AHAVAT TORAH’S ESSENTIALS.

List of some of the non-profits that provide needs within the community:

BP FAMILY FOUNDATION email: bernardo@bpfamilyfoundation.org

18700 Sherman Way, #104, Reseda, CA 91335 (818) 578-3292 (818) 450-6539 Hours: M-F 9AM-1PM SERVICES FOR LOW-OR-FIXED-INCOME INDIVIDUALS • Canned and fresh food • Secondhand clothing • Essential services

LA REGIONAL FOOD BANK (LA County) https://www.lafoodbank.org/programs/seniors/ 1734 East 41st Street Los Angeles, CA 90058 (323) 234-3030 (800) 510-2020 The Commodity Supplemental Food Program provides monthly kits food to lowor fixed-income Seniors. • Each kit weighs approximately 30 pounds • Contains mostly shelf-stable staples such as milk, beans, grains, canned fruits and vegetables

MEALS ON WHEELS https://www.mealsonwheelsamerica.org/

Provides nutritious delivered meals • Sliding fee scale, from no cost to full price. • No senior will be denied a meal due to inability to pay. • Some programs offer meals for special dietary needs. MEALS ON WHEELS WEST, Director of Development & Community Relations 310-394-5133 Deliver meals M, W, F MEALS ON WHEELS OF THE SAN FERNANDO VALLEY (818) 981-1284, Ext. 245 Deliver meals M, W, F

PROJECT ANGEL FOOD https://www.angelfood.org/ 922 Vine Street Los Angeles, CA 90038 (323) 845-1800 Nutritious meals to those with life-threatening illnesses throughout Los Angeles County All meals delivered once/week. 12-week cycle menu, 39 meal variations A bag of fresh fruit or fruit cups with every deliver MENUS: 12 different dietary modifications for the individualized needs of our clients, including: Heart Healthy Low Fat Diabetic Renal Low Protein/Chronic Kidney Disease Vegetarian Gastrointestinal Friendly (low fiber, mild spice) No Pork No Fish No Nut No Lactose Mechanical Soft

SOVA SOVA VALLEY 16439 Vanowen Street Van Nuys, CA 91406 (818) 988-7682 PANTRY HOURS: Sunday 9:00 am – 12:00 noon (Open every Sunday except holiday weekends) Monday 10:00 am – 1:30 pm Tuesday 10:00 am – 1:30 pm Wednesday 10:00 am – 1:30 pm Thursday 10:00 am – 1:30 pm

SOVA WEST 8846 West Pico Boulevard Los Angeles, CA 90035 (818) 988-7682 PANTRY HOURS: Food distribution will be held in our parking lot behind the building. Face masks and social distancing required. Monday 10:00 am – 1:30 pm Tuesday 10:00 am – 1:30 pm Wednesday 10:00 am – 1:30 pm

WESTSIDE FOOD BANK https://www.wsfb.org/ 1710 22nd Street Santa Monica, CA 90404 Genevieve Riutort, Deputy Director and CDO (310) 828-6016 Monday – Thursday: 7am – 2pm

THE WEST VALLEY FOOD PANTRY https://www.westvalleyfoodpantry.org/ 5700 Rudnick Avenue Woodland Hills, CA 91367 (818) 346-5554 Call for hours of operation

TRANSPORTATION

Websites for finding one-on-one transport; ride sharing; curb to-curb service versus main intersection drop off (near a bus line, etc.);

individualized help, such as errands, grocery shopping and doctor visits. Websites offer services that are provided for free, for a fee or from insurance reimbursement.

ACCESS LOS ANGELES https://accessla.org/riding\_access/overview.html (800) 827-0829 One-way fare is based on the distance you travel with a maximum fare of $3.50 General information:

• Curb-to-curb shared-ride drop off service

• Service is offered from 4:00 AM to 12:00 AM, 7 days a week

• Limited service is available from 12:00 AM to 4:00 AM.

