

Senior *Resource Guide*



**A Comprehensive Referral Resource
for San Marino and the surrounding area**

Quick Reference Numbers

Emergency

911

Police, Fire, Paramedic

Huntington Memorial Hospital.....	(626) 397-5000
Methodist Hospital.....	(626) 898-8000
San Gabriel Medical Center.....	(626) 289-5454
Poison Control Center.....	(800) 876-4766
Adult Protective Services.....	(800) 992-1660
Identity Theft.....	(877) 438-4338
California-American Water Company.....	(626) 289-7924
Dial-A-Ride.....	(626) 791-7200
Los Angeles County Sheriff's Department.....	(323) 267-4800
MTA.....	(323) 466-3876
Newcomers Club of San Marino.....	(626) 396-3940
Pasadena Humane Society.....	(626) 792-7151
San Marino Chamber of Commerce.....	(626) 286-1022
San Marino City Club.....	(626) 765-4165
Southern California Edison Company.....	(800) 655-4555
Southern California Gas Company.....	(877) 238-0092
Sunnyslope Water Company.....	(626) 287-5238
U.S. Post Office.....	(800) 275-8777

City of San Marino

City Hall.....	(626) 300-0700
Fire Department.....	(626) 300-0735
Parks & Public Works.....	(626) 300-0792
Police Department.....	(626) 300-0720
Public Library.....	(626) 300-0777
Recreation Division.....	(626) 403-2200

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Some of the listings within the Senior Resource Guide may contain references to information created and maintained by other organizations.

Please note that the City of San Marino does not control and cannot guarantee the relevance, timeliness, or accuracy of these outside resources.

ABUSE**Elder Abuse Hotline
Adult Protective Services**

If you or an elder person you know has been physically abused, financially exploited, mentally abused, neglected or self-neglected, call immediately to report the abuse, even if you only suspect a problem.

(877) 4-R-SENIORS (477-3646)

**L. A. County
Domestic Violence Hotline**

A wide range of services for victims of domestic violence, including a network of 25 domestic violence centers that provide counseling, referrals, 24-hour hotlines, and emergency shelters.

(800) 978-3600

ADULT DAY CARE**CAPS
Community Assistance Program for
Senior Alzheimer's Day Care
& Resource Center**

Respite for caregivers, socialization, and stimulation for persons with Alzheimer's, Parkinson's, or dementia.

(626) 351-5427

(626) 351-2308 Fax

3740 E. Sierra Madre Blvd.
Pasadena, CA 91107

**CFAR
The Center for Aging Resources**

Mental health and adult day care center that meets the needs of seniors and their families.

(626) 577-8480

(626) 577-8978 Fax

Heritage Clinic
447 N. El Molino Ave.
Pasadena, CA 91101-8480

**Villa Esperanza's
Adult Day Health Care Center**

Community-based day program in Pasadena that provides an array of therapeutic and social services designed to maximize the independence of those who are living with a physical, mental, or developmental challenge.

(626) 398-4435

CITY OF SAN MARINO

CITY DEPARTMENT PHONE NUMBERS

City Manager's Office:

(626) 300-0781 (626) 300-0709 Fax

City Council/City Clerk:

(626) 300-0705 (626) 300-0709 Fax

Planning & Building:

(626) 300-0711 (626) 300-0716 Fax

Fire:

(626) 300-0735 (626) 300-0709 Fax

Library:

(626) 300-0777 (626) 300-0727 Fax

Police:

(626) 300-0720 (626) 300-0121 Fax

Recreation:

(626) 403-2200 (626) 403-2212 Fax

Parks & Public Works:

(626) 300-0792 (626) 300-0797 Fax

Street Division:

(626) 300-0793 (626) 300-0797 Fax

Park Division:

(626) 300-0790 (626) 304-9583 Fax

City Hall

Services provided by the City consist of Administration, Police, Fire, Recreation, Library, Building and Planning, and Parks and Public Works. The City of San Marino prides itself in giving quality and caring service to the community. Residents can obtain information regarding these services by contacting City Hall.

