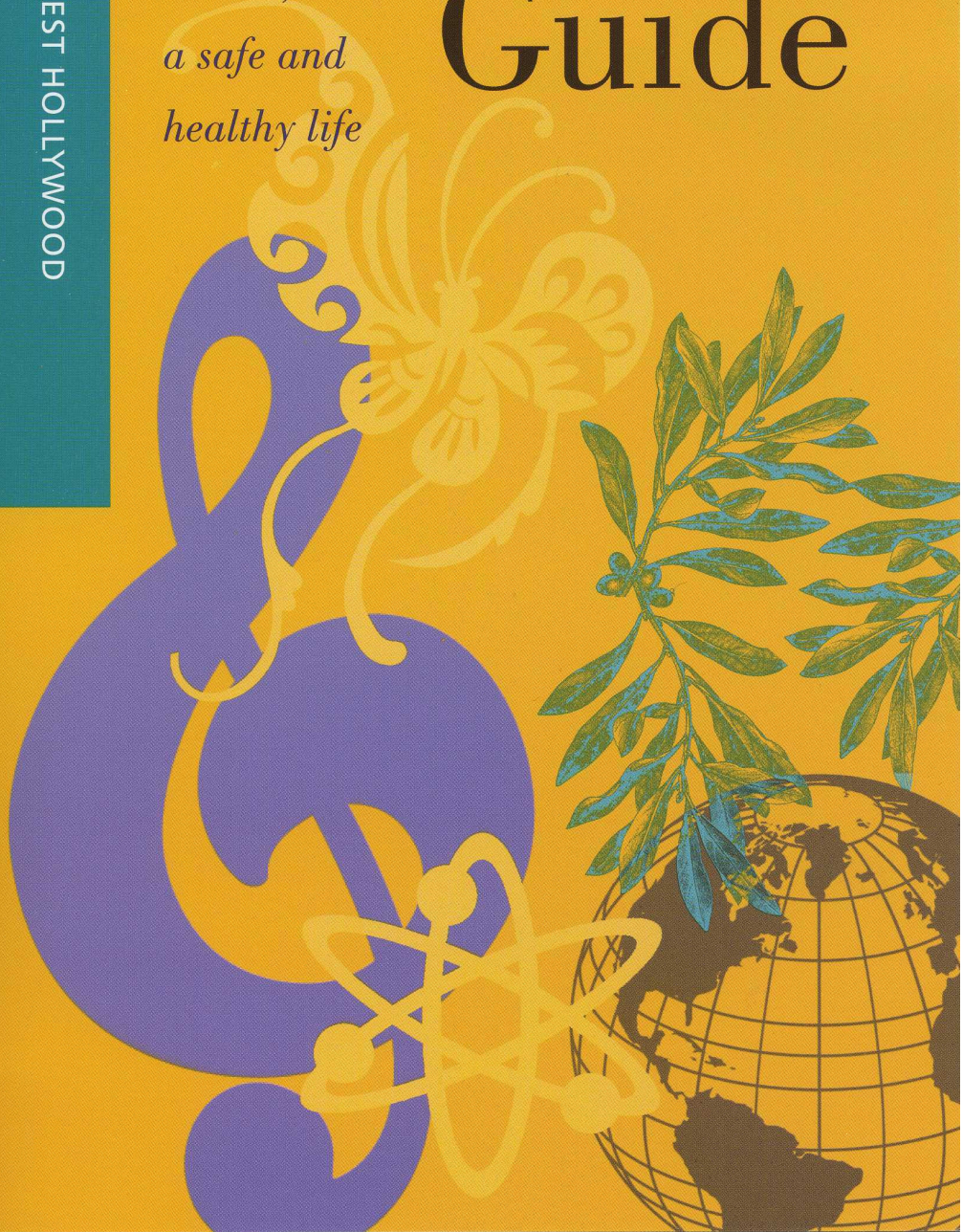


CITY OF WEST HOLLYWOOD

*services,
activities,
lessons,
a safe and
healthy life*

Senior Guide



Senior Resource Guide City of West Hollywood

Social Services Division, Human Services Department

8300 Santa Monica Boulevard

West Hollywood, California 90069-6216

(323) 848-6510

www.weho.org

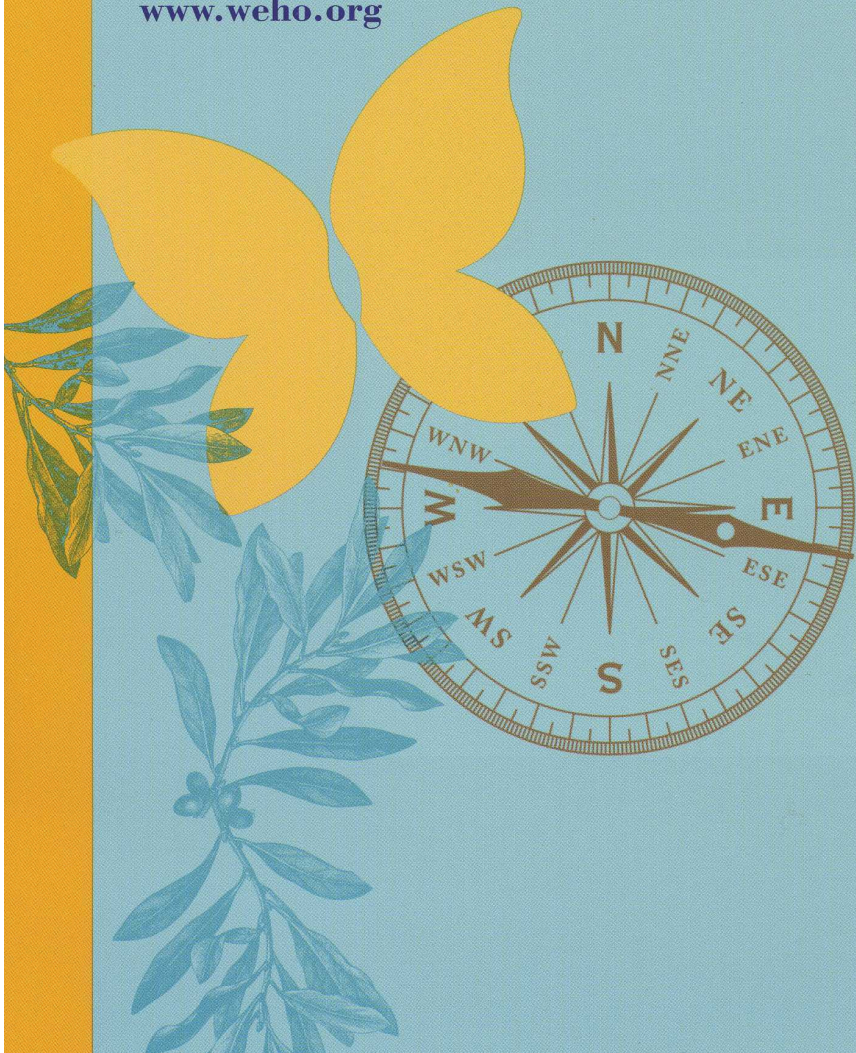


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Revised May 2014

CITY OF WEST HOLLYWOOD

Dear Resident,

This is your new Senior Guide!

As the Table of Contents shows, we have many services to help you live a healthy, safe life in the City of West Hollywood. We have provided a long list of the services that will be most helpful for your needs – from immigration services to English-language lessons, to yoga instructions, to transportation, home delivered meals, social and recreational activities, and much, much more. We hope this guide will be of help to you. The members of the Senior Advisory Board wish you a long, happy and healthy life. Our social services stand to make that promise come true.

Please contact us if a friend or neighbor needs a copy of this guide. Call (323) 848-6510.

Sincerely,

Senior Advisory Board, City of West Hollywood

.....

Estimado Residente,

¡Este es su nuevo Guía para “Seniors”!

Como le muestra el índice, tenemos muchos servicios disponibles para ayudarles a vivir una vida saludable y segura en West Hollywood. Le proporcionamos una lista de servicios de inmigración, comida a domicilio, actividades sociales y recreacionales, y mucho más. Esperamos que este guía le sea útil. Los miembros de la Comisión Consultiva de “Seniors” le deseamos una vida feliz y saludable. Nuestros servicios sociales están para hacer esa promesa una realidad.

Por favor comuníquese con nosotros si un amigo o un vecino necesita una copia del guía:

(323) 848-6510.

Atentamente,

Senior Advisory Board, City of West Hollywood

**Уважаемый житель города,
У Вас в руках Справочник для пожилых
