals or agencies which are affected by Coronavirus. There are no restrictions for America's Job Centers of California services.

Managed Career Solutions

(213) 381-3110

3333 Wilshire Blvd., Ste. 405

Los Angeles , CA 90010

<https://www.mcscalifornia.com>

The program provides a mini-career center that provides universal job seeker access to computer, library and phone bank facilities. Services include job placement, job readiness counseling and job training and supportive services. Funded activities and services are limited. Services include tuition for vocational training, registration and certification fees needed for employment, and temporary assistance with transportation and clothing.

Worksource Center

213-353-1677

1055 Wilshire Boulevard, #900-A

Los Angeles CA 90017

<https://ewddlacity.com>

WorkSource Center offers a wide range of quality employment related assistance to job seekers and employers such as literacy skills, training, referrals, job listings and placement with an emphasis on high growth industries to build and support a qualified workforce in Los Angeles. Job Portals, smaller versions of

the WorkSource Centers, are located in select city libraries and other locations.

YouthSource Center

213-482-8618

501 South Bixel St.

Los Angeles CA 90017

<https://ewddlacity.com/>

YouthSource is a city-wide program open to young people ages 16-24. All of our services are FREE! Some of the opportunities our centers offer include work readiness, career exploration, job skills training, tutoring, college prep, and mentoring.

SUPPLEMENTAL RESOURCES

TOP 10 TIPS TO QUIT SMOKING

**Counselors from the
California Smokers'
Helpline provide
their top 10 tips to
quit for good.**



Enroll online at
www.nobutts.org

- 1. FIND A REASON TO QUIT**
Do you want to breathe easier? Be around longer for your family? Save money? Whatever gets you fired up, write it down. A strong reason can get you started. And it will help you stay quit when you're tempted to smoke.
- 2. MAKE A PLAN**
Think about what triggers you to smoke. Is it stress? Being around smokers? Alcohol? Or something else? Plan to get through those times without smoking. Keep your hands busy and your mind off cigarettes. Examples: drink water, wash the dishes, talk to a nonsmoker.
- 3. CALL 1-800-NO-BUTTS**
People who call the Helpline are twice as likely to quit for good. A trained counselor will help you make a personal plan and offer support along the way. It's free, and it works!
- 4. GET SUPPORT**
Research shows that support while quitting can really help. Talk with your family and friends about your plan to quit. Let them know what they can do to help you.
- 5. USE A QUITTING AID**
Quitting aids, like nicotine patches and gum, and other FDA-approved medications are helpful. They can cut withdrawal symptoms and increase your chance of quitting for good. Your health plan or Medi-Cal benefits may cover these products. Talk with your doctor about which quitting aids are right for you.
- 6. MAKE YOUR HOME & CAR SMOKE-FREE**
Having smoke-free areas can help you stop smoking. And your friends and family will enjoy cleaner air and a longer, happier life - with you still in it!
- 7. SET A QUIT DATE**
Choose a date when you will quit. This shows you're serious. And you're more likely to give it a try.
- 8. QUIT ON YOUR QUIT DATE**
Sounds obvious, right? But what good is a quit date unless you actually try to stop smoking? Planning is good, doing is even better.
- 9. PICTURE BEING A NONSMOKER**
After you quit, you have a choice to make. Are you a smoker who's just not smoking for now? Or are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.
- 10. KEEP TRYING**
Most people try several times before they quit for good. Slips don't have to turn into relapses - but if they do, remember each time brings you closer to your goal.

If you keep trying, you will succeed!

QUIT VAPING

FREE SERVICES FOR TEENS AND ADULTS

CONCERNED ABOUT YOUR VAPING?

Tried to quit but found yourself vaping again?

Trouble getting through the day without vaping?

Have others said something about your vaping?

YOU CAN QUIT.
WE CAN HELP!

Call, Text or Chat Today!



1-844-8-NO-VAPE

Telephone Coaching



Online Help



Text **QUIT VAPING**
to **66819**



Fact Sheets & Services



Sharps Disposal Drop Off

Please dispose your sharps waste properly!

Los Angeles County Public Works proudly sponsors the Sharps Program to provide residents with options for safe and convenient disposal of sharps waste.

Residents can dispose of sharps waste such as needles, lancets, or other devices used to administer medication intravenously at one of 21 drop boxes located at Sheriff's stations throughout Los Angeles County. Drop off is anonymous and available 24 hours a day.



Sheriff Station Locations

Sharps Waste Only – Not for Commercial Use

1. [Altadena](#) – 780 East Altadena Drive, Altadena, CA 91001
2. [Carson](#) – 21356 S. Avalon Blvd., Carson 90745
3. [Century](#) – 11703 S. Alameda St., Lynwood 90262
4. [Compton](#) – 301 S. Willowbrook Ave., Compton 90221
5. [Crescenta Valley](#) – 4554 N. Briggs Ave., La Crescenta 91214
6. [East Los Angeles](#) – 5019 E. Third St., Los Angeles 90022
7. [Industry](#) – 150 N. Hudson Ave., Industry 91744
8. [Lakewood](#) – 5130 N. Clark Ave., Lakewood 90712
9. [Lancaster](#) – 501 W. Lancaster Blvd., Lancaster 93534
10. [Lomita](#) – 26123 S. Narbonne Ave., Lomita 90717
11. [Malibu/Lost Hills](#) – 27050 Agoura Hills Rd., Calabasas 91301
12. [Marina Del Rey](#) – 13851 Fiji Way, Marina Del Rey 90292
13. [Norwalk](#) – 12335 Civic Center Dr., Norwalk 90650
14. [Palmdale](#) – 750 Avenue Q, Palmdale 93550
15. [Pico Rivera](#) – 6631 Passons Blvd., Pico Rivera 90660
16. [San Dimas](#) – 270 S. Walnut Ave., San Dimas 91773
17. [Santa Clarita](#) – 23740 W. Magic Mountain Pkwy., Valencia 91355
18. [South Los Angeles](#) – 1310 W. Imperial Hwy., Los Angeles 90044
19. [Temple](#) – 8838 E. Las Tunas Dr., Temple City 91780
20. [Walnut](#) – 21695 E. Valley Blvd., Walnut 91789
21. [West Hollywood](#) – 780 N. San Vicente Blvd., West Hollywood 90069



A Guide to Healthy Aging

Today 12 out of every 100 people in the U.S. are age 65 or older, and older adults make up the fastest growing part of our population. As we get older, we gain experiences and insights that move us forward and power our communities. Now more than ever, we need to ensure that our country is making the most of this new reality. Americans are leading longer, healthier lives and it is up to us all to figure out how to seize on this opportunity by adjusting our systems and policies. There are also things you can do as an individual to help you stay healthier as you age. The following guide can help you enjoy better health and greater independence in later life.

Find healthcare that meets your needs

Find a Geriatrics Healthcare Professional

For help finding a physician with special training in the care of older adults, call the AGS Health in Aging Foundation's free referral service at (212) 308-1414, or visit <http://www.healthinaging.org/find-a-geriatrics-healthcare-professional/>.

Centers for Medicare and Medicaid Services

Find out about the healthcare benefits available to older Americans through Medicare by visiting the Centers for Medicare and Medicaid Services website, at <http://www.medicare.gov/>.

Administration on Aging (AoA)

There may be special health and other programs in your community that are just for older adults. The federal Administration on Aging (AoA) offers a wide range of services for older adults in every state. These include mental health services, transportation, nutritional programs, senior health programs, benefits counseling, services for family caregivers, and elder abuse prevention programs. To find AoA services in your neighborhood call 800-677-1116 or visit www.eldercare.gov.

Remember, even if you feel perfectly healthy, you should still see your healthcare provider at least once a year for a checkup.

Make sure you're not making medication mistakes

- **Many older adults** take prescription medications, over-the-counter drugs, vitamins and other supplements, such as herbs or home remedies, every day. Taking lots of different pills can cause side effects and problems. It is very important that your healthcare provider, pharmacist, and others who care for you know every medication or pill you are taking.
- **Bring a list** of each and every pill, vitamin, or medicine you take with you every time you see your healthcare provider—even if you buy the pills without a prescription. Make sure you write down the dose of the pill and how many times a day you take it. Your healthcare provider should check all of your pills to make sure they are safe for you to take.
- **Always check** with your healthcare provider or your pharmacist before taking any new medicines of any kind. Take all medicines as directed, and tell your healthcare provider right away if a medication or pill seems to be causing any problems or side effects. Ask if there is any way to take care of your health problems without having to take pills or medicine. Never borrow or take any pills or medications that were meant for someone else.

Stay on top of health problems

- **Get your blood pressure checked** at least once a year. High blood pressure can cause heart disease, kidney problems, blindness, and other health problems.
- **Get a cholesterol test** at least every five years. Cholesterol is a fat in our bodies. When cholesterol levels are high, this fat can cause heart disease, strokes, and other health problems. If heart disease or diabetes runs in your family, you should have your cholesterol checked more often.
- **Get checked for diabetes**, especially if you are hungry or thirsty all the time, are overweight, or find that you have to urinate often. These problems could all be signs of diabetes.

Lower your risk of falling

- **Help keep your bones strong** by taking calcium and vitamin D every day. Most older adults absorb calcium citrate better than calcium carbonate, so read the labels on the calcium bottles carefully. Ask your healthcare provider how much calcium and vitamin D you should take.
- **If you don't exercise regularly, start.** You don't have to check with your provider before starting moderate level exercise unless you have health problems you want to discuss first. Walking is an ideal aerobic ("heart healthy") exercise; gradually increase the amount of time you spend walking, aiming for at least 20–30 minutes a day. In addition to walking, or doing other aerobic exercises like cycling, lift weights to help strengthen your muscles—and help protect your bones. Learn to do yoga or tai chi, which can improve your balance and make you less likely to fall. Many local senior centers and Y's offer exercise, yoga, and tai chi classes.
- **If you've already had a fall**, be sure to ask your healthcare provider about exercise programs in your community that include not only strength training and balance exercises but also flexibility and stretching exercises. These can also help lower your risk of falls.
- **Get an eye check-up.** Make sure your vision is good and your eyeglasses are right for you. Many falls happen when you do not see well.