Walk-In Hours: Monday - Thursday
7:30 am - 4 pm

Closed: Friday - Sunday, & Holidays

(626) 300-0700

(626) 300-0709 Fax

www.cityofsanmarino.org

2200 Huntington Drive
San Marino, CA 91108

Chamber of Commerce

Working in partnership with the City, the Chamber plays an active roll in supporting the local business and in recruiting new businesses to San Marino.

Hours: Monday - Thursday, 9 am- 2 pm

(626) 286-1022

www.sanmarinochamber.org

1800 Huntington Drive
San Marino, CA 91108

Chamber Mixer:

Hosted by various local businesses and restaurants, the public is welcome!

Second Thursday of the month

5:30 pm - 7:30 pm

Old Mill

The Old Mill - El Molino Viejo - is the oldest commercial structure in Southern California. Adults of all ages will be interested in the historical displays in the Mill building, the unique gardens and the major California Art Club exhibits in the Granary Gallery.

Hours: Tuesday - Sunday, 1 pm - 4 pm

Closed: Monday & Holidays

(626) 449-5458

www.old-mill.org

1120 Old Mill Road
San Marino, CA 91108

CLUBS

Chinese Club of San Marino

Operates as a civic league to promote, provide and support Chinese culture, arts, and educational programs. Promotes communication, understanding, respect and appreciation among all ethnic groups in San Marino.

(626) 796-5190

www.ccsm.org

2425 Huntington Dr.

San Marino, CA 91108

Friends of the Library & Book Shoppe

Raises money that the library can use to supplement the allocation from the City, allowing it to keep its collections up-to-date and provide special services it would otherwise be unable to afford.

Book Shoppe Hours:

Monday, 10 am - 5 pm

Tuesday, 12 - 7 pm

Wednesday, 10 am - 5 pm

(8 pm, 2nd & 4th Wed)

Thursday, 10 am - 8 pm

Friday -Closed-

Saturday, 12:15 pm - 5 pm

Sunday, 1 pm - 4 pm

(626) 300-0777

www.sanmarinopl.org/about/friends.html

1890 Huntington Drive
San Marino, CA 91108

Garden Club of San Marino

A service organization designed to coordinate interest in city beautification as well as to study all aspects of the fine art of gardening.

(626) 793-0308
www.smnet.org/comm_group/grdnclb

Mailing Address:
P.O. Box 80002
San Marino, CA 91118-8002

League of Women Voters

Members can serve on study committees, monitor local government, interview legislators, take part in pro-and-con presentations about ballot issues, staff candidate forums, and participate in voter registration drives. All members receive League publications, including local, state, and national newsletters that provide timely information on issues and politics. Meets on the 3rd Wednesday, monthly.

****open to both men and women citizens*

Hours: 10 am - 1 pm

(626) 798-0965

1353 N. Hill Ave.
Pasadena, CA 91104

San Marino Masonic Lodge #408

Each man brings something different into the Fraternity, as different as the types of men that become Masons, but each shares a common core of beliefs and dreams; each believes that, in a small way, by their actions, they help make their world, their communities, and themselves better.

(626) 285-8856

3130 Huntington Dr.
San Marino, CA 91108

Newcomer's Club of San Marino

A social club which helps "newcomers" to San Marino. Meetings are every 2nd Wednesday of each month 10am-1:30pm, from September to June. Activities include social bridge, meeting on the 1st Wednesday and 1st Thursday of the month from 1-4 pm; Book Club on the 4th Wednesday at 1pm; Lunch Bunch at various local restaurants; Culture Vulture events visiting local museums and galleries; and Evening Events with dinners, theater, and other fun activities.

(626) 396-3940

727 Old Mill Rd.
San Marino, CA 91108

CLUBS**Rotary Club of San Marino**

When something needs to be done around San Marino, it's often Rotarians who do it, serving at the high school's Grad Night, joining local commissions and boards, gathering aid for destitute families, bringing supplies to Skid Row projects, or sponsoring junior high and high school leadership and teacher-support programs. San Marino Rotary has published a thick history of its worthy projects, but members know they begin anew each year in serving others at home and around the world.

www.sanmarinorotary.org

P.O. Box 80301
San Marino, CA 91118

San Marino City Club

Commonly called "City Club," is a community and civic organization which has served San Marino since 1926. Its purpose is to secure for the citizens of San Marino Unified School District the best civic, educational, and cultural services and facilities possible to encourage and promote the highest standards of citizenship among its membership.