людей!**

По содержанию Справочника Вы можете судить о том, как велико количество предлагаемых нами услуг. Наша задача-сохранить Ваше здоровье и обеспечить безопасность. Мы предлагаем иммиграционные услуги, уроки английского языка, классы йоги, транспортные услуги, доставку пиццы на дом, социальные услуги, организацию досуга и многое, многое другое. Мы надеемся, что данный справочник поможет Вам. Члены Совета пожилых людей желают Вам здоровья, долгой и счастливой жизни. Услуги, предлагаемые нами, говорят о том, что мы сделаем всё возможное, чтобы эти пожелания сбылись.

Пожалуйста, звоните нам, если кто-то из Ваших знакомых или родных хочет получить такой справочник: (323) 848-6510.

С уважением,
Совет пожилых людей,
Город Западный Голливуд

IMPORTANT NUMBERS & SOURCES OF INFORMATION

West Hollywood Comprehensive Services Center (323) 851-8202

Community Center at Plummer Park

7377 Santa Monica Boulevard, West Hollywood, CA 90046

www.jfsla.org

Information and referral, case management, counseling, telephone reassurance for frail elderly, and senior activities. A good starting place for all questions. Many volunteer opportunities available. Staff speaks Russian.

West Hollywood City Hall (323) 848-6400

TTY for deaf and hard of hearing (323) 848-6496

8300 Santa Monica Boulevard, West Hollywood, CA 90069

www.weho.org

Information and referral to social services, recreation, cultural programs and educational opportunities. Volunteer opportunities available. Staff speaks Spanish and Russian.

West Hollywood Sheriff's Department (310) 855-8850

Emergency 9-1-1

780 N. San Vicente Boulevard, West Hollywood, CA 90069

www.wehosherriff.com

Includes home security check. Staff speaks Spanish.

211 LA County: Dial 2-1-1 (800) 339-6993

TTY for deaf and hard of hearing (800) 660-4026

www.211la.org

Information and referral to human and social services throughout Los Angeles County. Multilingual staff operates 24 hours per day and 7 days per week.