Tips for Beating the Holiday Blues

Holidays are a time for celebrations, parties, and get-togethers. But sometimes the holiday season can also be a source of the blues, especially for older people, who may think about how quickly time has passed, or miss loved ones more during this time of year. Health conditions or concerns about money can also make it harder to enjoy the holidays. The AGS Health in Aging Foundation offers the following tips to help cope with the blues that may accompany the holidays.

Top 5 Tips

Get out and about

Ask family and friends for help traveling to houses or worship, parties, and other events. Invite family and friends over. Taking a brisk walk in the morning before you begin the day, or in the evening to wind down your day, is a great way to beat the blues.

Volunteer

Helping others is a great mood lifter. To volunteer, contact your local United Way (www.unitedway.org), or call places such as local schools, hospitals, museums, or places of worship to inquire about volunteer opportunities in your neighborhood.

Drink responsibly

It can be easy to overindulge around the holidays, but excessive drinking will only make you feel more depressed. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit is no more than 3 drinks on a given day or 7 drinks in a week. If you have health problems or take certain medications, you may need to drink less or not at all.

Accept your feelings

There's nothing wrong with not feeling jolly; many people experience sadness and feelings of loss during the holidays. Be kind to yourself, seek support, and even laugh at yourself every now and then.

Talk to someone

Don't underestimate the power of friends, family, mentors, and neighbors. Talk about your feelings; it can help you understand why you feel the way you do. Making a simple phone call, having a chat over coffee, or writing a nice e-mail, greeting card, or letter can brighten your mood.

Recognize Warning Signs of Depression

Holiday blues are usually temporary and mild, but depression is more serious and can linger unless you get help. Signs of depression include:

- Sadness that won't lift; loss of interest or pleasure in doing things
- Changes in appetite or weight
- Frequent crying
- Feeling restless or fidgety
- Feeling worthless, helpless, or guilty
- Decreased energy, fatigue, being "slowed down"
- Trouble concentrating
- Difficulty falling or staying asleep, or sleeping too much

Depression is treatable.

Talk to your primary healthcare provider or get other professional help if you experience five or more of these symptoms every day for two weeks. If you have recurring thoughts of death or suicide, you should get help immediately.

Help Someone with the Holiday Blues

Include them

Invite them out and to get-togethers. Take into account their needs, such as transportation or special diets.

Lend a hand

Offer to help them with cleaning, shopping, cooking, and other preparations like decorating for get-togethers in their homes.

Be a good listener

Be a supportive listener and encourage discussions about feelings and concerns. Acknowledge difficult feelings, including a sense of loss if family or friends have died or moved away. Try to put yourself in the other person's shoes to understand how they feel.

Encourage them to talk with a healthcare provider

The holidays can cause people to feel anxious and depressed. But for some, holiday tensions can lead to full-blown clinical depression. Often, older adults don't realize that they are depressed. If you suspect depression in someone you know, you may need to bring it up more than once. Let the person know that depression is a treatable medical illness and is not something to be ashamed of.



Natural Grief Responses

It hurts when someone dies. Allowing time to go through the natural process of grief will eventually help to ease the pain. People experience grief in many different ways. It can be emotional, physical, behavioral, cognitive and spiritual. At times, grief may feel overwhelming. It is important to remember that grief is not a problem to be solved, but rather, a process to be lived. If you or someone you know is grieving, these are some of the responses that are natural to be experiencing:

Grief can be experienced emotionally

- Sadness - a sense of sorrow · Helplessness – difficulty in performing activities of daily living
- Hopelessness – feelings that life may not be worth living
- Fearfulness – that they or someone else will die or that they are going crazy
- Anger – that the death has occurred or that the person has left them
- Guilt – over something said or not said; something they did or did not do
- Yearning- longing or aching for one more touch, conversation or moment together

Grief can be experienced physically or behaviorally

- Changes in sleep or appetite – eating or sleeping more or less than before
- Emptiness or pain – felt physically in the chest, stomach, or elsewhere in the body
- Restlessness – inability to sit still or concentrate · Lethargy – exhaustion or a lack of energy
- Tears- “grief bursts” that can occur at unexpected times
- Distracted behaviors- constant work or relocation; self-destructive or addictive behaviors
- Reminiscing- telling or retelling stories about the person who died; wanting to keep things exactly as they were; looking at pictures

Grief can be experienced cognitively

- Disbelief – feeling as though the death isn’t real or an inability to believe that it has actually happened
- Forgetfulness – not finishing what is started; absentmindedness
- Poor focus- difficulty concentrating on tasks or lack of motivation
- Questioning- asking or wondering why the death occurred

Grief can be experienced spiritually

- Searching for meaning- wondering about the purpose in life
- Altering personal beliefs- values or beliefs may be questioned or strengthened
- A sense of the person’s presence- hearing their voice, seeing their face or dreaming of the person

While there is no time line for the heart as the feelings of grief ebb and flow, it will not always be as raw, intense and constant. Giving voice to the feelings will eventually allow for hope and healing.

Please contact OUR HOUSE Grief Support Center for consultation and professional referrals.

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What to Say, What to Do: Suggested Ways to Support Someone Who is Grieving

WHAT TO SAY

INSTEAD OF SAYING

"I'm sorry" or "Everything happens for a reason" or "They're in a better place."

This can be perceived as impersonal to the griever and may contradict their beliefs. They may wonder, "What are you sorry about?" "What was the reason?" "Better without me?"

"I know how you feel" or "I understand exactly what you are going through."

Saying this may cause the person to feel that you are devaluing their individual grief. Very early on, grievers find it difficult to hear about someone else's grief experience.

"At least he/she lived a long, happy life."

This message can be misperceived because regardless of how long the person lived, there is still a death to grieve. Additionally, the phrase is overused and seems impersonal.

"You should get over it" or "You should get back to work as soon as you can."

Grievers are often given unsolicited advice. Remember that there is no "right" way to grieve. Grief is personal and will be different for each person.

TRY SAYING

"My condolences" or "I am so sorry to hear about your _____'s death"

Saying this acknowledges the person's experience and gives them an opportunity to talk about the person who died or how they are feeling.

"I can only begin to imagine what you are going through and how you are feeling."

This statement demonstrates that you are truly focusing on the griever and their unique process. Ask them what it is like for them, rather than assuming you know what they are feeling or thinking.

"I'm not sure what to say, but I am here. We can talk if you want or I can just be here with you."

Though it can sometimes feel uncomfortable to sit with someone in silence, it may be exactly what the person needs.

"How are things going for you today? I remember that today marks _____ the amount of time since he/she died."

There are a wide variety of physical, emotional, cognitive, behavioral and spiritual responses to grief. What is right for one person may not suit someone else.

WHAT TO DO

INSTEAD OF DOING THIS

Waiting for the griever to call you and ask for what they need.

When someone is grieving, it can be difficult for them to recognize what they want or need and even more difficult to ask for help.

When the griever is forgetful, confused or angry, don't take it personally.

It is natural for someone who is grieving to forget things easily or seem angry, even if this is uncharacteristic of their previous behavior.

Giving your suggestions and ideas for coping.

Sometimes the person you are trying to help needs time alone or simply to be listened to more than hearing what you think is best for them.

Not mentioning the person who died because it might upset the griever.

This is likely to make the griever feel even more alone in their grief. They often ask "Am I the only one who remembers the person who died?"

Posting immediate condolences on social media.

It is important to check in with the family of the person who died before posting on social media so as to not reveal sensitive information without their permission.

TRY DOING THIS

Take the initiative and do something for them.

Offer to come over for a visit, bring them something to eat, or take them out. If you see something that needs to be done, ask their permission and do it!

Help the griever to remember important appointments, projects, and events.

Grieving can be an all-consuming process. Compassion and patience is key. A friendly reminder phone call or an offer to accompany them to an appointment may be very welcomed.

Be attentive and respectful of the griever's feelings and wishes.

Be an active listener by supporting them where they are in their grief process. Try and be completely present and open when listening.

Mention their name and share your memories.

Whether the death was recent or long ago, mention the person. If you know that there is an important life-cycle event approaching, be aware that this may bring about a strong grief reaction. Sharing memories can bring tremendous comfort.

Take extra care in word choice and in the timing before posting condolences.

Consider what you are going to post and what you will say, as a significantly larger audience will be privy to your words. You may want to follow up your post with a phone call to the family and friends, offering comfort and a space to talk if needed.



10 Ways to Cope With The Death of a Loved One

1. Give Yourself Time

Let your heart not your head determine how you feel. Everyone grieves differently and at their own pace.

2. Share Your Thoughts

Allow yourself to think and feel thoughts and emotions when they arise. Discuss these feelings with someone you trust.

3. Take Care of Yourself

Rest, Exercise, & Diet – Grief can leave you physically exhausted. It is important to take care of yourself and give yourself the extra strength you need.

4. Journal

Be spontaneous. Write whatever seems important at the moment. Express your anger, sadness and memories. Ask yourself: What do I notice about my grief today? What is getting easier, what is still hard? How are people responding to my grief? What would I want my loved one to know? Journaling can help lessen the pain you are feeling.

5. Write a Letter to the Person Who Died

This is an opportunity to tell your loved one how much you love or miss them, or how angry, sorry or sad you are. Maybe you didn't have the chance to say goodbye or heal an old wound, always imagining that there would be plenty of time.