• Travel time will be like that of a fixed-route bus, not a car or taxi

• IMPORTANT: may not be able to transport a wheelchair or mobility device larger than 30” wide and 48” long and weighing more than 600 lbs. when occupied.

• Drop off is within ¾ mile of bus or rail route

COMPREHENSIVE GENERAL SENIOR SERVICES

2-1-1 GET CONNECTED. GET HELP (211 LA County) https://www.211.org/ https://www.211la.org/ Dial 211 1(800) 339-6993

• Not running a Los Angeles County Rent Relief Program currently

• Can connect you to health and social services information available in L.A. County. SERVICES:

Food Healthcare

Housing

Income & Employment

Education

Mental Health

Re-entry

Legal Crisis Management

Transportation

Utilities and Community Programs

LGBQT

Disability

Seniors

Veterans

BOOKS BY MAIL (LA County Library)

https://lacountylibrary.org/books-by-mail/ (661)948-2410 Books By Mail service has been suspended due to the Covid crisis. Check here for re-opening information.

• Free service of the LA County Library

• Offered to residents that are homebound, persons in convalescent homes, and rural residents in the LA County Library service area

• Eligible residents may request up to four books at a time

• A library card is not required

• Shipping is free

• Only books will be sent

(DPSS) LA COUNTY DEPARTMENT OF PUBLIC SOCIAL SERVICES https://dpss.lacounty.gov

Customer Service Centers at (866) 613-3777

In-Home Supportive Services Helpline at (888) 822-9622

* Medi-Cal health insurance
* CalFresh food assistance
* CalWORKs cash assistance for families
* General Relief cash assistance for individuals

CAL FRESH

https://www.getcalfresh.org/ 1(877) 847-3663 (FOOD) Customer Service Centers at (866) 613-3777 For meals from LA County and City of LA, call (800) 510-2020 ELIGIBLITY: • Receive

CalWORKS or General Relief • Receive Supplemental Security Income/State Supplementary Payment (SSI/ SSP) • For low-income or no income persons • For persons with limited property • Are a U.S. Citizen or a legal resident • Are an immigrant that meet certain criteria

ELDER CARE LOCATOR https://eldercare.acl.gov (800) 677-1116

A public service of the U.S. Administration on Aging General description of services offered by zip code SERVICES: • Support Services • Elder Rights • Health • Transportation • Housing

HELPING HANDS SENIOR FOUNDATION https://www.helpinghandsla.org/ (310) 541-6928 (818) 279-6580 HOW IT WORKS:

• Free to clients • Services are paid for through insurance, or heavily subsidized

• Options availability based on your insurance, income, VA status, Medi-Cal, health, location SERVICES:

• Home Health Care

• Adult Day Care

• Assistance: Food, Housekeeping

• DME Loan Closet - free community resource where you may borrow basic medical equipment such as wheelchairs, power mobility equipment, walkers, crutches, canes, beds and bathroom safety items.

JEWISH FAMILY SERVICES OF LOS ANGELES https://www.jfsla.org/our-services/aging/ Services:

• Food: Food Pantries, Home Delivered Meals, Dining Centers

• Aging: Survivors of the Holocaust, Arts and Wellness, In-home Care, Transportation

JONA GOLDRICH MULTIPURPOSE CENTER (formerly Freda Mohr) (213) 248-8519 ISRAEL LEVIN CENTER (ILC on the Move) (213) 248-7168 VALLEY STOREFRONT SENIOR CENTER WEST HOLLYWOOD COMPREHENSIVE SERVICE CENTER (213) 248-7615 FELICIA MAHOOD SENIOR CENTER

https://www.laparks.org/multipurpose/felicia-mahood 11338 Santa Monica Blvd., Los Angeles, CA 90025 (213) 248-6595 20 NEIGHBORHOOD SERVICE AREA: West Los Angeles PROGRAMS:

Live Driving Class

AARP Tax Program

Bingo

Card Games

Cooling Center

Exercise Class

Federated Senior Club Meetings

Federated Senior Club Trips

Home Visits Program

Line Dancing

Movies Shown Weekly

Physical Fitness,

Senior Nutrition Lunch Program

Home Delivered Meals Program

Sewing Group Meetings

Tai Chi

Transportation

JEWISH FAMILY SERVICE CARE AT HOME LA https://www.jfscare.org/ (213) 383-2273 Toll Free: (855) 455-2273 For Los Angeles and the surrounding area

SERVICES: Personalized Care Plans

• Care Management

• Housekeeping Services

• Transportation Services

• Independence Care Package

• In Home Care:

o Help with bathing, grooming, dressing, undressing, using the bathroom, and incontinence care o Meal planning, preparation, dining assistance, and dining companionship

o Grocery and personal shopping o Housekeeping and laundry

o Transportation and accompany to medical appointments, religious services and meetings with family and friends

o Picking up prescriptions o Companionship o Life enrichment activities and outings

o Overnight care services

JEWISH FEDERATION OF GREATER LOS ANGELES https://www.jewishla.org/caring-for-jews-in-need/holocaust-survivors-and-seniors/ 6505 Wilshire Blvd. Los Angeles, CA 90048 (323) 761-8000 (323) 761-8200 SERVICES:

• Nutrition– Kosher meals o Community Meals o Home meal delivery of SOVA

• Legal Assistance – Bet Tzedek – (323) 939-0506

 • Financial Assistance – Jewish Free Loan to Provides personal loans with no interest, no fees,

 no collateral

ONE GENERATION (opens mid-July and has a waiting list) http://www.onegeneration.org/ (818) 705-2345

Adult Daycare Senior Enrichment Center

Individualized Plan of Care

Caregiver support

Dining Centers

Homebound meals (kosher)

Transportation Services

Travel Nursing Care

Restroom assistance or reminders

Social Work Assistance

Recreational Programs

Music and Memories

Physical, Speech, Occupational Therapy

CENTERS: https://www.onegeneration.org/adult-daycare-adhc/ http://www.onegeneration.org/seniors/adult-daycare/ (818) 708-6625

Senior Enrichment Center Adult Daycare 18255 Victory Blvd. 17400 Victory Blvd. Reseda, CA 91335 Van Nuys, CA 91406

OPICA ADULT DAY CARE (Opening date pending) http://www.opica.org 11759 Missouri Ave. Los Angeles, CA 90025 (310) 478-0226

• Provides respite for Caregivers

• Programs and counseling services to guide families with a loved one challenged by memory loss

• Provides the community at large information and/or guidance regarding memory loss-related conditions

• Collaborative cooperation with health care providers and other social service agencies

DAY PROGRAM ACTIVITIES: Art Therapy, Painting, Expressive Drawing, Yoga For The Brain ™ , Reminiscence Memories Groups, Low impact Tai Chi and Aerobics, Mindfulness Relaxation, Exercises, Live Music and Dancing Entertainment, Mindful Walks in the Adjacent Park, Current Events Discussions

INDIVIDUAL, COUPLES AND FAMILY COUNSELING:

• Supportive services for Caregivers and to the Public offered five days a week.

• Counseling is conducted by licensed Marriage and Family Therapists and supervised trainees/associates

• Support groups facilitate discussion in a caring atmosphere and focus on: Emotional support Stress reduction Lifestyle changes Relationships Depression Crisis management.

• Groups meet once a week and are limited to eight people.

SENIOR CONCERNS (opens September 1, 2021) https://www.seniorconcerns.org/ 401 Hodencamp Rd. Thousand Oaks, CA 91360 (805) 497-0189

• Adult Day Center provides programs and activities for seniors with cognitive or physical impairments.

• Meals On Wheels program delivers balanced hot lunches and light evening meals to homebound seniors all year.

• Caregiver Support Center offers resources, information and education, support groups and respite services for family caregivers.