Aid for AIDS

(323) 656-1107

8235 Santa Monica Boulevard, Suite 200, West Hollywood, CA 90046
www.aidforaids.net

Provides financial support to persons disabled by HIV/AIDS for rent, utilities, security deposits, pharmaceuticals, food, and transportation services.

AIDS Project Los Angeles (APLA)

(213) 201-1600

611 S. Kingsley Drive, Los Angeles, CA 90005

www.apla.org

Services for persons living with HIV/AIDS including case management, individual and group mental health services, HIV prevention education and treatment advocacy, in-home healthcare, dental care, insurance/benefits advocacy and the Necessities of Life Program. Staff speaks Spanish.

Adult Protective Services

(213) 351-5401

Outside California (877) 477-3646

Elder Abuse Hotline (800) 992-1660

www.css.lacounty.gov

Investigates suspected elder abuse and reports of a senior endangering him or herself.

County Department of Public Social Services (DPSS)

(866) 613-3777

CalFresh/General Relief/Medi-Cal

11110 West Pico Boulevard, Los Angeles, CA 90064

www.ladpss.org

Health & Nutrition Hotline

(877) 597-4777

www.ladpss.org

County program provides information and referral services for people who need help obtaining health care. Multilingual staff.

In-Home Supportive Services (IHSS)

(888) 944-4477

Homemakers for people on Medi-Cal and SSI. Staff speaks Spanish and Russian.

Nursing/Retirement Home Ombudsperson

(310) 393-3618

(800) 334-9473 24-Hour Crisis (800) 231-4024

www.aging.ca.gov

Investigates complaints for persons in licensed nursing homes and board and care facilities.

Social Security/Medicare

(800) 772-1213

1122 N. Vine Street, Los Angeles, CA 90038

641 S. La Brea Avenue, Los Angeles, CA 90036

www.ssa.gov

Suicide Prevention 24-Hour Hotline

National Suicide Prevention Lifeline (800) 273-8255

www.suicidepreventionlifeline.org

Didi Hirsch –Suicide Prevention Hotline (877) 727-4747

www.didihirsch.org

Women Helping Women Services

(323) 651-2930

National Council of Jewish Women

543 N. Fairfax Avenue, Los Angeles, CA 90036

www.ncjwla.org

Telephone counseling and referral Talkline, individual counseling, case management, educational workshops and support groups. Diverse volunteer opportunities available. Program is non-sectarian and non-gender specific. Staff speaks Spanish and Russian.

Telephone Talkline (323) 655-3807 Toll Free (877) 655-3807

Monday, Tuesday, and Thursday: 10:00 a.m. - 12:30 p.m.

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

24-hour voice mail – all calls returned.

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

California Employment Development Department

(800) 300-5616

www.edd.ca.gov

Vocational referrals and unemployment.

LA County Senior Community Services

Employment Program

(213) 739-7386

3333 Wilshire Boulevard, Suite 400, Los Angeles, CA 90010

Title V Program. Offers part-time training for persons 55 and over.

Senior General Info Line (800) 510-2020

Retired Senior Volunteers Program (RSVP)

(323) 461-4363

6671 Yucca Street, Hollywood, CA 90028

www.nationalservice.gov

Helps place persons over 55 in volunteer positions.

West Hollywood Comprehensive Services Center

(323) 851-8202

Community Center at Plummer Park

7377 Santa Monica Boulevard, West Hollywood, CA 90046

www.jfsla.org

Volunteer opportunities working with clients, special events, recreation and educational programs. Staff speaks Russian.

West Hollywood Employment Services & Training

(W.H.E.S.T)

(310) 652-6378

625 N. San Vicente Boulevard, West Hollywood, CA 90069

Located in the West Hollywood Public Library, 1st Floor

Provides career planning workshops, resource library, resume assistance, one stop employment center. Meet individually with counselor to assess career path.

FINANCIAL ASSISTANCE

County Department of Public Social Services

(DPSS)

CalFresh/General Relief/Medi-Cal

(866) 613-3777

11110 West Pico Boulevard, Los Angeles, CA 90064

www.ladpss.org

Jewish Free Loan

(323) 761-8830

www.jfla.org

Provides interest free loans up to \$3,000 for emergencies (rent, moving expenses, security deposit, car repair, used car purchase, medical/dental emergencies). Also offers other loan programs for student loans, home healthcare, small business, children with special needs, life cycle events, resettlement and green loan fund (for environmental upgrades).

Limited Emergency Survival Assistance Funds

Seniors & People Living with Disabilities: West Hollywood
Comprehensive Services Center @ (323) 851-8202

Limited Rental Assistance

People Disabled by HIV/AIDS:

Aid for AIDS @ (323) 656-1107

Other Community Members: National Council of Jewish Women (non-sectarian and non-gender specific). Access through a call to the Talkline at (323) 655-3807 or (877) 655-3807. Leave a message and your call will be returned.

FOOD

Jewish Family Services – Nutrition Program

(323) 937-5843

www.jfsla.org

Home-Delivered Meals

Kosher frozen meals delivered either two times a week or one Friday delivery of seven meals to frail or homebound persons. Program is non-sectarian. Staff speaks Russian.

Senior Lunch Sites

Hot Kosher lunch served from 11 a.m.-12:30 p.m. Monday-Friday.

