

RESIDENT RESOURCE GUIDE

THE GARDENS ON GARFIELD

Prepared by



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AFTER SCHOOL PROGRAMS: K-12



IN-PERSON

826LA

(310) 915-0200

1714 W. Sunset Blvd.

Los Angeles, CA 90026

<https://826la.org>

826LA provides a variety of free programming throughout the week for students ages 6-18, designed to challenge and enchant while strengthening writing skills. They offer tutoring, workshops, and field trips after school.

Boys & Girls Club of Pasadena – Mackenzie-Scott Branch

(626) 798-3925

2020 N Fair Oaks Ave.

Pasadena, CA 91103

<https://www.bgcpasadena.org>

The Boys & Girls Club of Pasadena is an organization committed to education and youth development. Our goal is to identify the barriers our kids have to learning, remove those barriers and bring out the best in them through our afterschool education enrichment efforts. Five days a week, throughout the year, the Boys & Girls Club of Pasadena provides opportunity and hope to more than 2,500 community kids, many of whom come from disadvantaged economic, social, and family circumstances. We offer our programs and services to every child, regardless of race, gender, religion, economic status, or any other factor.

Glendale Parks and Open Space

(818) 548-2000

3429 Markridge Rd.

La Crescenta, CA 91214

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

The Glendale Parks and Open Space Foundation provides nature education

programming at Deukmejian Wilderness Park four times a year for 4th and 5th graders.

Glendale Youth Alliance

(818) 548-2000

613 East Broadway, Room 120

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

The mission of the GYA is to provide jobs and employment preparedness training for Glendale's low-income youth between the ages of 14 and 24. GYA programs are designed to build civic values in Glendale youth, provide a foundation to learn job skills and to become productive participants of the workforce. With proceeds from the Verdugo Mountains 10K Trail Run and Hike, the Foundation sponsored three Glendale youth over the summer, providing them with a job opportunity to work in Glendale's parks. The three young people worked under the supervision of the Community Services & Parks Department's Park Services Section, providing maintenance and gardening at several of the City's parks.

Grammy Museum

(213) 765-6800

800 W Olympic Blvd. Ste A245

Los Angeles, CA 90015

<https://grammymuseum.org>

Our activities are local, regional & national. They recognize excellence in music & music education; Give students a path to professional success; Provide exploration opportunities into all areas of music and, tools to demonstrate how music education contributes to making students college and career ready. Programs include Grammy Camp, After-school Session, Grammy Career Day, and a Summer Session.

Hollywood Wilshire YMCA

(323) 467-4161

1553 N Schrader Blvd.

Hollywood, CA 90028

<https://www.ymcala.org/hw>

The Y is made up of people from all backgrounds working together to strengthen their community. Together we work to ensure that everyone, regardless of ability, age, cultural background, disability, ethnicity, faith, gender, gender identity, ideology, immigrant status, income, race, sex or sexual orientation has the opportunity to reach their full potential. We provide childcare, first aid and safety programs, health services, and recreational programs.

Keep Youth Doing Something, Inc.

(818) 908-2029

7026 Sophia Ave.

Van Nuys, CA 91406

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

KYDS programs serve children in grades TK - 12th (ages 4 to 18+) living throughout Los Angeles and a few surrounding communities. We offer options for young people to experience new successes through programs that include visual and performing arts, STEM, wellness and fitness, homework help, and career and life skills.

One Glendale Youth Sports

(818) 548-2000

1621 Cañada Blvd.

Glendale, CA 91208

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

One Glendale is a partnership between the Glendale Parks and Open Space Foundation, Glendale Unified, Dignity Health, and the City of Glendale providing free after-school co-ed sports for elementary aged students.

ONLINE**Art in Action**

<https://artinaction.org>

Art in Action offers section with free live streaming and pre-recorded online art classes. They also offer free virtual museum tours.

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

Antaeus Theatre Co.

(818) 506-5436

110 E Broadway

Glendale, CA 91205

<https://www.antaeus.org>

Antaeus is an actor-driven theater company that explores and produces timely and timeless works, grounded in our passion for the Classics. We illuminate diverse human experiences through performance, training and outreach. We believe in the transformative power of live theater. Renting Our Space: Antaeus Theatre Company is located at the Kiki & David Gindler Performing Arts Center in Downtown Glendale, CA. The facility includes an 80-seat theater, a multi-use 36-seat black box space, and a spacious Library, all of which are available for rental, schedule permitting.

Autry Museum of the American West

(323) 667-2000

4700 Western Heritage Way

Los Angeles, CA 90027

<https://www.theautry.org>

Discover the American West at the Autry in Griffith Park! The museum presents a wide range of exhibitions and public programs--including lectures, film, theater, festivals, family events, and music--and performs scholarship, research, and educational outreach. The Autry's collection of more than 500,000 pieces of art and artifacts includes the Southwest Museum of the American Indian Collection, one of the largest and most significant in the United States.

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.

The Fountain Theatre

(323) 663-1525

5060 Fountain Ave.

Los Angeles, CA 90029

<https://www.fountaintheatre.com>

The Fountain Theatre is a non-profit producing organization established in 1990 by co-founders Deborah Culver and Stephen Sachs dedicated to providing a nurturing, creative home for multi-ethnic theatre and dance artists. Housed in a charming two-story complex in Hollywood, California, The Fountain has grown into one of the most successful of the smaller venues in the busy Los Angeles theatre world.

Glendale Centre Theatre

(818) 244-8481

324 N Orange St.

Glendale, CA 91203

<https://www.glendalecentretheatre.com>
Ruth and Nathan Hale first moved to Glendale, California from Salt Lake City in 1943 to pursue their dream of becoming actors. They soon realized that the only way to make this dream a reality was to open their own theatre, so in 1947 they did just that! And ever since that fateful day when Glendale Centre Theatre had its first opening night of just six people in the audience of a small 110-seat theatre, we've continued to grow. Today, our fourth-generation family-run theatre is the longest continuously running live theatre in the nation. We've had a show playing every single week since then, and with our in-the-round, intimate experience and masterful cast and crew, we continue to transport theatregoers to a different world full of the thrills and delights of a live show. You'll feel like part of our family on your first visit as you enjoy an affordable, intimate experience you'll want to relive again and again.

Greek Theatre

(844) 524-7335
2700 N Vermont Ave.
Los Angeles, CA 90027
<https://www.lagreektheatre.com>
Located within Griffith Park, the historic Greek Theatre stands as one of the nation's most beloved and recognized outdoor entertainment venues. The Greek Theatre is owned by the City of Los Angeles and managed, operated and booked by SMG. The 5,900-capacity outdoor venue is among the City's most cherished public sites. Throughout its history, the Greek has played host to some of the biggest legends in music - from Sir Elton John, Aretha Franklin, Frank Sinatra, Bruce Springsteen, Carlos Santana and many more in between. This iconic venue has also served as a site

for numerous high school graduations, community events and backdrops for television shows and motion pictures.

Griffith Observatory

(213) 473-0800
2800 East Observatory Rd.
Los Angeles, CA 90027
<https://www.griffithobservatory.org>
Griffith Observatory is a unique hybrid of public observatory, planetarium, and exhibition space. It is an icon of Los Angeles, a national leader in public astronomy, a beloved civic gathering place, and one of southern California's most popular attractions. The Observatory is located on the southern slope of Mount Hollywood in Griffith Park, just above the Los Feliz neighborhood. Fulfilling the Observatory's goal of "visitor as observer," free public telescope viewing is available each evening if skies are clear and the building is open. More people (8 million) have looked through the Observatory's Zeiss 12-inch refracting telescope than through any other on Earth. More than 18 million have seen a live program in the Observatory's Samuel Oschin Planetarium.

Hollywood Pantages Theatre

(323) 468-1770
6233 Hollywood Blvd.
Los Angeles, CA 90028
<https://www.broadwayinhollywood.com>
The Pantages Theatre has become one 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.

The Los Angeles Museum of Love

(323) 928-2272

4320 Melrose Ave.

Los Angeles, CA 90029

<https://www.losangelesmuseumoflove.com>

The Los Angeles Museum of Love is a G-rated couples experience that celebrates the adventure of connection. It is an interactive museum where couples spend their time learning new things about one another.

Museum of Neon Art

(818) 696-2149

216 S Brand Blvd.

Glendale, CA 91204

<https://www.neonmona.org>

MONA is a 501(c)(3) non-profit art museum, founded in 1981 by artists Lili Lakich and Richard Jenkins in DTLA. Their original vision was to create an awareness for historic neon sign preservation and to showcase this electrifying contemporary art

form. Throughout its almost forty-year history, MONA has fostered an awareness of historic neon signage through its LUMENS project with the City of Los Angeles and its popular Neon Cruise™ bus tour. The MONA facility in Glendale has a classroom on the premises where visitors can watch skilled neon craftspeople fabricating and processing the neon tube and take hands-on classes to learn this fascinating art form.

The Open Fist Theatre Co.

(323) 882-6912

3269 Casitas Ave.

Los Angeles, CA 90039

<https://www.openfist.org>

The company chose the name Open Fist to represent its fierce determination to reach out and engage audiences with impactful work. From its inception, the company immediately established its reputation as a cutting-edge ensemble, willing to tackle difficult material. Under the present leadership of Artistic Director Martha Demson, the company has evolved into a self-producing and ever-expanding artistic collective of actors, playwrights, designers and directors.