(626) 765-4165

www.smnet.org/comm_group/cityclub

Mailing Address:

P.O. Box 80122

San Marino, CA 91118-8122

**San Marino
Historical Society**

Members of the San Marino Historical Society share a common interest in the collection, preservation, and teaching of the area's history.

(626) 304-9375

Mailing Address:

P.O. Box 80222

San Marino, CA 91118-8222

COMMUNITY SERVICES

Housing Rehabilitation

Home repair for seniors and disabled homeowners. Repairs include painting, fencing, minor plumbing, windows, floors, etc.

(626) 960-3964
www.laworks.org

CRIME

We Tip

Founded on a key idea: many people with information about crime are reluctant to report it, due to fear of reprisal. WeTip is the answer to that concern.

(800) 472-7766 (ARSON)
 (800) 782-7563 (CRIME)
 (800) 873-7283 (FRAUD)
 (800) 473-7847 (DRUGS)
 (800) 644-8678 (HIT N RUN)
 (866) 862-8559 (BULLY)
 www.wetip.com

EMPLOYMENT

Area Agency on Aging

Information on services for seniors with disabilities.

(800) 510-2020

Doleta Department of Employment & Training Administration

Website for Senior Community Service Employment Program.

(877) 872-5627
 (877) 889-5627 TTY
 www.doleta.gov/seniors

Mailing Address:
 200 Constitution Ave., NW
 Washington, DC 20210

EDD One Stop Employment Development Department State of California

Direct link to job placement and referrals, unemployment insurance, disability insurance, employment and training, labor market information, payroll taxes, and more.

(888) 745-3886
 (800) 547-9565 TTY
 http://www.edd.ca.gov

Foothill Employment & Training Connection

Comprehensive employment & training services, including services for veterans.

(626) 796-5627
 (626) 584-8375 Fax
 www.fwibworks.org

EMPLOYMENT

National Council on Aging

Helps older people remain healthy and independent, find jobs, increase access to benefit programs, and discover meaningful ways to continue contributing to society.

(800) 677-1116

www.ncoa.org

Mailing Address:

1901 L St., NW, 4th Floor

Washington, DC 20036

Market Watch

Website of current articles to keep track of the stock market.

www.marketwatch.com

IRS Internal Revenue Service

Information for seniors regarding a variety of resources concerning taxes.

(800) 829-1040

(800) 829-4059 TDD

www.irs.gov/individuals/retirees

FINANCIAL

TCE Tax Counseling for the Elderly

Program provides free tax help to people age 60 and older.

(800) 829-1040

Mutual Fund Education Alliance

Website where visitors can learn the basics of mutual fund investing or obtain more expanded information, data, and commentary.

www.mfea.com

Social Security

(800) 772-1213

(800) 325-0778 TTY

www.socialsecurity.gov

GARDENING

American Horticultural Society

Provides unique national resources on gardening and horticultural education.

(800) 777-7931

www.ahs.org

Garden Web

Website provides articles, reviews, English and foreign language forums for gardeners worldwide, contests, garden exchange, catalogs, and product directory.

www.gardenweb.com

National Gardening Association

Website features up-to-date articles and online services for vegetable and flower gardening enthusiasts, from beginner to expert.

www.garden.org

GERONTOLOGY

CDA California Department of Aging

Serves as both a unifying force for services to seniors and adults with disabilities, and as a focal point for federal, state, and local agencies which serve the elderly and adults with disabilities in California.

www.aging.ca.gov

GRANDPARENTING

Grand Travel

Developed by a team of teachers, psychologists, and leisure counselors, Grand Travel is dedicated to helping grandparents create lasting memories for themselves and their grandchildren.