Congregate meal sites are:

Plummer Park/Community Center @ 7377 Santa Monica Boulevard.,

HUD Buildings @ 1222 N. Fairfax Avenue, 838 N. West Knoll

Avenue, & 959 N. Palm Avenue. Program is non-sectarian. Staff speaks Russian.

Project Angel Food

(323) 845-1800

922 N. Vine Street, Los Angeles, CA 90038

www.angelfood.org

Provides home-delivered meals for people living with HIV/AIDS, cancer, and other life-threatening illnesses.

SOVA Community Food and Resource Program (818) 988-7682

Provides free groceries to low-income persons at the following locations.

www.jfsla.org/sova

Metro – 1140 N. La Brea Avenue, West Hollywood, CA 90038

Monday, Tuesday, Wednesday, and Friday: 10 a.m. – 1:30 p.m.

2nd and 4th Sunday of each month: 9 a.m. – 12 noon

West – 8846 W. Pico Boulevard, Los Angeles, CA 90035

Monday, Wednesday and Friday: 10 a.m. – 1:30 p.m.

1st and 3rd Sunday of each month: 9 a.m. – 12 noon

Valley – 16439 Van Owen Street, Van Nuys, CA 91406

Monday, Tuesday, Wednesday, and Friday: 10 a.m. – 1:30 p.m.

All Sundays (except holiday weekends): 9 a.m. – 12 noon

St. Vincent's Meals on Wheels

(213) 484-7775

www.stvincentmow.org

Hot or cold home-delivered meals to homebound persons. Staff speaks Spanish and Russian.

West Hollywood Certified Farmers Market

(323) 848-6535

Plummer Park North Parking Lot at Fountain Avenue & Vista Street,
West Hollywood, CA 90046

High quality produce, reasonable prices. Monday: 9 a.m. – 2 p.m. Staff speaks Russian.

HEALTH & MENTAL HEALTH

Alcoholics Anonymous

(323) 936-4343

www.aa.org

Cedars-Sinai Medical Center

(310) 423-2000

All Psychiatric Services (310) 423-3411

8700 Beverly Boulevard, Los Angeles, CA 90048

www.cedars-sinai.edu

Community Health and Educational Program (310) 423-9581

Lectures, workshops, Senior Strutters walking group at the Beverly Center, Shape-Up fitness programs, Health Fairs and other special programs. Validated parking for participants.

Eichenbaum Fitness Center at Freda Mohr

(323) 933-0791

330 N. Fairfax Avenue, Los Angeles, CA 90036

Physical therapy and exercise programs.

Leeza's Care Connection at Olympia Medical Center

(323) 932-5414

5901 West Olympic Boulevard., Suite 300A, Los Angeles, CA 90036

www.leezasplace.org

Provides an intimate and safe setting where caregivers (anyone actively providing care for a loved one with a memory disorder) and those recently diagnosed with any neurological disorder can gather to prepare themselves for the challenging journey ahead.

Los Angeles County Hospitals & Clinics

(213) 250-8055

www.ladhs.org

Referrals to Los Angeles County hospitals/clinics for uninsured/underinsured individuals. The closest clinic to the Hollywood/West Hollywood area is:

Hollywood Wilshire Health Center (323) 769-7800

5205 Melrose Avenue, Los Angeles, CA 90038

Open 8:00 a.m.-5:00 p.m. A County Health Clinic offering childhood immunizations, STD testing, TB tests, Hepatitis A and B tests and other health services. Staff speaks Spanish.

Los Angeles County/USC Hospital

(323) 226-2622

1200 N. State Street, Los Angeles, CA 90033

www.ladhs.org

Acute care hospital that provides accessible healthcare for all residents of Los Angeles County regardless of ability to pay.

Los Angeles Gay and Lesbian Center

(323) 993-7400

1625 N. Schrader Boulevard, Los Angeles, CA 90028

www.laglc.org

Comprehensive services including individual and group counseling and support groups, health clinic, legal services, job training, a youth program, a senior program, substance abuse counseling, HIV education, special outreach and education programs for the Lesbian, Gay, Bisexual and Transgender communities. Staff speaks Spanish.

Maple Counseling Center

(310) 271-9999

9107 Wilshire Boulevard, Lower Level, Beverly Hills, CA 90210

www.tmcc.org

Individual and group counseling and crisis response services.

Medic Alert (ID Bracelets)

(888) 633-4298

Outside the U.S. (209) 668-3333

www.medicalert.org

The Saban Community Clinic

(323) 653-1990

8405 Beverly Boulevard, Los Angeles, CA 90048

www.sabancommunityclinic.org

Provides medical, health, dental and counseling services. Volunteer opportunities available. Staff speaks Spanish.

Tingstad Older Adult Counseling Center

(213) 740-3493

University of Southern California

1002 W. 36th Street, University Park, MC1491, Los Angeles, CA 90089

Specializing in assessment and treatment of individual and family problems related to aging: depression, anxiety, memory loss, communication, etc. Also provides special counseling for families and caregivers of persons with Alzheimer's disease by supervised student interns. First and third Wednesday of each month, 7:00 p.m. - 8:00 p.m.

UCLA Geriatric Clinic

(310) 206-8272

200 Medical Plaza-UCLA, Los Angeles, CA 90095

A complete primary health care center operated by UCLA Medical Center.

UCLA Neuropsychiatric & Behavioral Health Services

(800) 825-9989

www.semel.ucla.edu/npbhs

Intensive evaluation of emotional or behavioral changes. Good for people who have shown extreme changes in behavior. Treatment by experienced team of psychiatrists, nurses and social workers. Staff speaks Spanish.