6. Take a Trip Down Memory Lane

Memories can help you stay connected to the person who died. You can wear something that belonged to them (i.e. a favorite hat, ring, or sweater). It can give you a sense of comfort to hold or touch something of theirs. You can place pictures and special mementos into a scrapbook or memory box. Remember, if memories are too painful right now, then it is okay to put them away for a while and return to them later when the time is right.

7. Crying

Feeling sad and crying is just one expression of grief. There is a saying, "What soap is for the body, tears are for the soul". Tears are not a sign of weakness. If you feel like crying, let your tears flow.

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8. Share Your Memories

Sharing memories with others can help you maintain a sense of connection to the person who died. Retelling stories and reminiscing about days gone by can help keep your loved one an ongoing part of your day-to-day life.

9. Find Support

Grief can be very isolating. Whether you speak to someone individually or join a grief support group, reach out and find people who know how to listen. This can help normalize the myriad of feelings you are experiencing.

10. Be Gentle With Yourself

It may be 5 days, 5 months, 5 years or longer since your loved one died, and you may still experience moments of grief so intense they take you by surprise. While these grief bursts may occur from time to time, you will continue to heal. Be gentle and patient with yourself as you move forward into a full and meaningful life.

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Elder Financial Abuse

CANHR is a private, nonprofit 501(c)(3) organization dedicated to improving the quality of care and the quality of life for long term care consumers in California.

How to Recognize Financial Abuse

1. Transactional Elder Financial Abuse Indicators

- Investments in unsuitable financial products, time shares, or real property
- Larger than necessary loans against home equity to finance investments
- Inappropriate banking activity such as unusually large checks or withdrawals from automated banking machines
- Signatures on checks that do not resemble the elder's signature
- Legal documents signed when the elder is physically incapable of writing
- Checks written out to "cash"
- Checks signed by the senior but filled out by someone else
- A surge of activity in accounts which have been static for years
- Expensive gifts made by the elder
- Checks or credit card transactions made out to direct mail or telemarketing promotions
- Contributions going to newly formed religious or non-profit causes

2. Possible Legal Document Abuse Indicators

- Power of attorney documents signed by the elder when the elder lacks mental capacity
- Will being made when the elder is not mentally competent
- Elder taking his or her name off of property titles
- The elder adding the name of a caretaker onto real property or money accounts in exchange for commitments of continued care, and or affection
- The elder makes changes to a Will, Trust or Transfer on Death Deed while under the care of another.

3. Life-Style Change Indicators

- Lack of amenities, such as personal grooming items or appropriate clothing, when the elder can well afford it
- Under-deployment of the elder's existing resources that could be spent on housing, personal care, housing and maintenance
- Missing cash, jewelry and personal belongings
- Decline in personal hygiene
- Isolated from family members, relatives or friends

4. Personal Relationship Abuse Indicators

- Family member interest in "conserving" the money that is being spent for of the elder's care
- Reluctance or refusal by "responsible party" to spend money on the elder's care
- New acquaintances or long-lost relatives spending time with the elder and expressing affection for the elder
- A caretaker with an inappropriate level of interest in the elder's financial matters

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5. Undue Influence

- California Welfare and Institutions Code section 15610.70(a) defines undue influence generally as “excessive persuasion that causes another person to act or refrain from acting by overcoming that person’s free will and results in inequity.” California Welfare and Institutions Code sections 15610.70(a)(1)-(4) go on to enumerate factors to be considered. They include:
- The victim’s vulnerability, evidence of which may include “incapacity, illness, disability, injury, age, education, impaired cognitive function, emotional distress, isolation or dependency, and whether the influencer knew or should have known of the alleged victim’s vulnerability.”
- The influencer’s apparent authority, evidence of which may include “status as a fiduciary, family member, care provider, healthcare professional, legal professional, spiritual advisor, expert, or other qualification.”
- The influencer’s conduct, evidence of which may include “(a) Controlling necessities of life, medication, the victim’s interactions with others, access to information, or sleep; (b) Use of affection, intimidation, or coercion; (c) Initiation of changes in personal or property rights, use of haste or secrecy in effecting those changes, effecting changes at inappropriate times and places, and claims of expertise in effecting changes.”
- The equity of the challenged result, evidence of which may include “the economic consequences to the victim, any divergence from the victim’s prior intent or course of conduct or dealing, the relationship of the value conveyed to the value of any services or consideration received, or the appropriateness of the change in light of the length and nature of the relationship.”

Warnings to Elders about How to Avoid Financial Abuse

When it comes to your finances, deal only with people you have known a long time and with companies or organizations with proven track records. Get everything in writing! Never accept a verbal promise or assurance if money or property is involved. Rarely will you benefit from mistakes or misunderstandings. Don’t sign anything without carefully reading it and never feel pressured to sign before you are absolutely ready to live with your decision. Honor the “three day rule” by waiting before you finalize any contract. The longer you wait, the better. Never be in a rush to get into any kind of “deal”. Take your time! Remember, it took a lifetime of work and sacrifice to build up your estate and you can lose it all with one stroke of a pen. (Refer to CANHR’s Fact Sheet - Preventing Elder Financial Abuse.)

What to Do About Known or Suspected Elder Financial Abuse?

REPORT IT!

Who Reports?

Any concerned person, and all mandated reporters.

Who are Mandated Reporters?

A person who has responsibility for the care or custody of an elder, whether or not he or she receives compensation, including administrators, supervisors, and any licensed staff or a public or private facility that provides care or services for elders; any elder or dependent adult care custodian, health practitioner, clergy member, or employee of a country adult protective services agency or a local law enforcement agency. Officers and employees of financial institutions are also mandated reporters.

What is Reported?

Mandated reporters MUST report actual or suspected financial abuse, which is observed, evident, or described.

When to Report?

Immediately or as soon as possible by telephone, followed by a written report within two (2) working days.

Written Reports:

Form SOC 341 must be completed and signed by the mandated reporter.

Failure to Report

Failure to report, impeding or inhibiting a report financial abuse of an elder is a misdemeanor, punishable by six months in the county jail and a fine of one thousand dollars (\$1,000).

Any mandated reporter who willfully fails to report financial abuse of an elder where that abuse results in death or great bodily injury, shall be punished by not more than one year in a county jail and a fine of five thousand dollars (\$5,000).

Banks and financial institutions are mandated reporters under Welfare and institution Code §15630.1. Failure to report can lead to a \$1,000 fine. Intentional failure to report can result in a \$5,000 fine. There is no imprisonment or private right of actions against institution that fail to report financial abuse.

Where to Report

Elder Scams

Contact the county office of the District Attorney - check the California District Attorney's Association for current addresses and phone numbers at 916-443-2017 or <http://www.cdaa.org>.

Attorney Complaints

File a complaint with the State Bar of California if you believe your attorney acted improperly, and file complaints with state (<http://www.dca.ca.gov/consumer/complaints.shtml>) and local consumer protection agencies.

Insurance Agent Complaints

Contact the State Insurance Commissioner's Office at 1-800-927-4347 or <http://www.insurance.ca.gov>. If an attorney sold the annuity, also file a complaint with the State Bar Association at 1-800-843-9053 or <http://www.calbar.ca.gov>.

Mortgage Lenders & Brokers Complaints

If you believe that a real estate professional has committed fraud having to do with your reverse mortgage, file a complaint with the **California Department of Real Estate** at: <http://www.dre.ca.gov/Consumers/FileComplaint.html>.

Also file a complaint with the **Federal Trade Commission** online or by phone, toll-free, at 1-877-FTC-HELP.

Adult Protective Services (APS) in your county by referring to California Department of Social Services Web site at <http://www.cdss.ca.gov/agedblinddisabled/PG1298.htm>.

Chapter 1 Elder Abuse

Three Indisputable Facts about Elder Abuse:

- Other than the victim's age, elder abuse is a crime which is indiscriminate in choosing who it strikes. Factors such as one's socio-economic status, gender, race, ethnicity, educational background and geographic location do not provide an impregnable barrier against its broad, horrible reach.
- Elder abuse victims often live in silent desperation, unwilling to seek assistance because they unfortunately believe their cries for help will go unanswered and they fear retaliation from their abusers. Many remain silent to protect abusive family members from the legal consequences of their crimes, or are too embarrassed to admit that they have fallen victim to predators. Others fear that no one will believe them — chalking up their allegations to the effects of old age.

Thus, it may take the courage of a caring family member, friend or caretaker to take action when the victim may be reluctant.

- With your vigilance, care and cooperation, elder abuse can be stopped and its perpetrators arrested and prosecuted. In the past four years alone, social service and law enforcement resources have expanded dramatically to meet the growing need. **HELP IS AVAILABLE.**



Remember:

**If you suspect abuse,
report it.**

Part A Physical and Emotional Elder Abuse

What is Physical and Emotional Elder Abuse?

Physical abuse includes:

- Physical assault
- Sexual assault
- Unreasonable physical constraint
- Prolonged deprivation of food or water
- Inappropriate use of a physical or chemical restraint or psychotropic medication

Neglect includes:

- Failure to assist in personal hygiene
- Failure to provide clothing and shelter
- Failure to provide medical care
- Failure to protect from health and safety hazards
- Failure to prevent malnutrition or dehydration
- Self-neglect

Emotional abuse includes:

- Verbal assaults, threats or intimidation
- Subjecting an individual to fear, isolation or serious emotional distress
- Withholding of emotional support
- Confinement

Recognizing the Warning Signs

The existence of any one or more of these does not necessarily mean that abuse has occurred. Instead, treat them as signs that diligent attention or investigation is needed.