• Legal, Financial and Advocate Services:

 ▪ Medicare

▪ Social Security

▪ Housing

▪ Insurance and legal

 ▪ Pro bono professional services: Financial assistance available for all programs to those with a demonstrated need o Legal matters o Helping seniors remain in their homes

SENIOR LIVING ORGANIZATION https://www.seniorliving.org/finance/senior-discounts/ SENIOR DISCOUNTS OFFERED:

Grocery Stores

Retail Restaurants

Communication & Internet Service

Leisure Activity

Cruises Senior Hotel and Car Rental Air, Bus and Rail

WISE AND HEALTHY AGING https://www.wiseandhealthyaging.org/ 1527 4th Street # 2, Santa Monica, CA 90401 (310) 394-9871

Services provided:

• Adult day service center

• Free caregiver support groups and educational seminars

• Help to access resources for care management

• Tax assistance and financial counseling

• Legal clinic • Medicare counseling

• Elder abuse prevention

• Transportation – dial a ride

• Wise diner program – free lunch (Thursdays)

ADVICE FOR RESIDENTIAL

ELDERLINK SENIOR CARE FACILITIES IN CA https://www.elderlink.org/ (800) 613-5772 The only senior care referral service licensed by the Department of Public Health PROVIDES:

• Independent and free personalized senior care placement services

• Fully screened and approved nursing homes, board and cares, assisted living facilities

• Dementia and Alzheimer’s services

LOCATIONS: Beverly Hills Calabasas Costa Mesa Los Angeles Newport Beach Pasadena San Fernando Valley Santa Monica South Bay Thousand Oaks Torrance /Palos Verdes West LA West Side

HELPING HANDS SENIOR FOUNDATION www.helpinghandsLA.org (310) 541-6928 (818) 279-6580 Services: • Independent Living, Assisted Living, Board & Care Example:

Independent Living Available in Granada Hills o Private Rooms from $1600-2000 or Shared Rooms from $900- $1300 or May request Room & Board, Meals, Utilities, Laundry Service, Housekeeping • Skilled Nursing Facilities, Rehab Centers

The ALWP https://www.dhcs.ca.gov/services/ltc/Documents/List-of-RCFE-facilities.pdf list of residential care facilities for elderly and adult residential facilities

SERVICES:

• Assist Medi-Cal beneficiaries to remain in their community as an alternative to care in a licensed health care facility.

• Specified benefits to eligible seniors and person with disabilities.

• Medi-Cal reimburses for the services provided to residents enrolled in the ALWP.

• Depending on individual’s income, the resident is responsible to pay for their room and board. For those with income of $1,122.00 room and board is $1,003.00 and those with income of $1,142 or greater, room and board is $1,023.00.

• Alternative to long-term placement in a nursing facility and is presently available in the following counties: Los Angeles, San Bernardino and Riverside

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP) https://www.acf.hhs.gov/ocs/low-income-home-energy-assistance-program-liheap (202) 401-9351 National Energy Assistance Referral (NEAR) hotline at 1(866) 674-6327. MAIN OFFICE: Mary E. Switzer Building, 5th Floor West 330 C Street, SW Washington, D.C. 20201 SERVICES:

• Assist families with energy costs.

• Federally funded assistance in managing costs for home energy bills, energy crises, weatherization and energy-related minor home repairs

SENIOR LIVING DISCOUNTS AND SAVINGS https://www.seniorliving.org/finance/senior-discounts/ 2021 List of Websites Dedicated to Seniors (Updated August 21, 2020)

Retail Senior Discounts Grocery

Senior Discounts Restaurant

Senior Discounts Leisure Activity

Senior Discounts Cruises

Senior Discounts Hotel and Rental Car

Senior Discounts Air, Bus and Rail

Senior Discounts Internet Service and Communications

Senior Discounts Major Life Expenses Senior Discounts

REDUCED MEDICAL/DENTAL CARE COSTS

CEDARS SINAI HOSPITAL https://www.cedars-sinai.org/locations/cedars-sinai-main-campus-89.html (310) 425-3277 8700 Beverly Blvd. (323) 866-8600 Patient financial assistant services • Reduced fees for low-income patients

KAISER PERMANENTE MEDICAL CENTERS https://healthy.kaiserpermanente.org/southern-california/ (833) KP4CARE