West Hollywood Prescription Discount Card

The City of West Hollywood, in collaboration with the National League of Cities (NLC) and Caremark, have launched a free Prescription Discount program to help residents without health insurance, a traditional pharmacy benefit plan, or with prescriptions not covered by insurance. Average savings in the program are 20% off the retail price and 50% on mail service prescriptions. There is no fee for the card, no age or income requirements and no limit on how many times the card can be used. Ninety percent (90%) of pharmacies nationwide are participating in the program. Cards are available at West Hollywood City Hall and other locations throughout the City.

For more information contact Corey Roskin at croskin@weho.org or (323) 848-6403 or visit www.caremark.com/nlc.

Wise and Healthy Aging

(310) 394-9871

www.wiseandhealthyaging.org and www.helpguide.org

Provides health screenings and education, counseling services and support groups, and a variety of in-home services and healthy living workshops. Two locations in Santa Monica. Staff speaks Spanish.

Women Helping Women Services

(323) 651-2930

National Council of Jewish Women

543 N. Fairfax Avenue, Los Angeles, CA 90036

www.ncjwla.org

Telephone counseling and referral Talkline, individual counseling, case management, educational workshops and support groups. Diverse volunteer opportunities available. Program is non-sectarian and non-gender specific. Staff speaks Spanish and Russian.

Telephone Talkline (323) 655-3807 Toll Free (877) 655-3807

Monday, Tuesday, and Thursday: 10:00 a.m. - 12:30 p.m.

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

24-hour voice mail – all calls returned.

HELP WITH DAILY LIVING

West Hollywood Comprehensive Services Center (323) 851-8202

Community Center at Plummer Park
7377 Santa Monica Boulevard, West Hollywood, CA 90046
www.jfsla.org

Information and referral, case management, counseling, telephone reassurance for frail elderly, and senior activities. A good starting place for all questions. Many volunteer opportunities available. Staff speaks Russian.

A+ Personal Care

(323) 937-5860

www.jfsla.org
Specially-trained aides, low cost, 4-hours/2 days per week minimum.

Alzheimer's Association

(323) 938-3379

24-Hour Helpline (800) 272-3900
4221 Wilshire Blvd., Ste. 400, Los Angeles, CA 90010
www.alz.org/socal

Main sources of support for people with Alzheimer's Disease and their families. Staff speaks Spanish and Russian.

Braille Institute

(323) 663-1111

741 North Vermont Avenue, Los Angeles, CA 90029
www.brailleinstitute.org

Classes and free services, including books on tape for blind or visually impaired individuals. Volunteer opportunities available. Staff speaks Spanish and Russian.

California Telephone Access Program

(800) 806-1191

Spanish (800) 949-5650

TTY for deaf and hard of hearing (800) 806-4474

www.ddtp.org

Provides telephone amplifiers for the hearing impaired.

Cedars-Sinai Lifeline

(310) 423-5468

8797 Beverly Boulevard, Suite 220, Los Angeles, CA 90048

The Lifeline Program provides 24-hour assistance with the push of a button. Its primary focus is helping the elderly, frail, disabled and those individuals who are at-risk and living alone to stay in their homes with the reassurance that help is just a push button away. It can also be used for orthopedic, cardiac, and at-risk individuals and caregivers of at-risk children.

Center for the Partially Sighted

(310) 988-1970

6101 W. Centinela Avenue, Suite 150, Culver City, CA 90230

www.low-vision.org

Impaired vision clinic, diabetic support, mobility and orientation assistance. Sliding-scale fees. Staff speaks Spanish.

County Department of Public Social Services (DPSS)

CalFresh/General Relief/Medi-Cal

(866) 613-3777

11110 West Pico Boulevard, Los Angeles, CA 90064

www.ladpss.org

Help with Daily Living continued on page 21

See reverse for

Emergency Medical Information Form

(more information available on page 30)

Emergency Medical Information Form

Complete this form, fold it and put it in the emergency information magnet. Keep your medical information up to date.

Por favor llene esta forma en ingles para que los empleados de emergencia puedan leerla.

Пожалуйста заполните эту форму по-английски, чтобы сотрудники департамента неотложной помощи смогли прочесть информацию. Для получения помощи в заполнении форм Вы можете звонить в центр социального обслуживания по телефону (323)851-8202.

Name (First)	(Last)	
Address		
Phone		
Gender	Year born	Date this form completed
Your Doctor's Name		Doctor's Telephone
Hospital or Clinic where you are usually treated		
Hospital/Clinic Address		
Health Information		
Allergies to Medication		
Other Allergies		

Current Medications

Dosage

Dosage

Dosage

Do you wear a Pacemaker? YES NO Make and Model

Do you wear contact lenses? YES NO

Have you ever been diagnosed as having the following:

Heart Disease	YES	NO	Abnormal Blood Pressure	YES	NO
Diabetes	YES	NO	Epilepsy	YES	NO
Tuberculosis/Lung Disease	YES	NO	Stroke	YES	NO

In Case of Emergency, please notify

Name

Address

Telephone Number

Additional Information

For any other medical directions:

**See reverse for
Emergency Medical Information Form
(more information available on page 30)**

Funeral Consumers Alliance of Los Angeles

(626) 836-3545

www.losangelesfuneral.org

A non-profit organization that contracts with mortuaries for low-cost burial or cremation. Also offers information and assistance with funeral arrangements to survivors. Monday-Thursday, 10:00 a.m. – 1 p.m.