Physical warning signs:

- Uncombed or matted hair
- Poor skin condition or hygiene
- Unkempt or dirty
- Patches of hair missing or bleeding scalp
- Any untreated medical condition
- Malnourished or dehydrated
- Foul smelling
- Torn or bloody clothing or undergarments
- Scratches, blisters, lacerations or pinch marks
- Unexplained bruises or welts
- Burns caused by scalding water, cigarettes or ropes
- Injuries that are incompatible with explanations
- Any injuries that reflect an outline of an object, for example, a belt, cord or hand

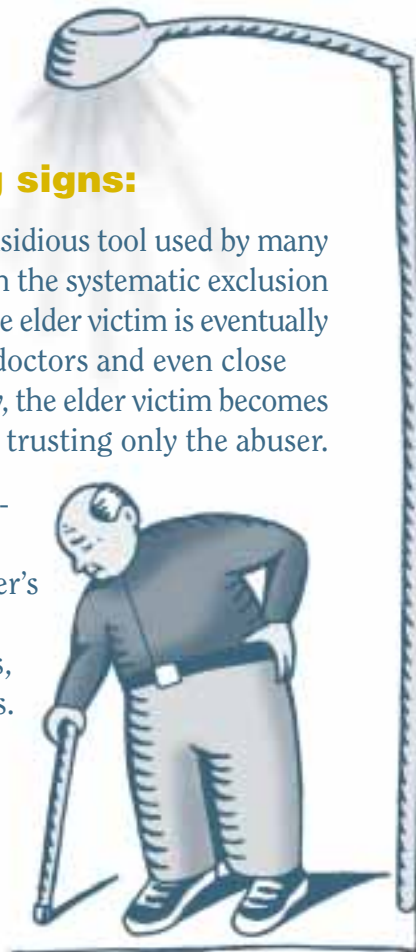
Behavioral warning signs:

- Withdrawn
- Confused or extremely forgetful
- Depressed
- Helpless or angry
- Hesitant to talk freely
- Frightened
- Secretive

Isolation warning signs:

Isolation of an elder is an insidious tool used by many abusers. Accomplished with the systematic exclusion of all real outside contact, the elder victim is eventually driven to distrust friends, doctors and even close family members. Ultimately, the elder victim becomes a pawn – manipulated into trusting only the abuser.

- Family members or care-givers have isolated the elder, restricting the elder's contact with others, including family, visitors, doctors, clergy or friends.
- Elder is not given the opportunity to speak freely or have contact with others without the caregiver being present.



REPORTING ELDER ABUSE:

- Any person who suspects that abuse of an elder has occurred should report it. When in doubt, always err on the side of caution and report.
- Abuse can continue and often escalates if there is no intervention. Known or suspected cases of abuse should be reported to the appropriate agencies or to local law enforcement.
- Intervention can often save the assets, health, dignity or even the life of an elder.

HOW TO REPORT ELDER ABUSE:

- If a known or suspected incident of elder abuse has occurred in a long-term care facility, the report should be made to the local Long-Term Care Ombudsman, the local law enforcement agency or the Bureau of Medi-Cal Fraud and Elder Abuse.*
- If abuse has occurred anywhere other than in a facility, reports should be made to the local county Adult Protective Services agency or to the local law enforcement agency.*
- The reporting person is protected from both criminal and civil liability.

**See chapter 2 (starting on page 20) for more details on how to file a report and how to contact your nearest reporting agency.*

Part C Elder Abuse in the Long-Term Care Facility

What is Long-Term Care?

More than two out of every five Americans will need long-term care at some point in their lives.

Long-term care encompasses a wide variety of settings and services designed specifically to meet the special needs of elders. Long-term care services can be found in settings such as skilled nursing facilities, residential care facilities for the elderly, intermediate care facilities and sub-acute care facilities.

Long-term care may include medical assistance, such as administering medication, ambulation assistance, or performing rehabilitation therapy. But more typically it involves assistance with the activities of daily living, including personal hygiene, dressing, bathing, meal preparation, feeding, and travel to medical services. It often includes supervision, such as protecting a person from wandering away or inadvertently injuring themselves.

These facilities are generally licensed by either the California Department of Health Services or the California Department of Social Services.

How to Choose a Long-Term Care Facility

Choosing a long-term care facility, such as a skilled nursing facility or a residential care facility, is one of the most difficult decisions one can make.

The Following are Some Suggestions for Selecting a Long-Term Care Facility:

- Plan ahead. This gives you and your family more control and can help make sure that your needs are met.
- Visit on-line resources such as those listed in Chapter 3 of this booklet. These on-line resources provide information on long-term care, including facility profiles. Facility profiles contain everything from the location, size and type of the facility and its staff to a history of a facility's violations of California and federal care laws.
- Visit the facility and meet the administrator. Ask to see the entire facility, not just one wing or floor.
- Ask to see the facility's license and the latest inspection report by either the Department of Health Services or Social Services on the facility's performance.
- Try to visit the facility more than once and at different times of the day. Make a point to visit at mealtimes, during activity periods and also at nights and on the weekends.
- Try to choose a facility that is close and convenient to those who will be visiting most often. When family and friends are able to visit frequently, they can oversee the resident's condition and actively participate in care decisions. It also enables family or friends to be able to respond quickly in times of emergencies.
- Contact your local Long-Term Care Ombudsman for information about a particular facility. Talk to friends, other residents' family members or any other individuals who may be familiar with the facility.
- Be observant. When visiting or making inquiries, pay attention to how residents are treated by staff members. Nothing is more important than the quality and quantity of facility staff.
- Don't be afraid to ask questions. Does the facility offer the religious or cultural support the elder resident needs? Does the facility provide an appropriate diet? Is the primary language of the resident spoken by the staff?

Recognizing the Warning Signs

The existence of any one or more of these indicators does not necessarily mean that abuse has occurred. Instead, treat them as signs that diligent attention or investigation is needed.

Physical warning signs:

- Call light is not functioning or is removed from resident's reach
- Development or worsening of pressure sores
- Excessive weight loss
- Unusual or recurring scratches, bruises, skin tears or welts
- Bilateral bruising (bruises on opposite sides of the body)
- "Wrap around" bruises (bruises that typically encircle the arm)
- Torn, stained or bloody underclothing
- Signs of excessive drugging
- Foul smelling, uncombed or matted hair
- Patches of hair missing or bleeding scalp
- Injuries that are incompatible with explanations
- Injuries caused by biting, cutting, pinching or twisting of limbs
- Burns caused by scalding water, cigarettes or ropes
- Any injuries that reflect an outline of an object, for example a belt, cord or hand



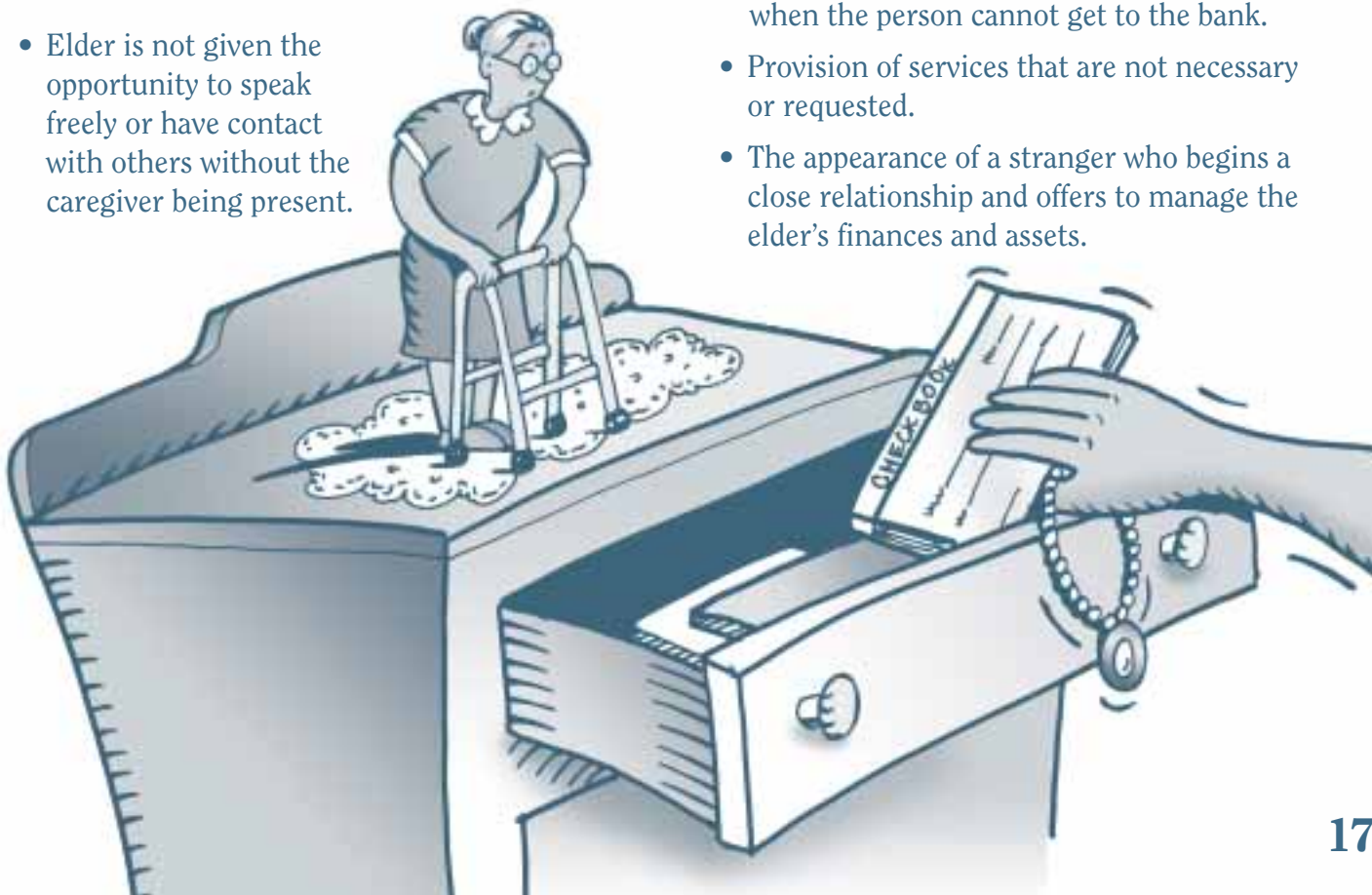
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- Frightened
- Secretive

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Isolation of an elder is an insidious tool used by many abusers. Accomplished with the systematic exclusion of all real outside contact, the elder victim is eventually driven to distrust friends, doctors and even close family members. Ultimately, the elder victim becomes a pawn – manipulated into trusting only the abuser.