• Allow for low-cost membership, and waive co-pays for indigent patients

• Charitable health program

• Provides health care coverage to low-income individuals who do not have insurance

• 5 different locations in Los Angeles & San Fernando Valley SANTA MONICA MEDICAL OFFICES CULVER MARINA MEDICAL OFFICES 1450 10th St., 12001 W Washington Blvd., Santa Monica, CA 90401 Los Angeles, CA 90066 KAISER – SUNSET NORTHSIDE MEDICAL OFFICES 4867 W. Sunset Blvd. 5601 De Soto Los Angeles, CA 90027 Woodland Hills, CA 91365 WEST L.A. MEDICAL CENTER INGLEWOOD MEDICAL OFFICES 6041 Cadillac Avenue 110 N. La Brea Avenue Los Angeles, CA 90034 Los Angeles, CA 90066

UCLA http://www.uclaiocp.org/uploads/1/5/7/0/15703160/ free\_or\_low\_cost\_dental\_services.pdf 37

HERMAN OSTROW SCHOOL OF DENTISTRY OF USC https://dentistry.usc.edu/ 925 W 34th St., Suite 401 Los Angeles, CA 90089-3262 (213) 740-1552 (213) 740-2012 for appointments Open from M-F 8:30am-5pm Free Evaluations Low-cost dental care for low-income patients

UCLA DENTAL CLINICS https://dentistry.ucla.edu/patient-care Westwood 714 Tiverton Drive Los Angeles, 90095 (310) 206-3904 Provider Level: Student Dentists, Residents, Faculty • Faculty: Fees comparable to private practices in area • Residents: Fees lower than the private sector • Student Dentists: Fees significantly lower than private sector Wilson-Jennings-Bloomfield UCLA Venice Dental Center https://dentistry.ucla.edu/clinic/922 323 S. Lincoln Boulevard, Venice, CA 90291 (310) 392-4103

VENICE FAMILY CLINICS https://venicefamilyclinic.org/ (310) 392-8636 for an appointment (310) 392-8630 for administrative questions 5 Locations: Venice, Santa Monica, Culver City, Mar Vista and Inglewood Walk-in appointments on first come, first served basis Hours: Monday-Thursday 7:00 a.m. to 6:00 p.m. Friday 8:00 a.m. to 4:00 p.m. SERVICES: Low-Cost medical care Comprehensive health care Case management Vision Dental Mental health Pharmacy Advocacy Health insurance enrollment

SENIOR ADVOCACY In this section, websites are listed for Senior advocacy and protective services.

BET TZEDEK JUSTICE FOR ALL https://www.bettzedek.org/ One Park Plaza 3250 Wilshire Blvd., #1300 Los Angeles, CA 90010 (323) 939-0506 SERVICES:

Providing legal services to low-income seniors

• Advance Planning

• Adult Conservators

• Elder Abuse Prevention

• Holocaust Survivor Searches

• Housing Protection

LOS ANGELES COUNTY ADULT PROTECTIVE SERVICES https://wdacs.lacounty.gov/services/older-dependent-adult-services/adult-protectiveservices-aps/ Assessing individual’s unique needs, then developing a service plan to maintain his/ her safety, health and independence LA County Adult Protective Service team provides a system of in person response, 24 hours a day, 7 days a week. HELP WITH: • Financial fraud • Neglect • Physical abuse • Emotional abuse PROGRAM: • Short term prevention services - housing stabilization, housing search & placement, income stabilization • Advocacy - landlord mediation, legal, reunification/relocation assistance • Financial assistance - security deposit, rent, utilities, move-in expenses, furnishing expenses

ELIGIBILITY: an APS client experiencing a financial crisis and at imminent risk of becoming homeless

• Paying 30% or more of income in rent

• Rental increase that cannot afford

• At least one month behind on rent or utilities if they are tied to the unit.

• Foregoing food and /or medicine to pay rent.