Los Angeles Caregiver Resource Center

(818) 847-9141 or (800) 540-4442

3120 N. Clybourn Avenue, Burbank, CA 91505

www.losangelescrc.org

Assistance for caregivers of adults with Alzheimer's Disease or other brain impairments. Staff speaks Spanish.

PAWS/LA

(213) 741-1950

1150 S. Hope Street, Suite A, Los Angeles, CA 90015

www.pawsla.org

Assistance with pet care.

Telephone Reassurance Program (TELECHECK)

(323) 851-8202

Daily reassurance check-in phone calls for seniors who live alone and have limited social contact. Staff speaks Russian.

Westside Jewish Community Center

(323) 938-2531

5870 W. Olympic Boulevard, Los Angeles, CA 90036

www.westsidejcc.org

Senior activities and Adult Day Care. Volunteer opportunities available. Staff speaks Spanish and Russian.

HOUSING

Affordable Living for the Aging

(323) 606-7650

www.alaseniorliving.org

A local non-profit which operates cooperative living communities and a free roommate matching service for low-income seniors.

Gay & Lesbian Elder Housing (GLEH)

(323) 957-7200

1602 Ivar Avenue, Hollywood, CA 90028

www.gleh.org

GLEH is a non-profit that provides affordable and safe residential communities for LGBT older adults, including Triangle Square, a 104-unit building located in Hollywood.

Goldrich and Kest

(310) 204-2050

www.gkind.com

Developer and management company with housing citywide. List of HUD-subsidized units available. The building in West Hollywood (1222 N. Fairfax Blvd.) has a waiting list. Obtain application at building office.

Hollywood Community Housing Corporation

(323) 469-0710

www.hollywoodhousing.org

Provides affordable housing in the Hollywood area for low- and moderate-income seniors. Waiting list.

Housing Authority for County of Los Angeles

(800) 731-4663

www.hacola.org

Buildings throughout Los Angeles County for low-income individuals.

Three buildings in West Hollywood (838 West Knoll Drive, 959 N. Palm Avenue, and 800-801 N. Kings Road).

Waiting list is currently closed, but will reopen in the future.

Menorah Housing Foundation

(310) 475-6083

www.menorahhousing.org

Low and moderate priced housing subsidized by HUD. To be eligible for this program, applicants must be over 62 and low-income or over 50 with a physical disability. Significant waiting list.

Santa Monica Community Housing Corporation

(310) 394-8487

www.communitycorp.org

Low-income housing in Santa Monica. The waiting list is closed but occasionally available units are advertised to the public if those on the wait list do not meet the specific criteria for the unit available.

Offers one-, two-, and three-bedroom units in Santa Monica.

Section 8 – Los Angeles

(800) 731-4663

The Section 8 Program assists low-income families, seniors and persons living with disabilities to obtain affordable, privately-owned rental housing and to increase their housing choices. The waiting list is 7-10 years.

West Hollywood Community Housing Corporation

(323) 650-8771

www.whchc.org

A non-profit housing development organization that builds, rehabilitates and manages housing for lower income families, and persons living with disabilities, including AIDS in the City of West Hollywood.

Waiting list is up to two years. Staff speaks Spanish.

LEGAL SERVICES & ADVOCACY

COURT

www.superiorcourt.org

There is no court in West Hollywood, but the Los Angeles Court system has courts throughout LA County to help with legal matters including small claims, unlawful detainer and traffic cases. Detailed information can be found online or contact the following local courts:

Small Claims - Inglewood Courthouse @ (310) 419-5132

Traffic - Beverly Hills Courthouse @ (310) 288-1307

Unlawful Detainer - Santa Monica Courthouse @ (310) 260-1886

Bet Tzedek Legal Services

(323) 939-0506

West Hollywood Case Attorney (Alla Chasnik) - (323) 549-5841

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

www.bettzedek.org

Provides legal services for community members, with particular emphasis on benefits advocacy, landlord/tenant issues and Holocaust survivor benefits.

Center for Civic Mediation

LA County Bar Assoc., Inc. Community Mediation Services

(213) 627-2727

(877) 473-7658

www.lacba.org

www.centerforcivicmediation.org

Provides dispute resolution and mediation services and training.

Center for Health Care Rights

(800) 824-0780 or (213) 383-4519

Free legal assistance and counseling for problems with Medicare, supplemental health insurance, and HMOs. Legal counselors available Monday, Wednesday and Friday, 9 a.m.-4 p.m. Call the Comprehensive Services Center at (323) 851-8202 to make an appointment with a HICAP counselor at Plummer Park. Volunteer opportunities available. Staff is multilingual.

Coalition for Economic Survival

(213) 252-4411

514 Shatto Place #270, Los Angeles, CA 90020

www.cesinaction.org

Advocates for tenants' rights, rent control, and affordable housing in West Hollywood and Los Angeles. Staff speaks Spanish.

Los Angeles Gay and Lesbian Center

Legal Services

(323) 993-7670

1625 N. Schrader Blvd., Los Angeles, CA 90028

www.laglc.org

Provides legal services to the Gay, Lesbian, Bisexual, Transgender and all other communities. The Anti-Violence Project provides hate crime/ incidents documentation and advocacy assistance. The Domestic Violence Legal Advocacy Project (DVLAP) provides same sex domestic violence safety planning and advocacy. The Transgender Economic Empowerment Project (TEEP) helps with employment issues, name changes and legal consultations.