Walt Disney's Barn

(805) 498-2336

5202 Zoo Dr.

Los Angeles, CA 90027

<https://www.carolwood.org>

In 1950, Walt Disney built a 1/8th scale live-steam railroad at his residence in Holmby Hills, CA. He operated the "Carolwood Pacific Railroad" for family and friends until 1953 when he shifted his energies into creating a magical place where families could have fun together: Disneyland. Today, Walt's Barn is a living showcase of Walt's passion for railroading. We invite you

to visit Walt Disney's Carolwood Barn to learn more about Walt Disney and his railroad legacy. We look forward to seeing you there.

GROCERY STORES

CVS

(818) 334-1401
2195 Glendale Galleria
Glendale, CA 91210
<https://www.cvs.com>

Farm District Marketplace

(747) 609-2044
328 N Orange St.
Glendale, CA 91203
<https://www.farmdistrct.com>

Glendale Ranch Market

(818) 240-3333
1122 S Central Ave.
Glendale, CA 91204
<https://www.glendaleranchmarket.com>

JONS

(818) 956-0999
600 E Colorado St.
Glendale, CA 91205
<https://www.jonsmarketplace.com>

Ralphs

(818) 549-0035
211 N Glendale Ave.
Glendale, CA 91206
<https://www.ralphs.com>

Rite Aid

(818) 241-9770
531 N Glendale Ave.

Glendale, CA 91206
<https://www.riteaid.com>

Target

(818) 334-1400
2195 Glendale Galleria
Glendale, CA 91210
<https://www.target.com>

Trader Joe's

(818) 507-8192
103 E Glenoaks Blvd.
Glendale, CA 91207
<https://www.traderjoes.com>

Vons

(818) 246-7161
311 W Los Feliz Blvd.
Glendale, CA 91204
<https://www.vons.com>

Walgreens

(818) 745-1173
105 E Glenoaks Blvd.
Glendale, CA 91207
<https://www.walgreens.com>

Whole Foods Market

(818) 548-3695
331 N Glendale Ave.
Glendale, CA 91206
<https://www.wholefoodsmarket.com>

LEISURE

AMC Burbank 16

(818) 953-2932

125 East Palm Ave.

Burbank, CA 91502

<https://www.amctheatres.com>

America's Hometown Theatres. You can depend on our fun, friendly, local theatres for a great movie-going experience with value in mind. Come enjoy Coca-Cola Freestyle machines and delicious menu items like pretzel bites, movie nachos, and refillable annual popcorn buckets.

Escape the Room

(323) 801-8955

3223 Glendale Galleria Space MU01

Glendale, CA 91210

<https://www.escapetheroom.com/los-angeles>

Escape The Room Los Angeles is an interactive gaming experience that brings friends and families together to solve puzzles in an effort to earn freedom and escape the room. Every Escape The Room LA is unique with its own plot, storyline, and mysteries. Few have succeeded, but if you think you have what it takes to escape the room, you will be recognized as one of the best! You only have 60 minutes to solve the puzzle and escape the room or remain trapped forever! Which of the three amazing escapes will you try first?

Glaze Fire

(323) 522-6775

1937 Hillhurst Ave.

Los Angeles, CA 90027

<https://www.glazefire.com>

Make something today at Glaze Fire. We are a paint-your-own pottery studio for cool

kids and anyone with a right-brain. We keep it simple: \$10 per painter plus the cost of the piece. Our stacking, table-wall display houses 350 different pottery shapes, all of which serve a function. We are also BYOB!

Griffith Park & Southern Railroad

(323) 664-6788

4400 Crystal Springs Dr.

Los Angeles, CA 90027

<https://www.griffithparktrainrides.com>

Located near Los Feliz Blvd and Riverside Drive at the South end of Griffith park, GPS Railroad occupies a location where miniature trains have operated since the late 1940's. The earliest record we have of a train operation begins in 1948 but there is some evidence that a train was there in 1946.

Jewel City Bowl

(818) 243-1188

135 S Glendale Ave.

Glendale, CA 91205

<https://www.jewelcitybowl.net>

We've got all the things you'd expect when you head to the lanes to bowl: a colorful atmosphere, plenty of games, and party-hosting capabilities. But, we've got a lot more than that, too, like our DJ who's here spinning records Thursday-Saturday, a diverse menu of dishes that taste a lot better than you'd expect from a bowling alley, a full bar, and an empathetic and experienced staff. Whether it's league night or just a night out with the family, we're sure our guests will have a great time with us.

Laemmle Glendale

(310) 478-3836

207 N Maryland Ave.

Glendale, CA 91206

<https://www.laemmle.com>

Laemmle, pronounced "LEM-lee", is synonymous with great independent, foreign, and art house cinema. In over 75 years of operation, we have been guided by our commitment to exhibit "quality film without regard to genre or provenance". Our theaters serve over a million film patrons each year from several locations in the greater Los Angeles region including West Los Angeles, Santa Monica, Pasadena, North Hollywood, Claremont, and Santa Clarita. In addition to standard movie-going, Laemmle provides unique cinematic experiences such as one-night screenings, special events, premieres, and Academy qualifications.

Moonlight Rollerway

(818) 241-3630

5110 San Fernando Rd.

Glendale, CA 91204

<https://www.moonlightrollerway.com>

The building that houses Moonlight Rollerway was built in the 1940's and was used to make airplane parts for the great war. In February of 1956 it opened as Harry's Roller Rink. The skating floor is the original 2 ¼ inch maple flooring, with no nails all tongue and groove. The current owner, Dominic Cangelosi, became an employee in the late 1960's and has been playing the organ ever since. He became the owner in 1985 and has maintained the

architecture and ambiance to replicate that era, and Dominic still plays the organ every Tuesday night.

Round1 Burbank

(818) 333-5859

201 E Magnolia Blvd Ste 145

Burbank, CA 91502

<https://www.round1usa.com>

Round1 is an multi entertainment activity complex company. Our typical store is around 50,000 square footage as anchor tenants in shopping malls. In it, we offer bowling, arcade games, billiards, darts, ping pong, food and drinks, a variation that is not matched by other competitors in the industry.

Zone Laser Tag

(818) 241-2900

826 N Glendale Ave.

Glendale, CA 91206

<https://www.lasertagzone.com>

Zone Club, Inc. is situated in the heart of Glendale, California near the 134 freeway. It is conveniently located close to Burbank, Pasadena, La Crescenta, La Canada and Tujunga. We are fully prepared to host your corporate laser tag event, teen groups, children's laser tag and birthday parties. Our place includes 2-story Laser Tag Arena, 2 bases downstairs, neon lights, and neon wall paintings. We also have arcades, 1 virtual reality base, and an air hockey.

PARKS & RECREATION

Brand Park

(818) 548-3782

1601 W. Mountain St.

Glendale, CA 91201

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

Welcome to Brand Park. This 31-acre park is nestled at the base of the Verdugo Mountains. The park offers hiking and biking trails, a basketball court, softball field, picnic areas, children's playground, and season children's wading pool. In addition, the park has several picnic areas which provide a relaxing setting for an afternoon. The park is also home to Brand Studios, the Brand Library, the Whispering Pine Tea House and Friendship Garden, and the Doctors House Museum and Gazebo.

Fremont Park

(818) 548-2000

600 Hahn Ave.

Glendale, CA 91203

<http://www.glendaleparksfoundation.org>

There is tons to do at Fremont Park. With almost 8 acres, the parks amenities include: 5 barbeques, 3 playgrounds, picnic tables, an outdoor half-court basketball court, 1 outdoor volleyball court, 1 horseshoe pitching court, 1 wading pool, and rentable tennis courts.

Glendale Central Park

(818) 548-2005

230 South Brand Blvd.

Glendale, CA 91204

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

The Central Park Plan turns the largest green space in Downtown Glendale into a vibrant focal core. Central Park is for everyone and provides a front yard to the

Central Library, the Adult Recreation Center, the proposed Armenian American Museum, but most importantly, it will be a stand-alone destination designed for public engagement.

Griffith Park

(323) 913-4688

4730 Crystal Springs Dr.

Los Angeles, CA 90027

<https://www.laparks.org/griffithpark/>

Griffith Park is one of the largest municipal parks in North America and is the largest historic landmark in the City of Los Angeles (Historic Cultural Monument #942), now covering 4,511 acres. This storied landmark is a rare example of untouched, natural chaparral in an urban center. Situated in the eastern Santa Monica Mountains, the park's tree-studded canyons are crisscrossed with more than 70 miles of hiking and equestrian trails that offer unparalleled views of the Los Angeles basin.

Los Feliz Golf Course

(323) 663-7758

3207 Los Feliz Blvd.

Los Angeles, CA 90039

<https://www.golf.lacity.org>

Los Feliz is a great 9-hole 3-par course short course good for a family outing or gathering of friends. A par 27 at just over 1,000 yards, the wooded course rewards carefully crafted shots through huge tree lined holes. A perfect getaway for a fun round of golf. Los Feliz Golf Course was featured in the movie Swingers which has made it a special attraction for locals, celebrities, and tourists looking for an

enjoyable round. Los Feliz Golf is home to local neighborhood summer movie nights and fall and winter Glow Ball events. The charming "EAT" café is also a local favorite.

Maple Park

(818) 548-3783

820 E Maple St.

Glendale, CA 91205

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

Enjoy your day at Maple Park. At Maple Park the following amenities are available to you: tennis court, walking paths, multi-use fields, eighteen picnic tables, children's play area, two large meeting rooms, computer lab, recreation room, full court gym, and a 700 square foot outdoor terrace.