- Family members or caregivers have isolated the elder, restricting the elder's contact with others, including family, visitors, doctors, clergy or friends.
- Elder is not given the opportunity to speak freely or have contact with others without the caregiver being present.



Financial abuse warning signs:

- Disappearance of papers, checkbooks or legal documents.
- Staff assisting residents with credit card purchases or ATM withdrawals.
- Lack of amenities, such as appropriate clothing, grooming items, etc.
- Bills unpaid despite availability of adequate financial resources.
- Unusual activity in bank accounts, such as withdrawals from automatic teller machines when the person cannot get to the bank.
- Provision of services that are not necessary or requested.
- The appearance of a stranger who begins a close relationship and offers to manage the elder's finances and assets.

Residents of skilled nursing facilities are guaranteed certain rights and protections under federal and state law. Facilities are required to provide a copy of these rights to individuals upon admittance to a facility. For more information and a complete listing of residents' rights, contact the California Department of Health Services at: www.dhs.ca.gov/LNC/nhrights/

Residents'

Each resident has the right to:

Dignity & Privacy:

- Be treated with consideration, respect and dignity
- Privacy during treatment and personal care
- Receive and make phone calls in private
- Send and receive mail unopened
- Visit privately with family, friends and others

Medical Condition & Treatment:

- Be fully informed by a physician of his or her total health status
- Participate in health care planning and treatment decisions
- Choose a personal physician
- Be free from unnecessary drug treatment

Bill of Rights *(Partial list)*

Abuse & Chemical & Physical Restraints:

- Be free from verbal, sexual, physical and mental abuse, corporal punishment and involuntary seclusion
- Be free from any physical or chemical restraints - given for the purposes of discipline or staff convenience - which are not required to treat the resident's medical symptoms

Safety & Hygiene:

- Receive care from an adequate number of qualified personnel
- Receive care necessary to ensure good personal hygiene
- Receive care to prevent and reduce both bedsores and incontinence
- Receive food of the quality and quantity to meet the resident's needs in accordance with a physician's orders
- Reside in a facility which is clean, sanitary and in good repair at all times

Transfer & Discharge:

- Be transferred or discharged only if he or she has recovered to the point of not needing nursing facility care
- Be transferred or discharged only if it is necessary for the resident's welfare or if his or her needs cannot be met in the facility
- Be transferred or discharged only if the health or safety of others is endangered
- Be transferred or discharged if he or she has failed to pay for care or the facility ceases to operate

Grievances:

- Voice grievances and recommend changes in policies or services to facility staff, free from restraint, discrimination or reprisal

Chapter 3 On-Line Resources

Alzheimer's Association

www.alz.org

Nonprofit organization provides support, education, training and resources for families and caregivers affected by Alzheimer's and related disorders.

AARP

www.aarp.org

Nationwide advocacy organization for people aged 50 and older. Information and educational resources on an extensive range of subjects, ranging from long-term health care to consumer fraud.

Better Business Bureau

www.bbb.org

Provides reports on business and charities, helps resolve consumer complaints, and provides consumer counseling.

California Adult Protective Services

www.dss.cahwnet.gov/cdssweb

State mandated program charged with investigating situations involving elder and dependent adults who are reported to be in danger due to abuse, neglect, exploitation, or hazardous or unsafe living conditions.

California Advocates for Nursing Home Reform

www.canhr.org

Information and advocacy for nursing home residents and their families, including detailed facility profiles at **www.nursinghomeguide.org**.

California Department of Aging

www.aging.state.ca.us

Administers a broad base of home and community based services throughout California working with Area Agencies on Aging that serve seniors and people with disabilities. Also works with public and nonprofit agencies throughout the state.

California Department of Justice, Bureau of Medi-Cal Fraud and Elder Abuse

www.ag.ca.gov/bmfea/

Provides information on a wide variety of elder topics, links to numerous other relevant sites, and contains contact and reporting information.

California Department of Justice, Crime and Violence Prevention Center

www.safestate.org

Provides community outreach information and technical assistance in the development of prevention programs which address such issues as elder abuse, domestic violence, child abuse and drug abuse.

On-Line Resources *continued from page 35*

Eldercare Locator

www.elder.org

Nationwide information and resource center for seniors and caregivers.

Long-Term Care Ombudsman

www.aging.state.ca.us/html/programs/ombudsman.htm

Trained individuals who advocate for the protection and rights of all residents of 24-hour long-term care facilities. The primary responsibility of the Ombudsman program is to investigate and resolve complaints made by, or on behalf of, individual residents.



National Committee for the Prevention of Elder Abuse

www.preventelderabuse.org

Association of researchers, medical practitioners and advocates dedicated to the safety and security of the elderly. Serves as the nation's clearinghouse on information and materials on elder abuse and neglect.

National Family Caregivers' Association

www.nfcacares.org

Grassroots organization dedicated to improving life for family caregivers, or those caring for loved ones with a chronic illness or disability.

National Hispanic Council on Aging

www.nhcoa.org

Provides information on issues critical to Latino seniors, including those pertaining to health, income, education, employment and housing.

National Institute on Aging

www.nia.nih.gov

Information and consumer information on health and research advances in aging issues.

National Senior Citizens' Law Center

www.nscic.org

Provides information for elder and dependent adults on such issues as Medicare, Medi-Cal, SSI and pensions.

Nursing Home Compare

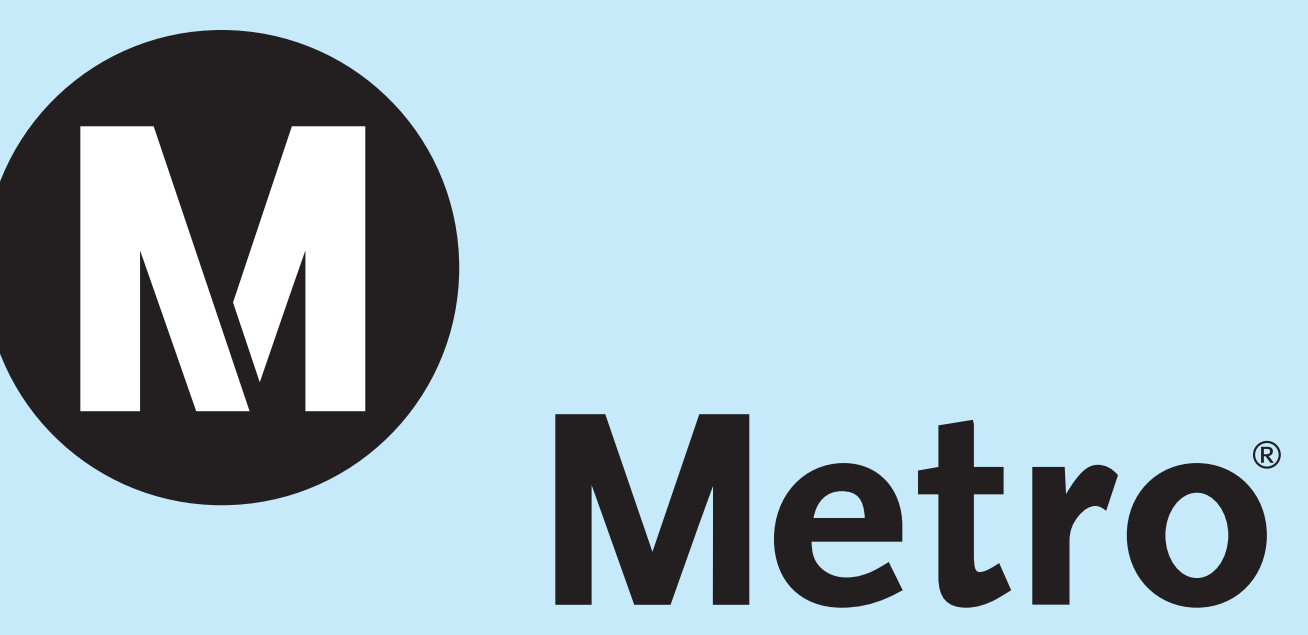
www.medicare.gov

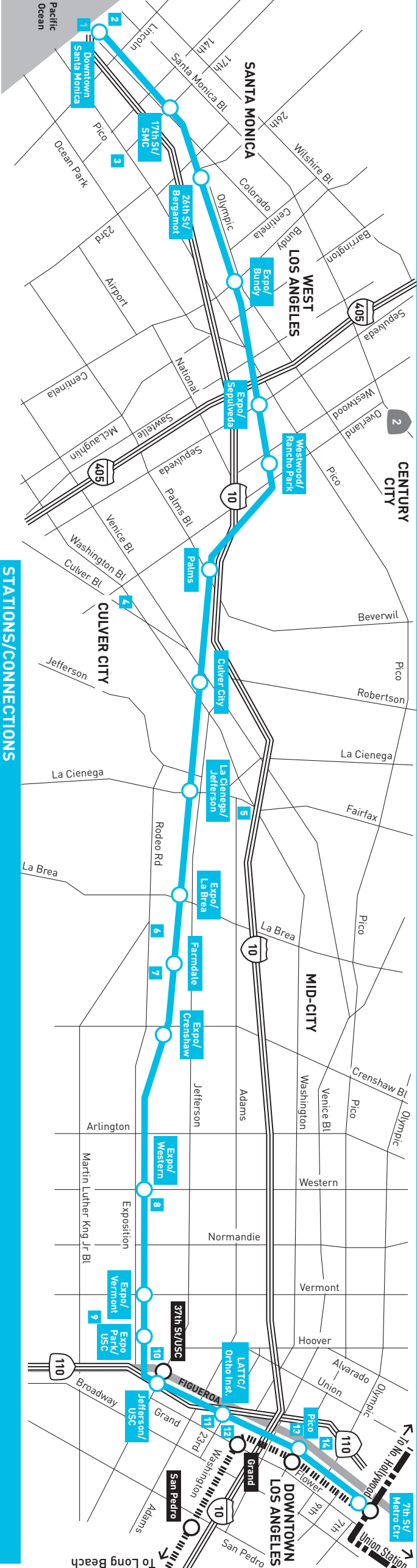
Site designed to help individuals choose a nursing home, includes comprehensive inspection results for all nursing homes.