Nursing/Retirement Home Ombudsperson

(310) 393-3618

(800) 334-9473 24-Hour Crisis (800) 231-4024

www.aging.ca.gov

Investigates complaints for persons in licensed nursing homes and board and care facilities.

RECREATION, CULTURE & EDUCATION

West Hollywood Recreation Division

(323) 848-6308

8300 Santa Monica Boulevard, West Hollywood, CA 90069

www.weho.org

Offers a variety of special classes and trips for Seniors.

Kings Road Park (323) 848-6308

1000 Kings Road, West Hollywood, CA 90069

Plummer Park (323) 848-6530

7377 Santa Monica Boulevard, West Hollywood, CA 90046

Staff speaks Russian.

West Hollywood Park (323) 848-6534

647 N. San Vicente Boulevard, West Hollywood, CA 90069

William S. Hart Park (323) 848-6308

8341 DeLongpre Avenue, West Hollywood, CA 90069

West Hollywood Comprehensive Services Center

Activities Program

(323) 876-1717

Community Center at Plummer Park

7377 Santa Monica Boulevard, West Hollywood CA 90046

Provides a variety of social, recreational and educational activities and services. Volunteer opportunities available. Staff speaks Russian.

Fairfax Senior Center

(323) 653-1824

7929 Melrose Avenue, Los Angeles, CA 90046

Community Center open to all seniors. Annual dues entitle members to use all facilities. Activities include classes, card games, dancing and excursions. Volunteer opportunities available.

Los Angeles Gay and Lesbian Center

(323) 993-7400

1625 N. Schrader Boulevard, Los Angeles, CA 90028

www.laglc.org

Comprehensive services including individual and group counseling and support groups, health clinic, legal services, job training, a youth program, substance abuse counseling, HIV education, special outreach and education programs for the Lesbian, Gay, Bisexual and Transgender communities. Staff speaks Spanish.

Senior Services (323) 860-7322

The Village at Ed Gould Plaza (323) 860-7302

Cultural, social and recreational activities and educational outreach and programs for the Lesbian, Gay, Bisexual and Transgender communities. Staff speaks Spanish.

Oasis Program (Older Adult Services and Information System)

(310) 446-8053

Macy's Westside Pavilion, 10730 W. Pico Boulevard, 3rd Floor, Los Angeles, CA 90064

www.oasisnet.org/losangeles

Many special classes and activities for persons over 50. Processing fee of \$7 per trimester for classes. No charge for membership.

Parents, Families and Friends of Lesbians and Gays

(888) PFLAG-88

www.pflagla.org email: **info@pflagla.org**

Support, education and advocacy for the health and well being of Gay, Lesbian, Bisexual and Transgender persons, their families and friends.

Project Rainbow

(213) 694-1832

Society for Senior Gay and Lesbian Citizens.

West Hollywood Branch Library

(310) 652-5340

625 N. San Vicente Boulevard, West Hollywood, CA 90069

www.colapublib.org/libs/whollywood

Branch of the Los Angeles County Library system. Staff speaks Spanish.

Will and Ariel Durant Branch Library (323) 876-2741

7140 W. Sunset Boulevard, Los Angeles, CA 90046

www.lapl.org

Good Russian collection! Books can be delivered by volunteers to homebound persons. Volunteer opportunities also available.

West Hollywood Community Gardens

(323) 848-6308

For a nominal fee, 8' by 8' plots are available. You supply the seeds. Call to get on waiting list.

West Hollywood Senior Advisory Board

(323) 848-6510

Addresses issues of importance to senior members of the community.

Members of the public are invited to attend the meetings, which take place at 2 p.m. on the fourth Wednesday of each month. Call for more information. Staff speaks Spanish and Russian.

Westside Community Adult School

(323) 370-1040

7850 Melrose Avenue, Los Angeles, CA 90046

www.westsideadultschool.org

Offers a variety of adult education classes at various locations. Some are free. Call for class schedules. Staff speaks Spanish and Russian.

Westside Jewish Community Center

(323) 938-2531

5870 W. Olympic Boulevard, Los Angeles, CA 90036

www.westsidejcc.org

Senior activities and Adult Day Care. Volunteer opportunities available. Staff speaks Spanish and Russian.

SAFETY PROGRAMS

West Hollywood Sheriff's Department

(310) 855-8850

Emergency 9-1-1

780 N. San Vicente Boulevard, West Hollywood, CA 90069

www.wehosherriff.com

Includes home security check. Staff speaks Spanish.

West Hollywood Public Safety Division

(323) 848-6414

8300 Santa Monica Boulevard, West Hollywood, CA 90069

www.weho.org

Emergency preparedness and Neighborhood Watch programs. Staff speaks Russian.

Carrier Alert - *See inside back cover*

(323) 848-6414

Provides a sticker that alerts the postal carrier to notify the Sheriff's Department if the mail is not picked up on a routine basis. Deputies will then visit the location to check on the resident. Staff speaks Spanish and Russian.