Palmer Park

610 East Palmer Ave.

Glendale, CA 91205

<http://www.glendaleparksfoundation.org>

Palmer Park is considered one of Glendale's hidden gems. This park features a basketball court, children's play area, picnic areas, special facilities, a wading pool, and beautiful views.

Roosevelt Golf Course

(323) 665-2011

2650 N Vermont Ave.

Los Angeles, CA 90027

<https://www.golf.lacity.org>

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.

Verdugo Park

1621 Cañada Blvd.

Glendale, CA 91208

<http://www.glendaleparksfoundation.org>

A day of fun awaits at Verdugo Park. Verdugo Park features a ballfield, basketball court, children's play area, horseshoe court, picnic areas, skate park, and special facilities.

Vista Hermosa Natural Park

100 N. Toluca St.

Los Angeles, CA

[https://mrca.ca.gov/parks/park-](https://mrca.ca.gov/parks/park-listing/vista-hermosa-natural-park/)

[listing/vista-hermosa-natural-park/](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. A FIFA-regulation soccer field is jointly used by the adjacent Edward R. Roybal Learning Center and the L.A. Department of Recreation and Parks. An outdoor amphitheater in a grotto provides an ideal setting for environmental and natural history education, and other public events.

SCHOOLS & COLLEGES

California Creative Learning Academy

(323) 539-2810

2709 Media Ctr Dr.

Los Angeles, CA 90065

<https://www.losfelizarts.org>

California Creative Learning Academy (CalCreative) is a unique learning environment that cultivates the skills to mindfully create what one imagines through creative processes as a purposeful way of being. We are an education for all that embraces the power of possibility through a holistic approach to learning, authentic experiences, and the ability to effect social change. California Creative Learning Academy is not just a place, it is a way of being. Exploring the world through creative processes allows us to cultivate the skills of creativity, curiosity, empathy and connection, as we mindfully learn to create what we imagine as a mindset. At CalCreative, we feel, construct and assimilate our connections to the world and each other, through stories, inquiry, investigation, reflection, and art. We feel emotionally connected to our world and our communities, because they are us and we are them.

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.

California State University, Northridge

(818) 677-3001

18111 Nordhoff St.

Los Angeles, CA 91325

<https://www.csun.edu>

California State University, Northridge is a vibrant, diverse university community of 38,310 students and more than 4,000 faculty and staff, sited on a 356-acre campus in the heart of Los Angeles' San Fernando Valley. As you explore the university's web site, you will find ample evidence of Cal State Northridge's commitment to the educational and professional goals of students, and its extensive service to the community.

Glendale Career College

(818) 243-1131

240 N Brand Blvd.

Glendale, CA 91203

<https://www.glendalecareer.com>

At Glendale Career College, your success is our success! Our short-term allied health training programs will give you the skills to

become part of the ever-growing healthcare field. Your decision to continue your education with Glendale Career College will prove to be a rewarding experience.

Glendale Community College

(818) 240-1000

1122 E Garfield Ave.

Glendale, CA 91205

<https://www.glendale.edu>

Glendale Community College is a public community college granting certificates and associate degrees. The college serves people from a variety of geographical areas but primarily serves a diverse population of the Greater Los Angeles region that is capable of benefiting from instruction in credit, noncredit, and community education programs. We are the Greater Los Angeles Region's premier learning community where all students achieve their informed educational goals through outstanding instructional and student services, a comprehensive community college curriculum, and educational opportunities found in few community colleges.

Glendale High

(818) 242-3161

1440 E Broadway

Glendale, CA 91205

<https://www.gusd.net/glendalehs>

We are a comprehensive high school supporting a diverse community of learners. Glendale High School seeks to foster an environment where students will learn to be effective communicators, empathetic leaders, resilient scholars, and self-guided achievers. Our highly qualified teachers will create a collaborative community where growth mindset, student engagement, dignity, and respect are valued.

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.

Loyola Marymount University

(310) 338-2700

1 LMU Dr.

Los Angeles, CA 90045

<https://www.lmu.edu>

LMU offers more than 150 degrees, certificates and credentials to prepare outstanding individuals for lives of meaning, purpose and professional success. Our breadth and depth in academics come from pre-eminent faculty, who have built LMU's reputation as one of the nation's top universities. We offer 60 major and 55 minor undergraduate degrees and programs. For graduate students, we have 39 master's degree programs, one education doctorate, one juris doctorate,

one doctorate of juridical science and 10 credential/authorization programs.

Occidental College

(323) 259-2500

1600 Campus Rd.

Los Angeles, CA 90041

<https://www.oxy.edu>

Occidental isn't just any liberal arts college. It fully integrates the liberal arts and sciences with the cultural and intellectual resources of a global city. With more than 40 majors and minors, one-of-a-kind programs like the Kahane United Nations Program, Campaign Semester and Rebellious Lawyering, and our emphasis on research through the Undergraduate Research Center and senior comprehensives, Occidental lays the groundwork for a compelling intellectual adventure. And the academic rigor on campus is enhanced by internships and partnerships across L.A., Southern California and beyond.

Theodore Roosevelt Middle

(818) 242-6845

222 East Acacia Ave.

Glendale, CA 91205

<https://www.gusd.net/roosevelt>

At Roosevelt, we have a strong emphasis on STEAM (Science, Technology, Engineering, Arts, and Mathematics). At Roosevelt, we also realize that students are more than academics. As a school community, we focus on the whole child with a comprehensive counseling program, student mentorship through programs like WEB (Where Everyone Belongs) and ASB (Student Council) and build community through Restorative Practices and PBIS. Students make connections through

Athletics, Clubs, our VAPA program, and more.

UCLA

(310) 825-4321

405 Hilgard Ave

Los Angeles, CA 90095

<https://www.ucla.edu>

UCLA's primary purpose as a public research university is the creation, dissemination, preservation, and application of knowledge for the betterment of our global society. To fulfill this mission, UCLA is committed to academic freedom in its fullest terms: We value open access to information, free and lively debate conducted with mutual respect for individuals, and freedom from intolerance. In all of our pursuits, we strive at once for excellence and diversity, recognizing that openness and inclusion produce true quality. These values underlie our three institutional responsibilities. With more than 3,900 courses in 109 academic departments, UCLA offers 125+ majors to help you define your academic path. And 70 percent of our undergraduate classes have 30 or fewer students, maximizing your personal engagement with our internationally renowned faculty.

USC

(213) 740-2311

3551 Trousdale Pkwy.

Los Angeles, CA 90089

<https://www.usc.edu>

The University of Southern California 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.

Woodbury University

(818) 767-0888

7500 N Glenoaks Blvd.

Burbank, CA 91510

<https://www.woodbury.edu>

Woodbury offers a unique experience that is personal, communal and practice based. Every major requires an internship, giving students work experience and a competitive advantage after graduation. We're also located in one of the most exciting and vibrant communities in the world-in the heart of Southern California's creative economy.

SHOPPING CENTERS

Americana at Brand

(818) 637-8982

889 Americana Way

Glendale, CA 91210

<https://www.americanaatbrand.com>

The Americana at Brand offers world-class retail, restaurants, entertainment, and residences together in one beautiful destination. An L.A. favorite, it's a gathering place where friends and family come together to shop, dine and unwind, while enjoying a taste of the good life.

Burbank Town Center

(818) 566-8556

201 E Magnolia

Burbank, CA 91502

<https://www.burbanktowncenter.com>

Burbank Town Center offers a choice of more than 170 retail shops, restaurants, entertainment venues and lifestyle services. This three-level enclosed mall features a dramatic dome towering over Center Court. The shopping mall complements Burbank Town Center's many outdoor shops, restaurants and theatres situated along San

Fernando Road. Retailers include H&M, Wetzel Pretzel, Macy's and Cost Plus/World Market. Free parking is available throughout the shopping center in garages or surface lots.

Glendale Fashion Center

219 N Glendale Ave.

Glendale, CA 91206

Glendale Fashion Center offers a number of department stores and restaurants. Make a visit and enjoy stores such as Michael's, TJ Maxx, Nordstrom Rack, Cost Plus World Market and more.

Glendale Galleria

(818) 246-6737

100 W Broadway Ste 100

Glendale, CA 91210

<https://www.glendalegalleria.com>

Glendale Galleria is a three-story shopping center with a unique feel and a distinctive variety of stores. GG also offers a variety of service and amenities - from free wi-fi to stroller rentals - to ensure you have an enjoyable shopping experience.

Shop Montrose

(818) 646-2880

3808 Ocean View Blvd.

Montrose, CA 91020

<https://www.shopmontrose.com>

Along shady, tree-lined streets, nearly 200 independently owned businesses satisfy busy shoppers with high quality gifts, retail merchandise, men's, women's and children's apparel, an art gallery, antiques, dance and fitness studios and service businesses of every imaginable type. Montrose's many restaurants, cafes and bakeries offer outside dining, serving up everything from beignets to barbecue and sashimi to spaghetti.



HEALTH & SAFETY



AIDS & HIV

Center For Health Justice

(213) 229-0985 General
(213) 229-0979 (Inmate collect warmline re:
healthcare or HIV health issues in prison)
900 Avila St., Ste. 102 and 301
Los Angeles, CA 90012

<https://chjla.cargo.site/>

The organization provides ex-offender and inmate services related to HIV education/prevention for LGBT men and women incarcerated or paroled from the Los Angeles County jail system.