Bus & Rail System Overview





MAP NOTES

- 1 Santa Monica Pier & Esplanade
- 2 Third Street Promenade
- 3 Santa Monica College
- 4 Downtown Culver City/
Sony Studios
- 5 Washington/Fairfax Transit Hub
- 6 Rancho Cienega Sports Complex
- 7 Dorsey High School
- 8 Foshay Learning Center
- 9 LA Memorial Coliseum,
California Science Center,
Natural History Museum
- 10 Galen Center/USC
- 11 Orthopaedic Hospital
- 12 LA Trade Tech College
- 13 LA Convention Center
- 14 STAPLES Center/L.A. LIVE

LEGEND

- Metro E Line (Expo) Line
- Metro A Line (Blue)
- Metro Red/Purple Line
- Metro Silver Line
- Metro Rail Stations
- Map Note (see insert)
- Freeway
- Antelope Valley Transit Authority
- Santa Monica Big Blue Bus
- Culver City Bus
- LADOT Commuter Express
- LADOT DASH
- Montebello
- Orange County Transportation Authority
- Santa Clarita Transit
- Torrance Transit

STATIONS/CONNECTIONS

Downtown Santa Monica

Metro Local 4, 534; Metro Rapid 704, 720; BBB Local 1, 2, 3, 7, 8, 9, 18; BBB Rapid 7, 10

17th St/SMC

PARKING AVAILABLE

BBB 4.1, 4.2, 4.4

26th St/Bergamot

BBB 5, 16, 43

PARKING AVAILABLE

BBB Local 5, 7; BBB Rapid 7, 10, 14, 15

Expo/Sepulveda

PARKING AVAILABLE

Metro Local 234; Metro Rapid 734; Metro Express 788; BBB Local 7, 17; BBB Rapid 7; C Local 6; C Rapid 6

Westwood/Rancho Park

BBB 8, 12; C3

Palms

BBB 5, 17

Culver City

Metro Local 17, 33; Metro Rapid 733; BBB Local 12; BBB Rapid 12; C1, 7; CE 437

La Cienega/ Jefferson

PARKING AVAILABLE

Metro Local 38, 105, 217; Metro Rapid 705; C4; Baldwin Hills Parklands Shuttle "The Link"

Expo/La Brea

Metro Local 38, 212, 312; LD Crenshaw

Farmdale

Metro Local 38

PARKING AVAILABLE

Metro Local 38, 210; Metro Rapid 710, 740; LD Midtown

Expo/Western

Metro Local 102, 207; Metro Rapid 757

Expo/Vermont

Metro Local 102, 204; Metro Rapid 754; Metro Express 550; LD F

Expo Park/USC

Metro Local 81, 102, 200; Metro Express 442, 460, 550, 910/950X; CE 438, 448; LD F, King East Southeast; OCTA 701, 721; T4 Express

Jefferson/USC

Metro Local 38, 81, 102, 200; Metro Express 442; LD F, King-East

LATTC/Ortho Institute

Metro Silver Line; Metro Local 37, 38, 55, 81, 355, 603; Metro Express 460; LD F, King-East; OCTA 701, 724; T4

Pico

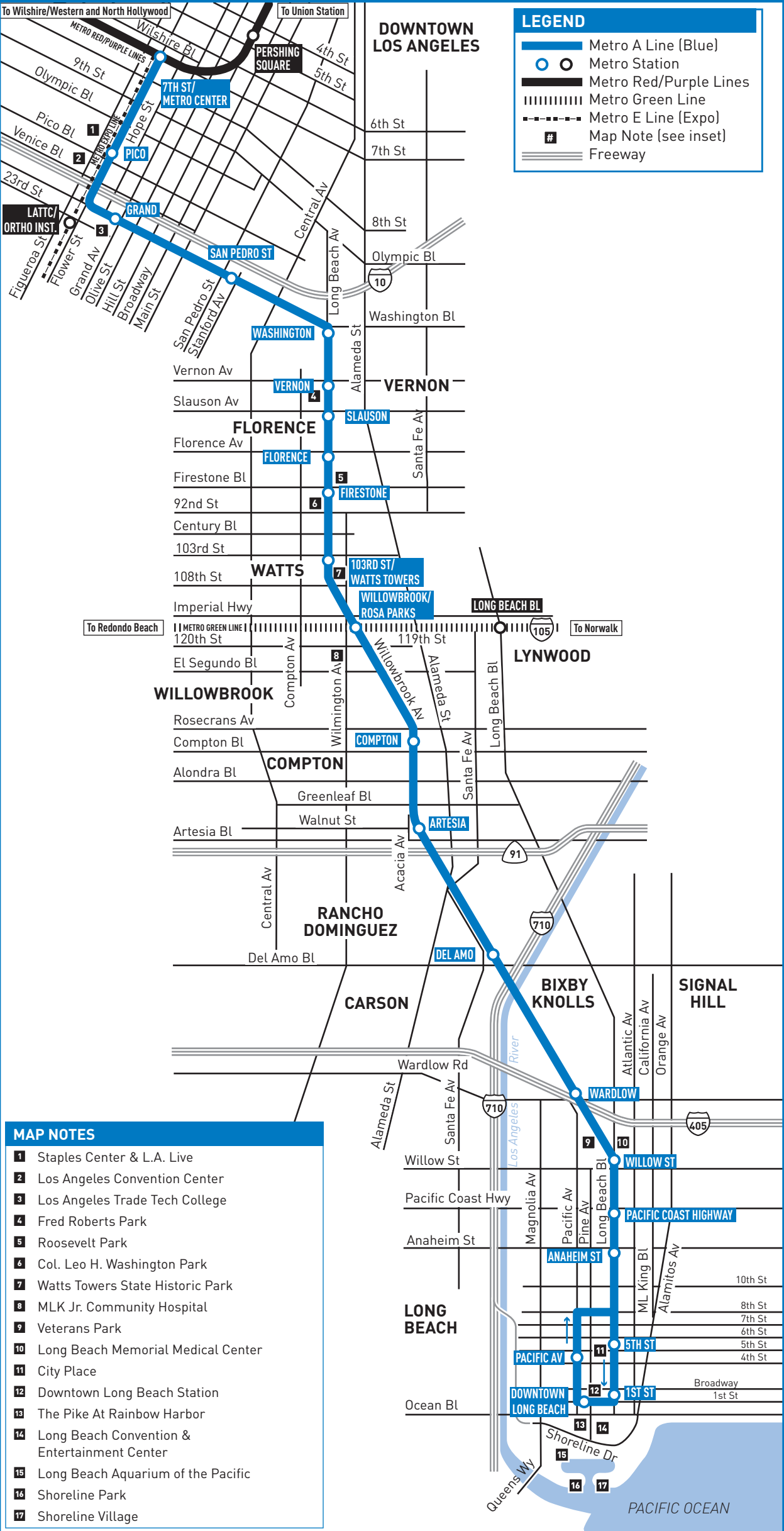
Metro Rail A Line (Blue); Metro Silver Line; Metro Local 30, 81, 330; Metro Express 442, 460; LD F; CE 419, 422, 423, 438, 448; OCTA 701, 721; T4

7th Street/ Metro Center

Metro Rail Red Line, Purple Line, A Line (Blue); Metro Silver Line; Metro Local 14, 16, 17, 18, 20,

37, 51, 52, 53, 55, 60, 62, 66, 70, 71, 76, 78, 79, 81, 316, 351, 355, 378; Metro Rapid 720, 760, 770; Metro Express 442, 460, 487, 489; AVTA/85; BBB 10; CE 409, 422, 423, 431, 437, 438, 448, 534; FT Silver Streak, 493, 497, 498, 499, 699; LD A, B, E, F; M 40, 50, 341, 342; OCTA 701, 721; SCT 799; T4

ROUTE MAP



MAP NOTES

- 1 Staples Center & L.A. Live
- 2 Los Angeles Convention Center
- 3 Los Angeles Trade Tech College
- 4 Fred Roberts Park
- 5 Roosevelt Park
- 6 Col. Leo H. Washington Park
- 7 Watts Towers State Historic Park
- 8 MLK Jr. Community Hospital
- 9 Veterans Park
- 10 Long Beach Memorial Medical Center
- 11 City Place
- 12 Downtown Long Beach Station
- 13 The Pike At Rainbow Harbor
- 14 Long Beach Convention & Entertainment Center
- 15 Long Beach Aquarium of the Pacific
- 16 Shoreline Park
- 17 Shoreline Village