Postal Fraud

Sheriff's Department (310) 855-8850

Comprehensive Services Center (323) 851-8202

If you receive mail that states you have won a contest, you are due money, or requires you to send money, be wary! If mail seems suspicious, call the Sheriff or Comprehensive Services Center for assistance to help determine its legitimacy. Staff speaks Russian.

Telephone Reassurance Program (TELECHECK)

(323) 851-8202

Daily reassurance check-in phone calls for seniors who live alone and have limited social contact. Staff speaks Russian.

Emergency Medical Information Form

(323) 848-6510

In the event you become ill or injured and require emergency medical care, the medical information form included in this guide provides emergency health care personnel with your essential medical information. The form (see page 18) is meant to be kept folded in a magnet on the refrigerator.

SENIOR DISCOUNT & REBATE PROGRAMS

City of West Hollywood

Department of Rent Stabilization

(323) 848-6450

8300 Santa Monica Boulevard, West Hollywood, CA 90069

www.weho.org

Rebate for qualified renters. Staff speaks Spanish and Russian.

LA Department of Water & Power Customers

(800) DIAL-DWP

www.ladwp.com

Offers utility discounts for low-income residents.

Southern California Edison Customers

California Alternate Rates for Energy (CARE) (800) 477-6620

Family Electric Rate Assistance (FERA) (800) 890-1245

www.sce.com

Utility assistance program for low-income residents.

California Lifeline (Telephone)

(866) 272-0349

www.cpuc.ca.gov

Discounted basic residential (landline) telephone services to low-income households. For more information, call your local telephone company or contact Lifeline directly.

Utility Assistance from State of California

(866) 675-6623

www.csd.ca.gov

One time credit made directly to a utility company via the Low-Income Home Energy Assistance Program (LIHEAP)

TRANSPORTATION

*The City of West Hollywood offers a number of transportation programs.
For more information, please call (323) 848-6510.*

Access Services

(800) 827-0829

TTY for deaf and hard of hearing (800) 827-1359

County transportation service that provides van transportation for people who meet eligibility requirements. An application and interview process is required. Staff speaks Spanish.

CityLine

(800) 447-2189

Free shuttle service around West Hollywood. ADA accessible. Stops every 30 minutes. Monday – Saturday, 9 a.m. – 6 p.m.

Dial-a-Ride

(800) 447-2189

Free transportation surrounding the West Hollywood area for residents who are 62 or older and people who are disabled of any age.

Monday-Friday, 7:30 a.m. – 5:30 p.m.

MTA Bus Pass Subsidy Program

(323) 848-6510

Discounted monthly passes to West Hollywood residents who are 62 or older or people with disabilities of any age.

Staff speaks Spanish and Russian.

Taxi Subsidy Card

(310) 981-9303

Subsidized taxi fare card available for purchase by mail to West Hollywood residents who are 62 or older, or disabled residents of any age.

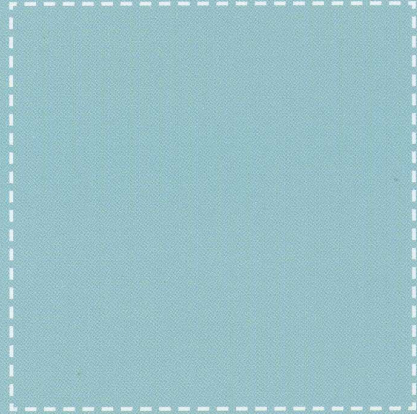
Staff speaks Spanish and Russian.

City of West Hollywood

Carrier Alert

This sticker alerts the postal carrier to notify the Sheriff's Department if the mail is not picked up on a routine basis. Deputies will then visit the location to make sure the resident is okay.

To enroll in this program, all you have to do is place this sticker inside your mailbox so that it is visible only to the postal carrier. If you have further questions about the Carrier Alert program, which is jointly sponsored by the West Hollywood Sheriff's Department and the City of West Hollywood, please contact the City's Public Safety Office at (323) 848-6414.



Aviso para Carteros

Esta calcomanía alerta al cartero a notificar al Departamento de los Sheriffs si no recogen el correo regularmente. Un diputado visitará el local para asegurar que el residente este fuera de peligro.

Para inscribirse en este programa, por favor ponga la calcomanía adentro de su buzón para que solamente sea visible al cartero. Si tiene alguna pregunta sobre el programa de alerta, patrocinado por el Departamento de Sheriff y la Ciudad de West Hollywood, por favor comuníquese a la oficina de seguridad pública: (323) 848-6414.

ПРЕДУПРЕЖДЕНИЕ ПОЧТАЛЬОНУ

Эта наклейка предупреждает почтальона о том, что если Ваш почтовый ящик регулярно не опустошается, то нужно позвонить в полицию. Полицейские зайдут, чтобы проверить все-ли у Вас в порядке. Если Вы хотите участвовать в этой программе, то следует всего-навсего приклеить эту наклейку внутри Вашего почтового ящика, таким образом, чтобы она была видна только почтальону. Если у Вас есть еще вопросы, звоните в отдел общественной безопасности города Западный Голливуд по телефону: **(323) 848-6826**.

The City of West Hollywood

City of West Hollywood City Hall

8300 Santa Monica Boulevard

West Hollywood, CA 90069-6216

(323) 848-6510

TTY for the hearing impaired (323) 848-6496

www.weho.org



This HEALTHY WEST HOLLYWOOD logo on city publications and outreach materials identifies them as part of the City's effort to improve the health and well-being of the community.