CLINICS & HOSPITALS

Altamed Health Services Corporation – Altamed Medical Group

(877) 462-2582
1701 Zonal Ave.
Los Angeles, CA 90033
<https://www.altamed.org/>

Arroyo Vista Family Health Center

(323) 254-5221
6000 N. Figueroa St.
Los Angeles, CA 90042
<https://www.arroyovista.org/>

Arroyo Vista Family – El Sereno – Huntington Drive

(323) 225-0024
4837 Huntington Dr. N, Ste. 1
Los Angeles, CA 90032
<https://www.arroyovista.org/>

Arroyo Vista Family - Lincoln Heights Center

(323) 987-2000
2411 N. Broadway Ave.
Los Angeles, CA 90031
<https://www.arroyovista.org/>

Asian Pacific Health Care Venture Inc – Los Feliz Health Center

(323) 644 -3888
1530 Hillhurst Ave.
Los Angeles, CA 90027
<https://www.aphcv.org/>

Clinica Monsenor Oscar A. Romero Community Health Center

(213) 989-7700
123 S. Alvarado St.
Los Angeles, CA 90057
<https://clinaromero.com/>

Huntington Memorial Hospital

(626) 397-5000
100 W. California Blvd.
Pasadena, CA 91105
www.huntingtonhospital.com

Mission City Community Network

(818) 895-3100
4842 Hollywood Blvd.
Hollywood, CA 90027
<https://mccn.org/>

Providence Saint Joseph Medical Center

(818) 843-5111

501 S. Buena Vista St.
Burbank, CA 91505
<https://www.providence.org/locations/saint-joseph-medical-center>

White Memorial Medical Center
(323) 268-5000
1720 Cesar E. Chavez Blvd.
Los Angeles, CA 90033
www.whitememorial.com

DISABILITIES

BCR A Place to Grow

(818) 843-4907
230 E. Amherst Dr.
Burbank, CA 91504
www.bcraplacetogrow.org

The agency provides services for people with developmental disabilities for children, ages 5 to 17, and for adults, age 18 and older, who live in Burbank, Glendale, Los Angeles, North Hollywood, and the surrounding areas.

Braille Institute

(800) 272-4553
<https://www.brailleinstitute.org/>
Programs and services for the blind and visually impaired.

Frank D. Lanterman Regional Center

(213) 383-6526
3303 Wilshire Boulevard, Suite 700
Los Angeles, CA 90010
<https://lanterman.org/>
The Frank D. Lanterman Regional Center serves the health districts of Central, Glendale, Hollywood-Wilshire, and

Pasadena within the county of Los Angeles. It coordinates and provides community-based services to persons with intellectual and developmental disabilities.

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.

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, Ste. 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

Adventist Health Home Care Services – Home Health

(818) 409-8379
281 Harvey Dr., Ste. A
Glendale, CA 91206
<https://www.adventisthealth.org/home-care-services/>
The agency provides in-home health services for people in Glendale and the surrounding communities within 30-mile radius.

Asian Pacific Health Care Venture Inc – Los Feliz Health Center

(323) 644 -3888
1530 Hillhurst Ave.
Los Angeles, CA 90027
<https://www.aphcv.org/>
The agency provides family life education, health insurance, health services, HIV/AIDS services, and youth services in Los Angeles County. Services are targeted, but not restricted to low-income immigrant Asian and Pacific Islander communities.

Kaiser Permanente – Glendale Medical Offices

(833) 574-2273
444 W Glenoaks Blvd
Glendale, CA 91202
<https://healthy.kaiserpermanente.org/southern-california/facilities/Glendale-Medical-Offices-100123>
The medical centers provide pharmacy services but no emergency or urgent care services.

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.

Los Angeles County Department of Health Services - Central Health Center

(213) 240-8204

241 N. Figueroa St.

Los Angeles, CA 90012

<http://publichealth.lacounty.gov/CHS/SPA4/index.htm>

The center provides health services for people in Los Angeles County. Services include cardiovascular medicine, dental care, urology and women's health, among others.

Maternal and Child Health Access

(213) 749-4261

1111 W. 6th St., Ste. 400

Los Angeles, CA 90017

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

This agency provides advocacy, CalFresh applications and health insurance for low-income people in Los Angeles County, including children, families, pregnant and parenting women.

St. Anne's Residential Facility

(213) 381-2931

155 N. Occidental Blvd.

Los Angeles, CA 90026

<https://stannes.org/>

The agency provides early childhood education, a maternity home for pregnant or parenting teens, or those who are at risk of becoming pregnant, and mental health services.

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.

WIC Program – Canoga Park Office

(213) 481- 2448

1311 Glendale Blvd, Unit B and C

Los Angeles, CA 90026

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

This agency provides access to WIC Assistance, free resources and a network of support to help families get nutritional education, breastfeeding support, etc.

Young and Healthy

(626) 795-5166

136 W. Peoria St.

Pasadena, CA 91103

<https://yhpasadena.org/>

The agency provides health services for uninsured or underinsured low-income children and youth age zero to 18.

MENTAL HEALTH

Didi Hirsch Mental Health Services – Glendale Center

(818) 244-7257

1540 E. Colorado St.

Glendale, CA 91205

<https://didihirsch.org/>

The agency provides counseling services for families and adults, mental health services for older adults, residential mental health services, residential treatment for substance use disorders and substance use disorder services for people of all ages in Los Angeles County.

Enki Health Services, INC. Pico Union

(866) 227-1302

2523 W. 7th St.

Los Angeles, CA 90057

www.ehrs.com

The agency provides mental health services for adults in the East Los Angeles area. Services are targeted, but not restricted, to Hispanics/Latinos.

Hollygrove an EMQ Families First Agency

(323) 463-2119

815 N. El Centro Ave.

Los Angeles, CA 90038

<https://upliftfs.org/service/hollygrove/>

The agency provides mental health services for youth and families in Los Angeles County.

Los Angeles County Department of Mental Health – Administration

(213) 251-6854

550 S. Vermont Ave., 11th Fl.

Los Angeles, CA 90020

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

The department provides mental health services for people in Los Angeles County.

Los Angeles County Department of Mental Health – Northeast Mental Health and Wellness Center

(323) 478-8200

3303 N. Broadway, 3rd Fl.

Los Angeles, CA 90031

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

The center provides mental health services for adults, welfare-to-work support services mentally/emotionally disturbed persons who live in the Northeast Health District.

Los Angeles LGBT Center – Mental Health Services

(323) 993-7669

1625 N. Schrader Blvd.

Los Angeles, CA 90028

<https://lalgbtcenter.org/>

This center provides counseling services and substance use disorder services primarily for lesbian, gay, bisexual, and transgender individuals in Los Angeles County.

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.

VETERANS

California Department of Veterans Affairs (CalVet)

(800) 952-5626
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 La Fayette Park Pl, Ste 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.

LA Care Health Plan

(888) 452-2273
1055 W. 7th St., 10th Fl.
Los Angeles, CA 90017
<https://www.lacare.org/>
The organization administers health insurance plans for low to moderate income families in Los Angeles County.

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.

City Ride

(800) 808-7433

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

The Cityride Program is a transportation program for individuals age 65 or older and qualified persons with disabilities in the City of Los Angeles and select areas of Los Angeles County (Marina Del Rey, Kagel Canyon, Topanga, areas near Calabasas, Chatsworth, Carson, & Long Beach).

Dial-A-Ride in the City of Glendale

(818) 548- 3960 (For Applications)

<https://www.glendaletransit.com/tools/dial-a-ride>

The agency provides curb to curb transportation service made available by the City of Glendale to its residents who are 65 years of age or older. Disabled residents of any age are also served. Certification of disability from a doctor is required if resident is under 65 years of age.

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/onlinereservations.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

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) – Glendale

(800) 777- 0133

1335 W Glenoaks Blvd.

Glendale, CA 91201

<https://www.dmv.ca.gov/portal/>

*Services available such as Driver License, ID
Card Processing, and Vehicle Registration.*

Nearby Bus Stop Locations

- Glendale / Windsor (0.1 miles)
- Brand / Garfield (0.4 miles)
- Brand / Chevy Chase (0.4 miles)

*These are the three cross streets where
you'll find bus stops.*



SOCIAL SERVICES



ADDICTION

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.

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.

<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).

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 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.

Child Abuse Hotline

(800) 540-4000

Children's Bureau – Oakwood Resource Center

(323) 953-7356

3910 Oakwood Ave.

Los Angeles, CA 90004

www.all4kids.org

The Bureau provides child abuse services, early childhood education, family life education, foster care services, mental health services and a school readiness program for children 0 to 5.

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, childcare, 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.

Para los Niños – Youth Workforce Services

(323) 275-9309

3845 Selig Pl.

Los Angeles, CA 90031

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

The agency provides childcare, child abuse services, counseling services, family life education, education services, school readiness and youth services to families with children age birth to 8th grade.

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.

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.

Angelus Plaza – Senior Activity Center

(213) 623-4352

255 S. Hill St., 3rd Fl.

Los Angeles, CA 90012

www.angelusplaza.org

The center provides services for older adults age 62 and older who live in the Angelus Plaza residence as well as for older adults in the City of Los Angeles.

Better Business Bureau

(703) 276-0100

www.bbb.org

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

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.

Center for a Better Life

(213) 388-4445

672 S. Carondelet St.

Los Angeles, CA 90057

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

The center provides adult day care and adult day health care for adults 18 years and older who have chronic illnesses, including Alzheimer's Disease or other dementia disorders.