CONNECTIONS

7th Street/Metro Center

Metro	Metro Rail Red Line, Purple Line, Expo Line; Metro Liner Silver Line 910/950 Metro Local 14, 16, 18, 20, 37, 51, 52, 53, 55, 60, 62, 66, 70, 71, 76, 78, 79, 81, 316, 351, 355, 378; Metro Rapid 720, 760, 770; Metro Express 442, 460, 487, 489; Silver Streak, 493, 497, 498, 499, 699
Foothill Transit	
LADOT	DASH A, B, E, F; Commuter Express 409, 422, 423, 431, 437, 438, 448, 534
Montebello Bus Lines	40, 50, 90
Other providers	Antelope Valley Transit Authority 785; City of Santa Clarita Transit 799; Orange County 701, 721; Santa Monica Big Blue Bus Rapid 10; Torrance Transit 4

Pico

Metro	Metro Rail E Line (Expo) Metro Liner Silver Line 910/950 Metro Local 30, 81, 330 Metro Express 442, 460;
LADOT	DASH F; Commuter Express 419, 422, 423, 438, 448
Other providers	Orange County 701, 721; Torrance Transit 4x

Grand

Metro	Metro Local 14, 35, 37, 38, 55, 355, 603
LADOT	DASH D, DASH Pico Union/Echo Park

San Pedro St

Metro	Metro Local 51, 52, 351
LADOT	DASH E, DASH King-East
Montebello Bus Lines	50

Washington

Montebello Bus Lines	50
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Vernon

Metro	Metro Local 105, 611; Metro Rapid 705
LADOT	DASH Pueblo Del Rio, DASH Southeast

Slauson

Metro	Metro Local 108, 358
LADOT	DASH Pueblo Del Rio

Florence

Metro	PARKING AVAILABLE Metro Local 110, 111, 611
LADOT	DASH Chesterfield Square

Firestone

Metro	Metro Local 55, 115, 254, 355
The Link	Florence-Firestone-Walnut Park

103rd Street/Watts Towers

Metro	Metro Local 117, 254, 612
LADOT	DASH Watts

Willowbrook/Rosa Parks

Metro	PARKING AVAILABLE Metro Rail Green Line; Metro Local 55, 120, 202, 205, 355, 612
Other providers	GTrans Line 5; LADOT DASH Watts; Lynwood Breeze Route D; The Link Willowbrook A, B, King Medical Center Shuttle

Compton

Metro	Metro Local 51, 60 Owl, 125, 127, 128, 202, 351
Other providers	Compton Renaissance Transit 1, 2, 3, 4, 5; G-Trans 3; Greyhound

Artesia

Metro	PARKING AVAILABLE Metro Local 60, 130, 202, 205, 260; Metro Rapid 762
Long Beach Transit	51, 52, 61
Other providers	Compton Renaissance Transit 5; Torrance Transit 6

Del Amo

Metro	PARKING AVAILABLE Metro Local 202
Carson Circuit	D, G
Long Beach Transit	1, 191, 192

Wardlow

Long Beach Transit	PARKING AVAILABLE 131, 181, 182
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Willow St

Metro	PARKING AVAILABLE Metro Local 60 Owl
Long Beach Transit	51, 52, 101, 102, 103, 104

Pacific Coast Highway

Metro	Metro Local 60 Owl
Long Beach Transit	1, 51, 171, 172, 173, 174, 176

Anaheim St

Metro	Metro Local 60 Owl, 232
Long Beach Transit	1, 51, 45, 46, 52

Downtown Long Beach loop stations

(5th Street, 1st Street, Downtown Long Beach and Pacific Av)

Metro	Metro Local 60 Owl, 232
Long Beach Transit	1, 21, 22, 46, 51, 61, 71, 72, 81, 91, 92, 93, 94, 96, 111, 112, 121, 151, 172, 173, 174, 181, 182, 191, 192; Passport
Other providers	LADOT Commuter Express 142; Torrance Transit 3, Rapid 3

MAP NOTES

- 1

Glendale Galleria
- 2

The Americana at Brand
- 3

Glendale Metrolink Station
Metro Line 183; GB1, 2,11,12;
Metrolink Antelope Valley,
Ventura County; Amtrak
- 4

Grand /LATTC Station
A Line (Blue), Metro 14, 35,37,
38, 55, 355, 603; DASH D,
Pico-Union/Echo Park