• Received a court Unlawful Detainer or a 3-day pay or quit notice

• Lack family and financial resources

• Screened by Prevention Program provider and determined at risk of becoming homeless

ELDER ABUSE https://da.lacounty.gov/seniors Hotline: (877) 4R SENIORS ((877) 477-3646) SERVICES: • Financial fraud • Physical abuse • Neglect by caretaker • Emotional abuse

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH dmh.lacounty.gov (800) 273-8255 (800) 854-7771 Suicide Prevention (See also Suicide Prevention section below)

SAFE SENIOR CARE RESOURCES LA County District Attorney’s office https://da.lacounty.gov/seniors/safe-senior-care SERVICES: • Nursing home or care facility negligence • Nursing home quality ratings • Health care provider licensed • Review credentials of medical professionals • Review credentials of home care medical professionals

CALIFORNIA DEPARTMENT OF AGING DEPARTMENT OF SOCIAL SERVICES CALIFORNIA (CA.GOV) https://www.cdss.ca.gov/inforesources/community-care-licensing/facility-search

LONG TERM CARE OMBUDSMAN https://www.aging.ca.gov/Programs\_and\_Services/Long-Term\_Care\_Ombudsman/ Representatives assist residents in long-term care facilities with issues related to day-to-day care, health, safety, and personal preferences. Problems can include, but are not limited to:

• Violation of residents' rights or dignity

• Physical, verbal, mental, or financial abuse

• Poor quality of care • Dietary concerns

• Medical care, therapy, and rehabilitation issues

 • Medicare and Medi-Cal benefit issues

• Improper transfer or discharge of a resident

 • Inappropriate use of chemical or physical restraints

CA DEPARTMENT OF PUBLIC HEALTH HEALTH CARE FACILITIES INFORMATION https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/HealthCareFacilities.aspx# (916) 558-1784 SERVICES: California Department of Public Health (CDPH)

• California Department of Public Health (CDPH) - Find out if a nursing home/ care facility has a history of complaints or citations for faulty care

• CA Health Facilities Inspection Division - Find out if a senior-care facility has been cited for negligence resulting in a patient’s death http://cvl.cdph.ca.gov/SearchPage.aspx (916) 327-2445 Check the credentials of a home-health aide or a certified nurse assistant CA Department of Social Services, Community Care Licensing Division

MEDICARE www.medicare.gov/NursingHomeCompare/search.aspx Nursing home quality ratings are posted on the Medicare website

MEDICAL BOARD OF CALIFORNIA www.mbc.ca.gov Check if a health-care provider is licensed

DEPARTMENT OF CONSUMER AFFAIRS https://search.dca.ca.gov/ Review credentials of a medical professional, doctor, registered or vocational nurse

STAY HOUSED LOS ANGELES https://www.stayhousedla.org/ (888) 694-0040 Partnership between LA County, LA city and local community and legal service providers. Serves residents from Lancaster to Long Beach to stay in their homes

DIDI HIRSCH MENTAL HEALTH SERVICES SUICIDE PREVENTION CENTER https://didihirsch.org/services/suicide-prevention/ (800) 273-8255 Licensed clinicians Crisis Services:

• Therapy • Short-term individual and family therapy

• Support groups in LA, Orange and Ventura counties

• Follow-up services

• 24/7 Crisis line • CrisisChat

• Work with deaf and hard of hearing clients

• Informational manual • Research

RAPE TREATMENT CENTER (UCLA) https://www.uclahealth.org/rtc/ 1250 16th St., Santa Monica, CA 90404 (424)259-7208

• Medical clinic located within UCLA hospital

• In a private, safe, therapeutic setting

• Staffed by highly trained professionals with specialized expertise in the medical, forensic, and psychological aspects of victim care

• All Rape Treatment Center services are free

• Open 24 hours a day SERVICES:

• Highly specialized emergency medical care

• Counseling • Advocacy • Accompaniment to medical, forensic sessions

• Information about rights and options to help victims make informed choices and decisions

• Ongoing, longer-term, trauma-informed therapy

• Support services for victims and their significant others.