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-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.

Los Angeles County Department of Mental Health- Genesis – FCCS Older Adult Program

(213) 351-7284

550 S. Vermont Ave.

Los Angeles, CA 90020

dmh.lacounty.gov

The program provides services for older adults age 60 and older who are frail and/or

isolated in their homes and live in Los Angeles County.

Los Angeles LGBT Center – The Village at ED Gould Plaza

(323) 860-7359

1125 N. McCadden Pl.

Los Angeles, CA 90038

www.lalgbtcenter.org

The program provides employment services and services for older adults primarily for lesbian, gay, bisexual and transgender individuals in Los Angeles county.

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.nsclc.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>

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

Silver Strand Care

(818) 904-9888

6464 Vesper Ave.

Van Nuys, Los Angeles 91411

<http://www.silverstrandcare-ca.com/>

The center provides adult day health care for adults age 18 and older who have health problems, including senior citizens and people who have developmental disabilities or manageable mental and emotional problems.

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.

FAMILY SERVICES

Cancer Support Community – Pasadena

(626) 796-1083

76 E. Del Mar Blvd., 2nd Fl.

Pasadena, Los Angeles 91105

cscpasadena.org

Cancer Support Community - Pasadena (CSC-Pasadena) provides health education and self-help groups for anyone diagnosed with cancer and for their families, friends and significant others and volunteer opportunities for adults.

Jewish Family Service of Los Angeles

(323) 761-8800

3580 Wilshire Blvd., Ste. 700

Los Angeles, CA 90010

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

The agency provides administrative services, counseling services, donor services, end of life services, immigration services, services for older adults, substance use disorder services, and transportation services.

Maple Park Community Center

(818) 548-3694

820 E. Maple St.

Glendale, CA 91205

www.glendaleca.gov

The center provides recreational programs for people of all ages who live in Los Angeles County.

Maternal and Child Health Access

(213) 749-4261

1111 W. 6th St., Ste. 400

Los Angeles, CA 90017

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

The agency provides advocacy, CalFresh applications and health insurance for low-income people in Los Angeles County, including children, families, pregnant and parenting women.

Salvation Army Glendale

(818) 246-5586

320 W Windsor Rd.

Glendale, CA 91204

<https://glendale-ca.salvationarmy.org/>

The Salvation Army works to identify and meet areas of need in the communities it serves. This center provides services to help individuals experiencing poverty and combating addiction.

United American Indian Involvement

(213) 202-3970

1125 W. 6th St., Ste. 103

Los Angeles, CA 90017

www.uaii.org

The agency provides counseling services, education services, emergency food, health services, HIV/AIDS services, recreational programs and substance use disorder services for American Indians who live in Los Angeles County.

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.

HOUSING

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 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

Interfaith Refugee & Immigration Service

(323) 667-0489

3621 Brunswick Ave.

Los Angeles, CA 90039

www.iris-la.org

The agency provides immigration services for people who have recently arrived in this country as refugees or immigrants.

International Institute of Los Angeles – Immigration and Legal Services

(323) 224-3800

3845 Selig Pl.

Los Angeles, CA 90031

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

The program provides immigration services and job training services for refugees in Los Angeles county. Services include a citizenship assistance center, immigration assistance, JTPA programs, and resettlement services for refugees.

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.

Neighborhood Legal Services of Los Angeles County

(800) 433-6251

1102 E. Chevy Chase Dr.
Glendale, CA 91205

<https://nlsia.org/>

The agency provides advocacy, domestic violence services, health services, immigration services, legal services and volunteer opportunities for low-income residents in Los Angeles County who have incomes up to 200% of the federal poverty guidelines.

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

Glendale Office – Social Security Administration

(855) 886-9633

225 W. Broadway, Ste. 600

Glendale, CA 91204

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

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

Japanese Evangelical Missionary Society

(213) 613-0022

948 E. 2nd St.

Los Angeles, CA 90012

www.jems.org

The society provides cultural awareness for Asians/Pacific Islanders and Japanese individuals in 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.



WORKFORCE TRAINING



California Division of Apprenticeship Standards

(213) 576-7750

320 West 4th Street, Rm. 950

Los Angeles, CA 90013

<https://www.dir.ca.gov/DAS>

The DAS creates opportunities for Californians to obtain skills leading to gainful employment and provides employers with a highly skilled and experienced workforce while strengthening California's economy. The division carries out this mission by administering California apprenticeship law and enforcing apprenticeship standards regarding wages, hours, working conditions, and the specific skills required for state certification as a journey person in an occupation that is appropriate for apprenticeship.

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.

Glendale Community College – Continuing Education

(818) 240-1000

1500 N. Verdugo Rd.

Glendale, CA 91208

<https://www.glendale.edu>

If you want to improve your job skills, enhance your chances of getting a new job,

or change careers, the Continuing Education Business Program on the Garfield Campus is here to assist. Tuition-free classes provide instruction in the following business skills: on-the-job communication, filing, business writing, math/accounting, customer service, keyboarding, office equipment, and 21st Century Employment Strategies.

LA Conservation Corps

(213) 392-9000

1400 N. Spring St.

Los Angeles, CA 90012

<https://www.lacorps.org>

The LA Conservation Corps is an environmentally focused youth development organization. As the largest urban conservation corps in the country, we provide opportunities for young adults throughout Los Angeles who are out-of-work and out-of-school to explore new pathways to meaningful career and education opportunities while improving the quality of life in Southern California. By offering paid work experience on green community projects, we strive to build resilience in our Corps members and in the neighborhoods they call home.

Verdugo Jobs Center

(818) 409-0441

1255 S. Central Ave.

Glendale, CA 91204

<https://www.verdugojobscenter.org>

The Verdugo Jobs Center is a one-stop career center serving the cities of Burbank, Glendale, and La Cañada Flintridge. We provide our region's diverse workforce with career counseling, job search assistance, professional development and training opportunities, job fairs, workshops, and more, free of charge. Our career services

are suited to a wide variety of individuals, including dislocated workers, military veterans, ex-offenders, high-school dropouts, migrant and seasonal farmworkers, non-English speaking, people with disabilities, public assistance recipients, senior workers, youth, and much more.

SUPPLEMENTAL RESOURCES



The Gardens on Garfield



The Gardens on Garfield
303 E. Garfield Ave.
Glendale, CA 91205

Age Restriction: None
Number of Units: 30

Phone: (818) 243-3564
TTY: (800) 855-7100
Fax: (818) 242-3083

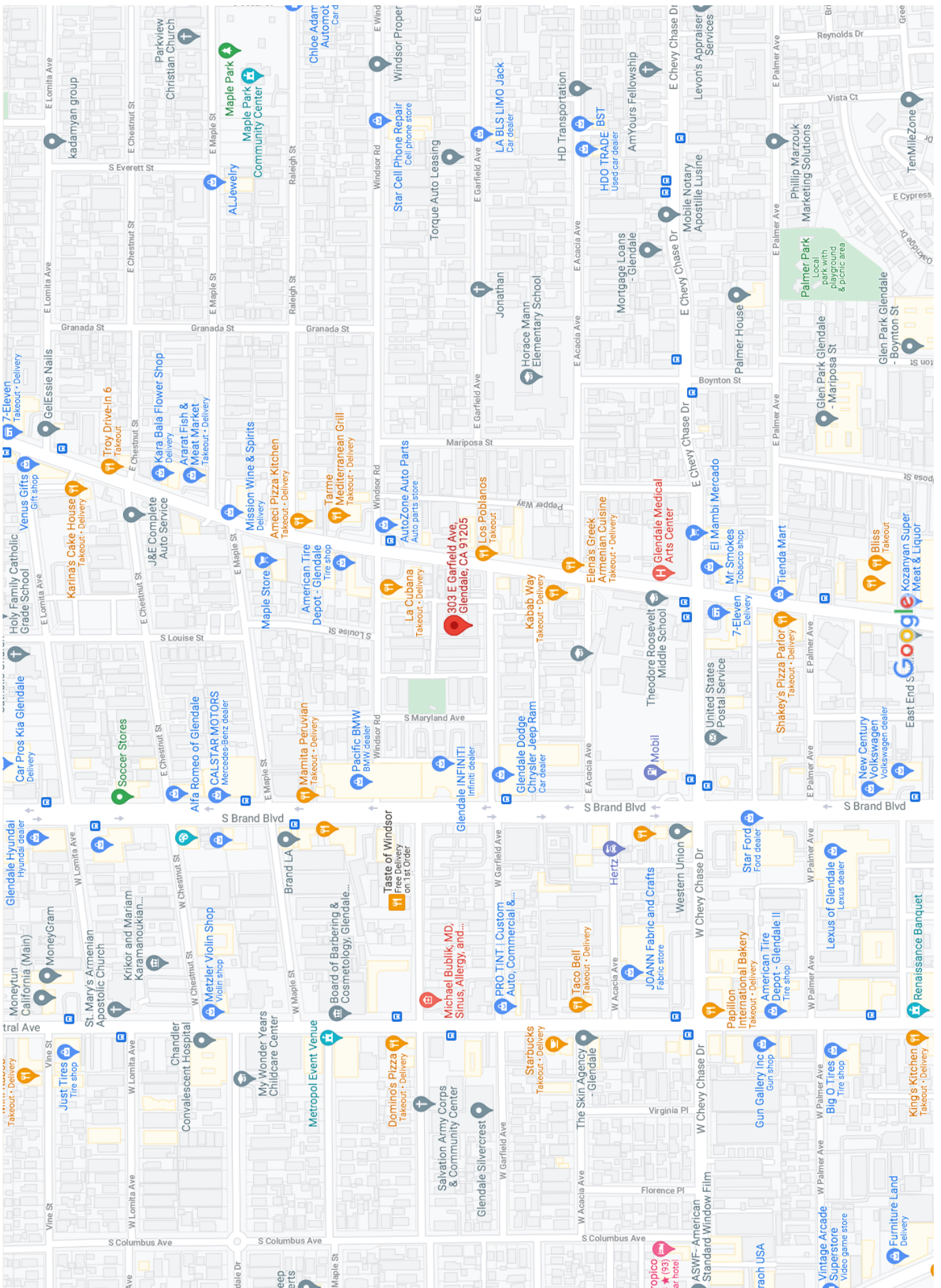
The Gardens on Garfield is a 30-unit tax credit property located in the city of Glendale, CA. The waiting list is currently closed.