LEGEND

- Line 603 Route
- #

Local Stop Timepoint
- Metro Rail
- Metro Rail Station
- #

Metro Rail Station & Timepoint
- Transit Center
- AM

Amtrak Station
- ML

Metrolink Station
- GB

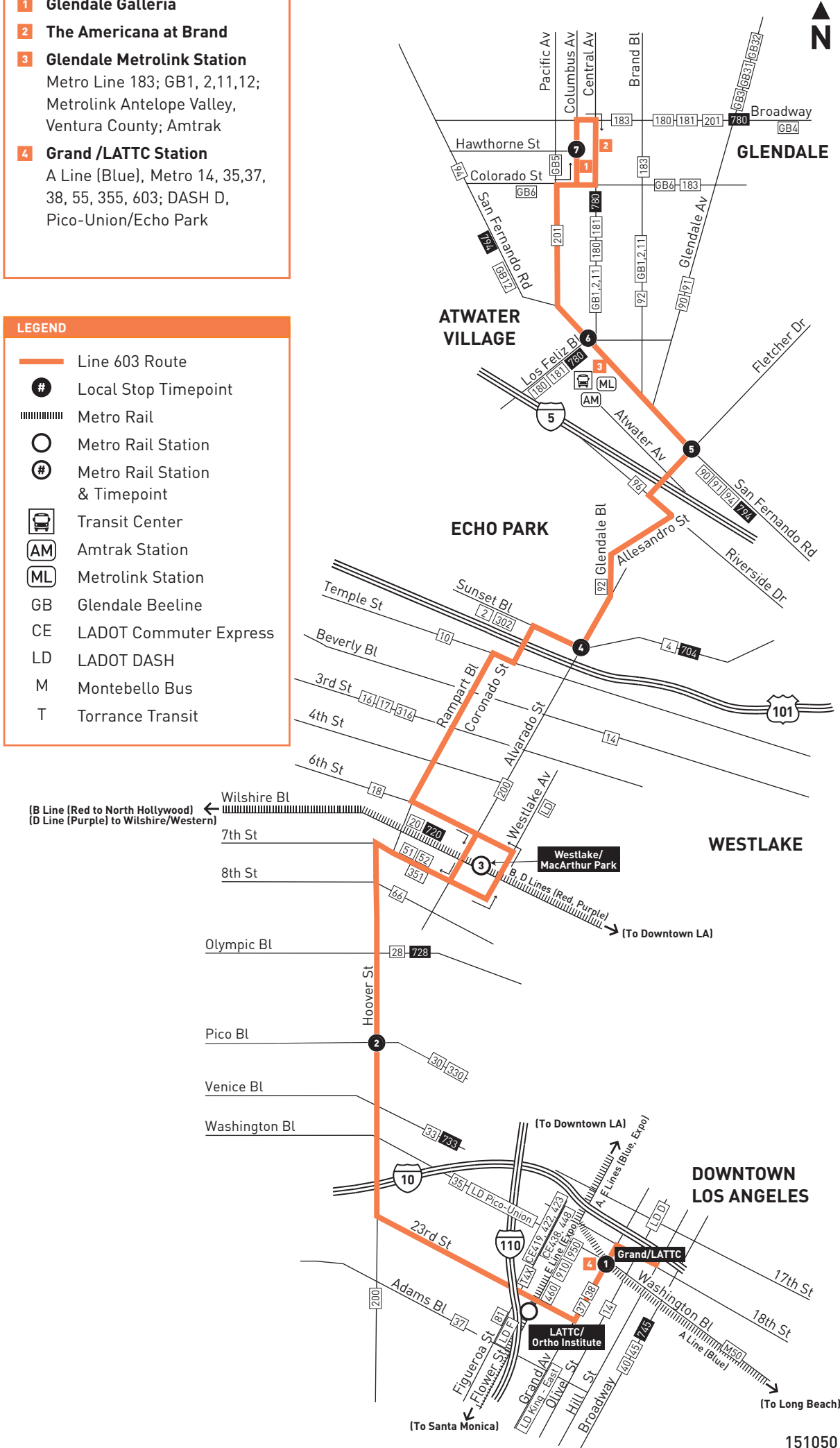
Glendale Beeline
- CE

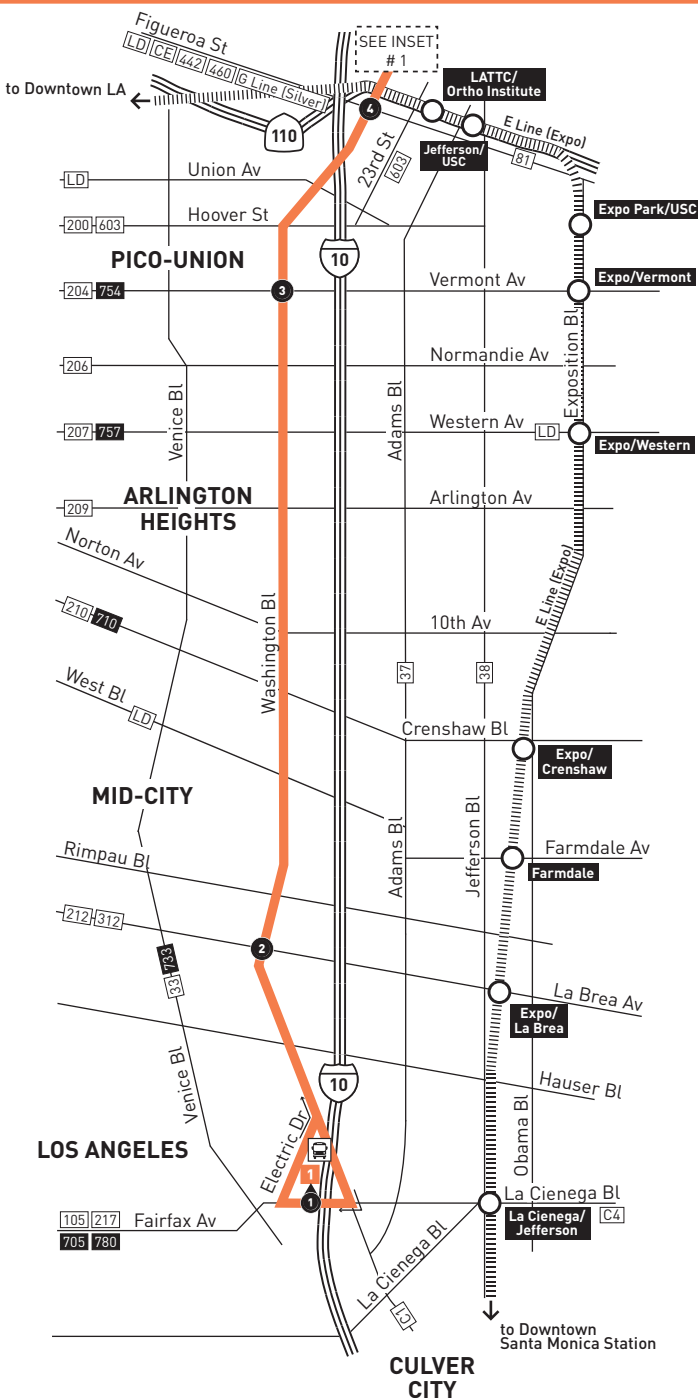
LADOT Commuter Express
- LD

LADOT DASH
- M

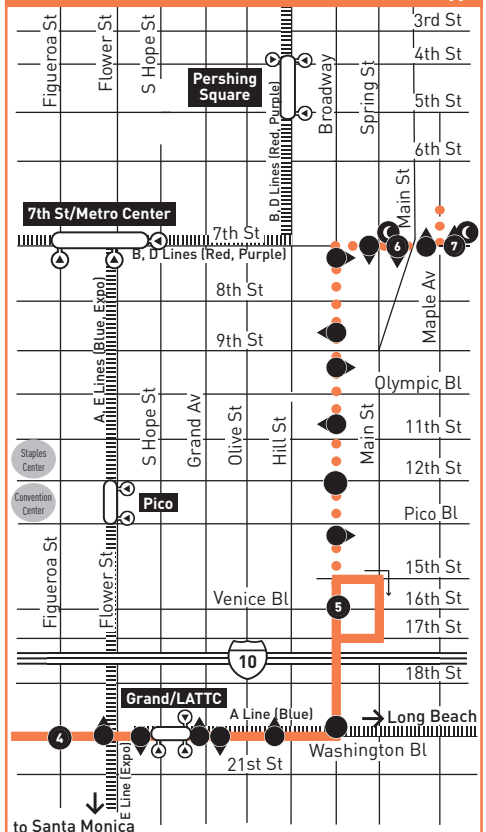
Montebello Bus
- T

Torrance Transit





INSET MAP 1 - DOWNTOWN LOS ANGELES



INSET 1 - DOWNTOWN LOS ANGELES

- Line 35 Route
- ● ● Trips Operate After 7:00PM
- Metro Rail Station
- Metro Rail Station Entrance
- Metro Rail

LEGEND

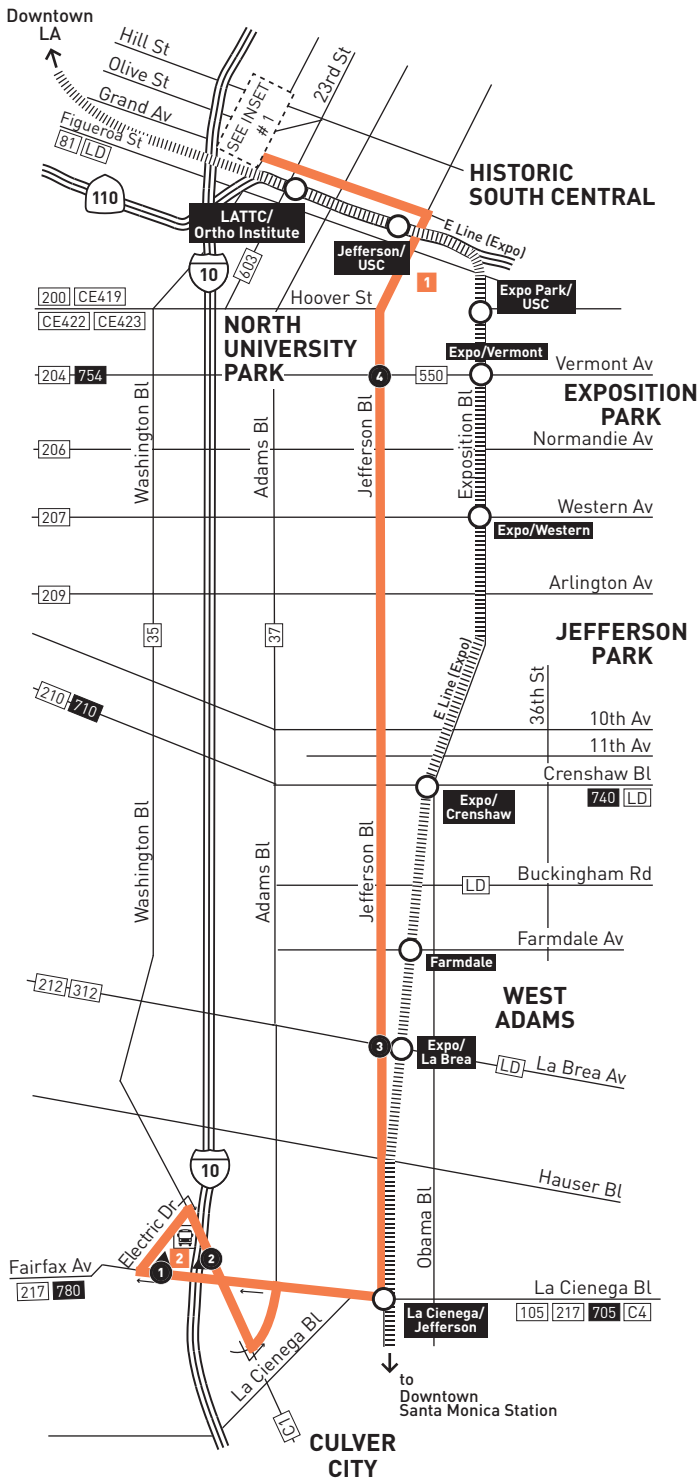
- Line 35 Route
- Owl Timepoint
- # Local Stop Timepoint
- # Local Stop Timepoint - Single Direction Only
- Local Stop
- Local Stop - Single Direction Only
- 10 Transit Center
- Metro Rail Station
- ### Connecting Lines
- ### Rapid Connecting Lines
- C Culver CityBus
- CE LADOT Commuter Express
- LD LADOT DASH

MAP NOTES

- 1 Washington/Fairfax Transit Hub**
 Metro 35, 37, 38, 105, 217, 705, 780; C1, C4, CE437

Note: Passengers should board departing Lines 37 and 38 at stop on Washington Bl, east of Fairfax Av

ROUTE MAP



MAP NOTES

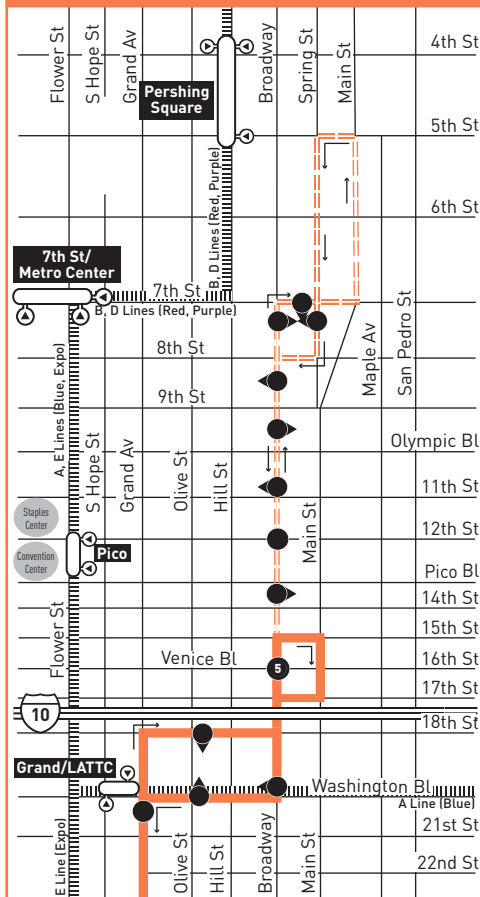
1 University of Southern California

2 Fairfax/Washington Transit Hub

Metro 35, 37, 38, 105, 217, 705, 780; C1, 4; CE437

Note: Passengers should board departing Lines 37 and 38 at stop on Washington Bl, east of Fairfax Av.

INSET MAP 1 - DOWNTOWN LOS ANGELES



INSET 1 - DOWNTOWN LOS ANGELES

- Line 38 Route
- Trips Operate after 9:00pm
- Metro Rail Station
- Metro Rail Station Entrance
- Metro Rail

LEGEND

- Line 38 Route
- # Local Stop Timepoint
- #> Local Stop Timepoint - Single Direction Only
- Local Stop
- > Local Stop - Single Direction Only
- Metro Rail Station
- 🚏 Transit Center
- C Culver CityBus
- CE LADOT Commuter Express
- LD LADOT DASH