This beautifully landscaped property features one, two and three bedroom craftsman-style apartments. Each unit includes wall to wall carpeting, vinyl flooring, window blinds, a walk-in closet, smoke detector, heating and air-conditioning and a patio or balcony. The kitchens are equipped with a range and oven, refrigerator, garbage disposal, and stone countertops. All appliances and lighting are energy-efficient.

Residents have access to a spacious community room with a full kitchen, a courtyard with a barbecue area, exercise room, children's play area, and on-site management and maintenance staff. Regularly scheduled activities include monthly birthday parties, English language classes, dances, game and movie nights, tutoring, fitness groups, and inter-generational programs.

The Gardens on Garfield is conveniently located, providing easy access to public transportation, health facilities, community services, parks, restaurants and retail stores.





GENERAL INFORMATION

BEELINE HOLIDAYS (NO SERVICE):

New Year's Day
Memorial Day
Independence Day
Labor Day
Thanksgiving Day
Christmas Day

BEELINE LOST & FOUND: (818) 409-3387

NON-DISCRIMINATION: In accordance with Title VI of the 1964 Civil Rights Act, Glendale Beeline is committed to ensuring that no person shall be excluded from participation in or be denied benefits of its services, programs or activities on the basis of race, color, national origin, gender, age, economic status, or language proficiency. If you believe that you have been subjected to discrimination under Title VI, you may call 818-548-3960 or file a written complaint at www.GlendaleBeeline.com. You may also file a Title VI complaint with the Federal Transit Administration, Office of Civil Rights. Written complaints must be filed within 180 days of the date of alleged discrimination.

WHEN'S THE NEXT BUS?

Beeline riders can access real-time information that makes riding the bus easier. No matter where you are—at home, in the office or out about town—riders can find out exactly when the next few Beeline buses will arrive at any particular bus stop. Bus arrival predictions are available via the internet, text messaging or mobile apps.

Use your smartphone, desktop, tablet, or laptop by going to GlendaleBeeline.com or NextBus.com.

Beeline bus arrival information is also available on various mobile apps like Transit, Moovit and NextBus.

To receive text/SMS arrival information:

Send to: 41411

Message: nbus Glendale

Then follow the prompts or input the stop ID number after Glendale (i.e., nbus Glendale 124).

8

Glendale Transportation Center (GTC) to Glendale Community College (GCC)



Effective: 11/15/2020

VIA: Glendale Av, San Fernando Rd

General Operating Hours:

Monday - Friday 6:00am - 6:30pm
Saturday 9:00am - 5:30pm
Sunday No Service

정보

Стрелкаў паўсюль

Para información

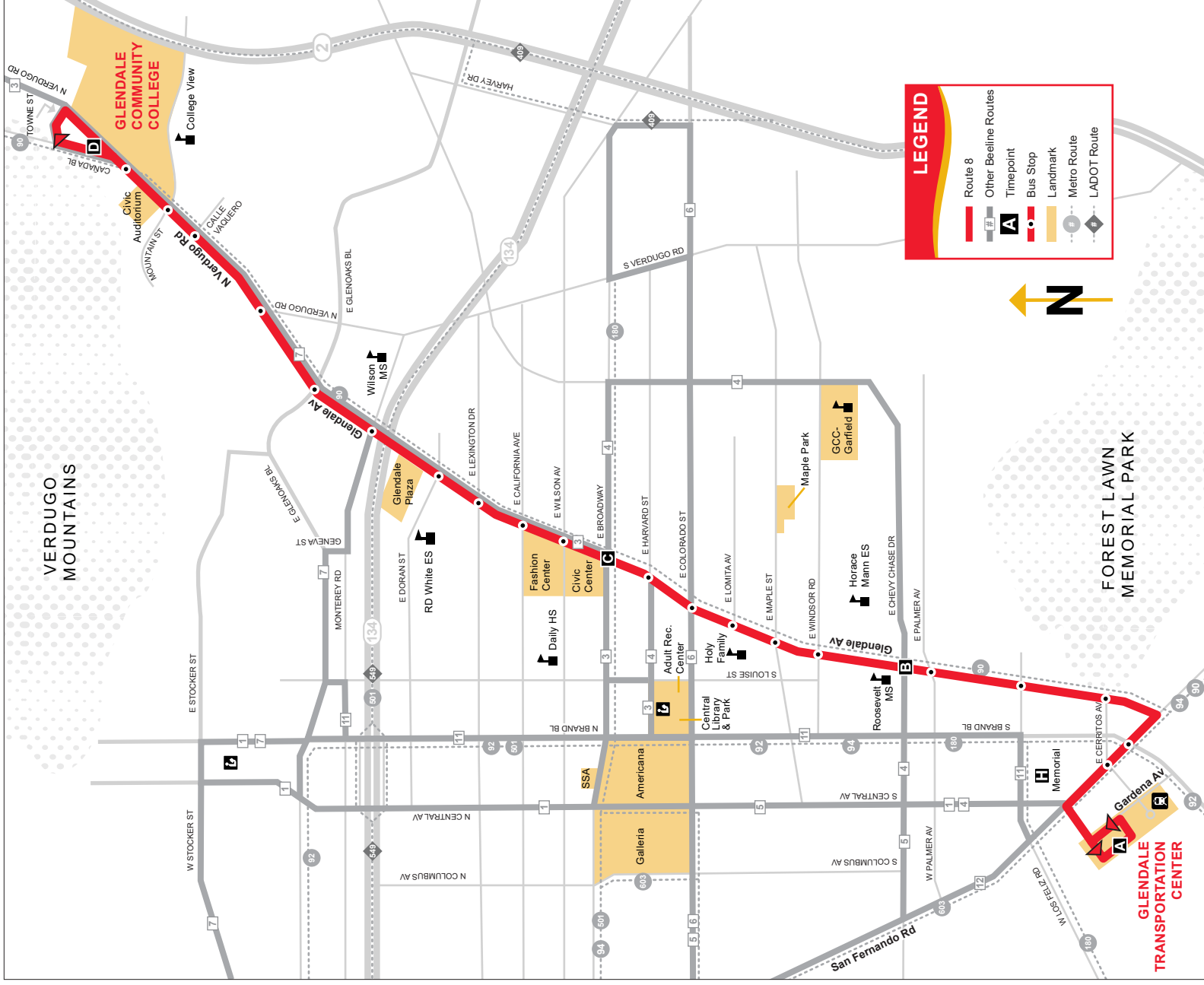
For BEELINE Information:

GlendaleBeeline.com

(818) 548-3960



CITY OF GLENDALE, CA



To Glendale Community College

NORTHBOUND - Weekdays

A	B	C	D
Glendale Transportation Center	Glendale @ Chevry Chase	Glendale @ Broadway	Glendale - College - Canada
6:15	6:22	6:26	6:34
6:30	6:37	6:41	6:49
6:45	6:52	6:56	7:04
7:08	7:15	7:19	7:27
7:19	7:26	7:30	7:38
7:34	7:41	7:45	7:53
7:50	7:57	8:01	8:09
8:09	8:17	8:22	8:30
8:29	8:37	8:42	8:50
8:48	8:56	9:01	9:09
9:15	9:23	9:28	9:36
9:35	9:43	9:48	9:56
9:55	10:03	10:08	10:16
10:15	10:23	10:28	10:36
10:35	10:43	10:48	10:56
10:55	11:03	11:08	11:16
11:15	11:24	11:30	11:39
11:35	11:44	11:50	11:59
11:55	12:04	12:10	12:19
12:15	12:24	12:30	12:39
12:35	12:44	12:50	12:59
1:05	1:14	1:20	1:29
1:25	1:34	1:40	1:49
1:45	1:54	2:00	2:09
2:05	2:15	2:21	2:30
2:25	2:35	2:41	2:50
2:45	2:55	3:01	3:10
3:05	3:15	3:21	3:30
3:21	3:31	3:37	3:46
3:45	3:55	4:01	4:10
4:06	4:16	4:22	4:31
4:35	4:45	4:51	5:00
4:55	5:05	5:11	5:20
5:15	5:25	5:31	5:40
5:35	5:42	5:46	5:54
6:00	6:07	6:11	6:19

PM times are in **BOLD**. Times are approximate. Schedules are subject to change.

To Glendale Transportation Center

SOUTHBOUND - Weekdays

E	C	B	A
Glendale - Towne	Glendale @ Broadway	Glendale @ Chevry Chase	Glendale Transportation Center
6:05	6:12	6:18	6:25
6:40	6:47	6:53	7:00
6:56	7:03	7:09	7:16
7:09	7:16	7:22	7:29
7:29	7:36	7:42	7:49
7:45	7:52	7:58	8:05
8:00	8:09	8:16	8:24
8:13	8:22	8:29	8:37
8:35	8:44	8:51	8:59
8:55	9:04	9:11	9:19
9:15	9:24	9:31	9:39
9:45	9:54	10:01	10:09
10:05	10:14	10:21	10:29
10:25	10:34	10:41	10:49
10:45	10:54	11:01	11:09
11:05	11:14	11:22	11:30
11:25	11:34	11:42	11:50
11:45	11:54	12:02	12:10
12:05	12:14	12:22	12:30
12:25	12:34	12:42	12:50
12:45	12:54	1:02	1:10
1:05	1:14	1:22	1:30
1:35	1:44	1:52	2:00
1:55	2:04	2:12	2:20
2:15	2:24	2:32	2:41
2:35	2:44	2:52	3:01
2:55	3:04	3:12	3:21
3:15	3:24	3:32	3:41
3:35	3:44	3:52	4:01
3:48	3:57	4:05	4:14
4:15	4:24	4:32	4:41
4:33	4:42	4:50	4:59
5:05	5:14	5:22	5:31
5:22	5:31	5:39	5:48
5:45	5:54	6:02	6:11
6:00	6:07	6:13	6:20
6:25	6:32	6:38	6:45

To Glendale Community College

NORTHBOUND - Saturday

A	B	C	D
Glendale Transportation Center	Glendale @ Chevry Chase	Glendale @ Broadway	Glendale - College - Canada
9:15	9:23	9:28	9:35
9:45	9:53	9:58	10:05
10:10	10:18	10:23	10:30
10:40	10:48	10:53	11:00
11:05	11:14	11:20	11:27
11:39	11:48	11:54	12:01
12:06	12:15	12:21	12:28
12:48	12:57	1:03	1:10
1:16	1:25	1:31	1:38
1:52	2:01	2:07	2:14
2:20	2:29	2:35	2:42
2:52	3:01	3:07	3:14
3:21	3:30	3:36	3:43
3:51	4:00	4:06	4:13
4:21	4:30	4:36	4:43
4:52	5:01	5:07	5:14

To Glendale Transportation Center

SOUTHBOUND - Saturday

E	C	B	A
Glendale - Towne	Glendale @ Broadway	Glendale @ Chevry Chase	Glendale Transportation Center
9:40	9:48	9:55	10:03
10:10	10:18	10:25	10:33
10:35	10:43	10:50	10:58
11:09	11:17	11:24	11:32
11:35	11:43	11:51	11:59
12:09	12:17	12:25	12:33
12:37	12:45	12:53	1:01
1:22	1:30	1:38	1:46
1:50	1:58	2:06	2:14
2:22	2:29	2:37	2:46
2:51	2:58	3:06	3:15
3:21	3:28	3:36	3:45
3:51	3:58	4:06	4:15
4:22	4:29	4:37	4:46
4:51	4:58	5:06	5:15
5:22	5:29	5:37	5:46

PM times are in **BOLD**. Times are approximate. Schedules are subject to change.

PASSENGER SAFETY AND COMFORT

- Buses are designed to accommodate standing passengers.
- If you are seated, please offer your seat to senior and disabled riders.
- Please stand behind the yellow "standee-lines" located on the floor by the front and rear doors.
- Eating, drinking, littering, smoking and use of simulated smoking devices are not permitted on the bus.
- Non-alcoholic beverages may be carried in threaded, sealed, non-spill containers. Cardboard or foam cups with lids are not allowed.
- Please use earphones to listen to electronic devices and speak softly on cell phones.

8





METROLINK[®]

Metrolink Timetable
EFFECTIVE AUGUST 14, 2021

VENTURA COUNTY LINE

Ventura to L.A.

MONDAY THROUGH FRIDAY

Metrolink Train No.	NEW TIMES					
	RESTORED 100	102	104	108	110	116 118
Ventura - East	5:21	5:59				
Oxnard	5:35	6:15				
Camarillo	5:45	6:25				
Moorpark	5:02	5:57	6:37	8:28	2:19	5:09
Simi Valley	5:14	6:10	6:49	8:41	2:33	5:22
Chatsworth	5:26	6:22	7:01	8:20	2:46	5:36
Northridge	5:32	6:27	7:07	8:28	2:52	5:42
Van Nuys	5:40	6:35	7:15	8:36	3:00	5:54
Burbank Airport - South (VC Line)	5:47	6:43	7:24	8:43	3:07	6:01
Burbank - Downtown	5:55	6:48	7:32	8:48	3:13	6:06
Glendale	6:02	6:54	7:38	8:55	3:19	6:13
L.A. Union Station	6:15	7:13	7:51	9:09	3:36	6:27

NOTES: AM times **PM** times

Boarding information is available at each station.

MA These Amtrak trains are available to passengers with all valid Metrolink tickets and cannot accommodate bicycles

A Amtrak train. Blackout dates may apply; schedules are subject to change. For details, visit: metrolinktrains.com/rail2rail

SATURDAY

Metrolink Train No.	162
Ventura - East	8:15
Oxnard	8:28
Camarillo	8:39
Moorpark	8:52
Simi Valley	9:06
Chatsworth	9:18
Northridge	9:25
Van Nuys	9:33
Burbank Airport - South (VC Line)	9:41
Burbank - Downtown	9:46
Glendale	9:53
L.A. Union Station	10:07

Check Antelope Valley Line schedule for additional trains to Hollywood Burbank Airport

VENTURA COUNTY LINE

L.A. to Ventura

MONDAY THROUGH FRIDAY

Metrolink Train No.	NEW TIMES						RESTORED			
	101	103	109	115	117	119	121			
L.A. Union Station	6:51	7:16	12:43	3:28	4:28	5:10	5:52			
Glendale	7:03	7:27	12:54	3:39	4:39	5:21	6:03			
Burbank - Downtown	7:09	7:34	1:01	3:46	4:46	5:28	6:10			
Burbank Airport - South (VC Line)	7:15	7:40	1:07	3:51	4:52	5:34	6:15			
Van Nuys	7:25	7:48	1:16	3:59	4:59	5:41	6:23			
Northridge	7:33	7:57	1:24	4:07	5:07	5:54	6:32			
Chatsworth	7:39	8:05	1:31	4:13	5:13	6:00	6:38			
Simi Valley	7:52	1:43	4:25	5:30	6:11	6:53				
Moorpark	8:06	2:00	4:42	5:41	6:26	7:07				
Camarillo				5:53	6:38					
Oxnard				6:03	6:48					
Ventura - East				6:20	7:07					

NOTES: AM times **PM** times

Boarding information is available at each station.

↓ Train does not stop at station

MA These Amtrak trains are available to passengers with all valid Metrolink tickets and cannot accommodate bicycles

A Amtrak train. Blackout dates may apply; schedules are subject to change. For details, visit: metrolinktrains.com/rail2rail

SATURDAY

Metrolink Train No.	163
L.A. Union Station	4:28
Glendale	4:39
Burbank - Downtown	4:46
Burbank Airport - South (VC Line)	4:52
Van Nuys	5:00
Northridge	5:08
Chatsworth	5:14
Simi Valley	5:26
Moorpark	5:39
Camarillo	5:51
Oxnard	6:01
Ventura - East	6:16

Check Antelope Valley Line schedule for additional trains to Hollywood Burbank Airport



ANTELOPE VALLEY LINE

Lancaster to L.A.

MONDAY THROUGH FRIDAY

ALL TRAIN TIMES ADJUSTED

MetroLink Train No.	200	202	204	208	212	218	222	230
Lancaster	3:41	4:41	5:11	7:11	9:11	12:11	2:11	6:11
Palmdale	3:50	4:50	5:20	7:20	9:20	12:20	2:20	6:20
Vincent Grade / Acton	4:01	5:01	5:32	7:32	9:32	12:32	2:32	6:32
Via Princesa	4:37	5:37	6:12	8:12	10:12	1:12	3:12	7:12
Santa Clarita	4:44	5:44	6:18	8:18	10:18	1:18	3:18	7:18
Newhall	4:52	5:53	6:27	8:27	10:27	1:27	3:27	7:27
Sylmar / San Fernando	5:07	6:08	6:42	8:42	10:42	1:42	3:42	7:42
Sun Valley	5:15	6:16	6:49	8:49	10:49	1:49	3:49	7:49
Burbank Airport - North (AV Line)	5:19	6:20	6:53	8:53	10:53	1:53	3:53	7:53
Burbank - Downtown	5:24	6:25	6:58	8:58	10:58	1:58	3:58	7:58
Glendale	5:31	6:32	7:05	9:05	11:05	2:05	4:05	8:05
L.A. Union Station	5:42	6:43	7:16	9:16	11:16	2:16	4:16	8:16

NOTES: AM times **PM** times

Boarding information is available at each station.

Check Ventura County Line schedule for additional trains to Hollywood Burbank Airport

ANTELOPE VALLEY LINE

L.A. to Lancaster

MONDAY THROUGH FRIDAY

ALL TRAIN TIMES ADJUSTED

MetroLink Train No.	201	209	213	221	223	227	229	231
L.A. Union Station	6:39	9:39	11:39	3:39	4:39	6:39	7:39	9:39
Glendale	6:51	9:51	11:51	3:51	4:51	6:51	7:51	9:51
Burbank - Downtown	6:58	9:58	11:58	3:58	4:58	6:58	7:58	9:58
Burbank Airport - North (AVL)	7:04	10:04	12:04	4:04	5:04	7:04	8:04	10:04
Sun Valley	7:08	10:08	12:08	4:08	5:08	7:08	8:08	10:08
Sylmar / San Fernando	7:17	10:18	12:18	4:18	5:18	7:18	8:18	10:18
Newhall	7:33	10:33	12:33	4:33	5:33	7:33	8:33	10:33
Santa Clarita	7:42	10:42	12:42	4:42	5:42	7:42	8:42	10:42
Via Princesa	7:49	10:50	12:50	4:50	5:50	7:50	8:50	10:50
Vincent Grade / Acton	8:31	11:31	1:31	5:31	6:31	8:31	9:31	11:31
Palmdale	8:41	11:42	1:42	5:42	6:42	8:42	9:42	11:42
Lancaster	8:49	11:50	1:50	5:50	6:50	8:50	9:50	11:50

NOTES: AM times **PM** times

Boarding information is available at each station.

Check Ventura County Line schedule for additional trains to Hollywood Burbank Airport



ANTELOPE VALLEY LINE

Lancaster to L.A.

SATURDAY AND SUNDAY

MetroLink Train No.	NEW TIMES	260	262	264	266	268	NEW TIMES	270
Lancaster	6:22	9:04	11:15	12:40	2:23	6:20		
Palmdale	6:32	9:13	11:24	12:49	2:32	6:29		
Vincent Grade / Acton	6:43	9:26	11:35	12:59	2:43	6:40		
Via Princesa	7:17	10:06	12:09	1:36	3:23	7:20		
Santa Clarita	7:23	10:12	12:15	1:42	3:29	7:26		
Newhall	7:30	10:20	12:23	1:49	3:37	7:33		
Sylmar / San Fernando	7:44	10:35	12:40	2:03	3:52	7:48		
Sun Valley	7:51	10:43	12:47	2:10	4:00	7:56		
Burbank Airport - North (AV Line)	7:55	10:47	12:51	2:14	4:04	8:00		
Burbank - Downtown	8:01	10:52	12:57	2:20	4:09	8:06		
Glendale	8:08	10:58	1:04	2:27	4:15	8:13		
L.A. Union Station	8:25	11:14	1:23	2:43	4:31	8:28		

NOTES: AM times **PM** times Boarding information is available at each station.

TIMES ADJUSTED TRAINS 262/268

ANTELOPE VALLEY LINE

L.A. to Lancaster

SATURDAY AND SUNDAY

MetroLink Train No.	NEW TIMES	261	263	265	267	269	NEW TIMES	271
L.A. Union Station	8:40	11:37	1:55	3:51	5:25	8:53		
Glendale	8:52	11:47	2:07	4:01	5:35	9:04		
Burbank - Downtown	8:59	11:54	2:14	4:08	5:42	9:11		
Burbank Airport - North (AVL)	9:05	11:58	2:20	4:12	5:46	9:15		
Sun Valley	9:09	12:03	2:24	4:17	5:51	9:20		
Sylmar / San Fernando	9:19	12:11	2:33	4:26	5:59	9:28		
Newhall	9:34	12:26	2:48	4:41	6:15	9:42		
Santa Clarita	9:41	12:34	2:56	4:49	6:23	9:50		
Via Princesa	9:48	12:40	3:03	4:55	6:29	9:57		
Vincent Grade / Acton	10:31	1:24	3:45	5:34	7:10	10:36		
Palmdale	10:42	1:34	3:56	5:45	7:22	10:47		
Lancaster	10:55	1:50	4:09	5:58	7:30	11:00		

NOTES: AM times **PM** times Boarding information is available at each station.

TIMES ADJUSTED TRAINS 261/265

TOP 10 TIPS TO QUIT SMOKING

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



**CALIFORNIA
SMOKERS' HELPLINE
1-800-NO-BUTTS**

Enroll online at
www.nobutts.org

This material made possible by the California Department of Public Health and First 5 California.

- 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

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 county 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

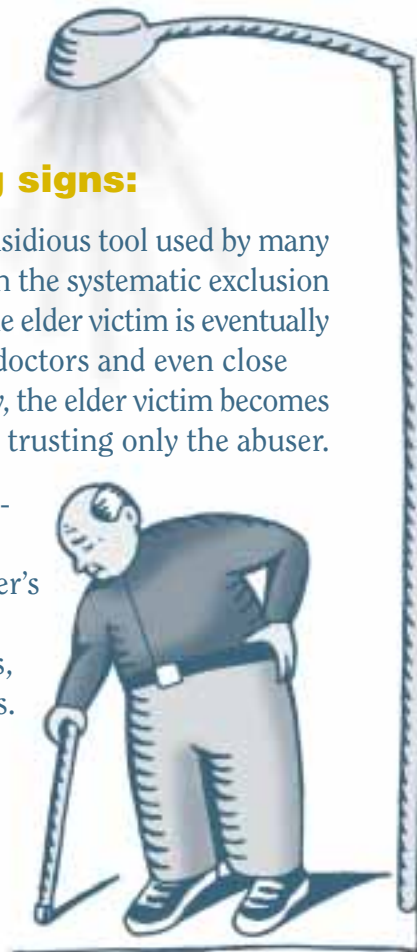
Behavioral warning signs:

- 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 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.



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



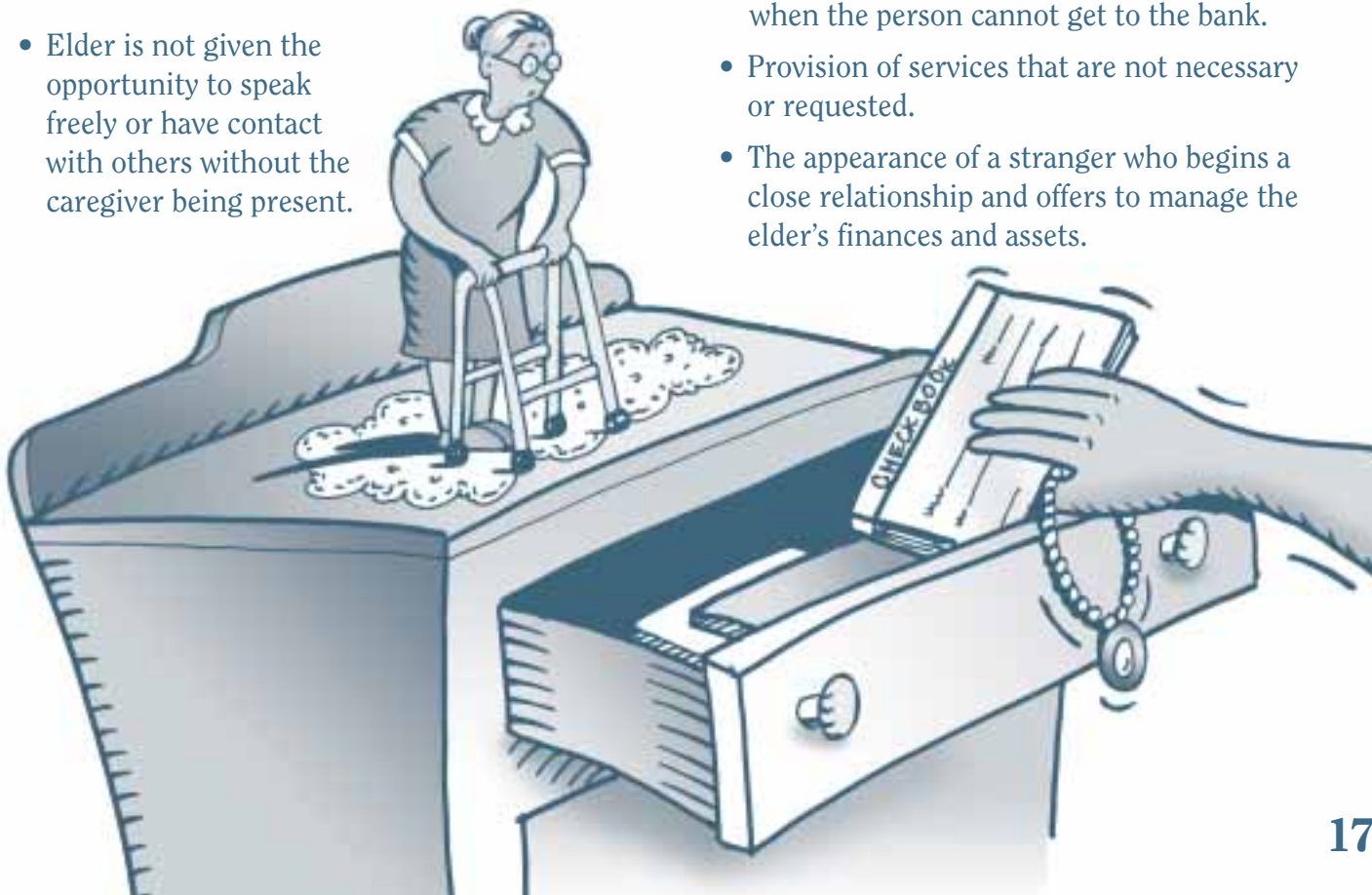
Behavioral warning signs:

- 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 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.nscclc.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.