(800) 247-7651

www.grandtrvl.com

Long Distance Grandparenting

Offers a variety of activities for grandparents to maintain and strengthen their relationships with their grandchildren.

www.longdistancegrandparenting.com

HEALTH CARE

Benefits Check Up

Helps to find programs for seniors that may pay for some of their costs of prescription drugs, health care, utilities, and other essential items or services.

www.benefitscheckup.org

HEALTH CARE

CA Department of Insurance

Ensures consumer protection; that the insurance marketplace is fostered to be a vibrant and stable regulatory process where the law is enforced fairly.

(800) 927-HELP (927-4357)
www.insurance.ca.gov

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

CA Department of Mental Health

Entrusted with the Leadership of the California Mental Health System, ensures through partnerships the availability and accessibility of effective, efficient, and culturally competent service.

(800) 896-4042
(916) 654-3890
www.dmh.ca.gov/

California Health Advocates

Medicare and health insurance counseling information.

(800) 434-0222
www.cahealthadvocates.org

CDC Center for Disease Control

Online source for credible health information.

(800) CDC-INFO (232-4636)
www.cdc.gov

Center for Medicare and Medicaid Services

Provides information on Medicare and Medicaid programs, consumer information, regional contacts for out of state inquiries, etc.

(800) MEDICARE (633-4227)
(877) 486-2048 TTY
www.cms.gov

Health Central

Website provides health and medical information.

www.healthcentral.com

Healthfinder

Federal Website developed by the U.S. Department of Health and Human Services together with other federal agencies provides source information for finding government, health, and human services on the Internet. Healthfinder links to carefully selected information and websites from over 1,800 health-related organizations.

www.healthfinder.gov

Mailing Address:
P.O. Box 1133
Washington, DC 20013-1133

Los Angeles County Department of Health Services

Information to find out where to apply for Medi-Cal benefits based on your income.

(626) 569-3724
www.ladhs.org

3400 Aerojet Ave., Suite 323
El Monte, CA 91731

Pasadena Healthcare Links

Provides free 24-hour confidential nurse advice, helps with scheduling appointments and connects with area health and social service programs.

(626) 795-5166
(626)795-8154
www.pasadenahealthcarelink.org

Muir High School
1905 N. Lincoln
Building D, Room 416
Pasadena, CA 91103

Physician Associates

Association helps to find a physician in your area any time, night or day.

(800) 303-3133

United Network for Organ Sharing

Website provides the number of patients on the waiting list for each type of transplant.

(888) 894-6361
www.unos.org

HEALTH & WELLNESS

Alliance for Aging Research

Nation's leading citizens advocacy organization for improving the health and independence of Americans as they age.

www.agingresearch.org

Mailing Address:
750 17th St., NW, Suite 1100
Washington, DC 20006

CAPS Adult Daycare Services

Center offers a variety of services for older adults, including in-home and outpatient mental health services; elder abuse and crime victim services; Alzheimer's daycare (CAPS); medication support; education and treatment services for substance abuse; and topical support groups for elders, their families, and caregivers.

(626) 351-5427
(626) 351-2308 Fax

3740 E. Sierra Madre Blvd.
Pasadena, CA 91107

Counseling & Elder Mediation with Joanna M. Saporito

Joanna Saporito is a Licensed Clinical Social Worker and Board Certified Diplomat and has special training in areas of loss and grief, caregiving, and retirement.

(818) 230-1081

1139 N. Brand Blvd., Suite A
Glendale, CA 91202

ALZHEIMER'S DISEASE

ADEAR Alzheimer's Disease Education and Reference Center

Center will help you find current, comprehensive Alzheimer's disease information and resources from the National Institute on Aging.

(800) 438-4380
www.nia.nih.gov/alzheimers

National Alzheimer's Association

A national volunteer health agency dedicated to researching the prevention, cure, and treatment of Alzheimer's disease and related disorders, and to providing support and assistance to afflicted patients and their families.

(323) 938-3379
(800) 272-3900 (24/7)
www.alz.org

5900 Wilshire Blvd., Suite 1100
Los Angeles, CA 90036

ARTHRITIS

Arthritis Club of San Gabriel Valley

Program helps to improve the quality of life for those suffering from all forms of arthritis and disabilities.

P.O. Box 1175
Temple City, CA 91780

Arthritis Foundation

Supports more than 100 types of arthritis and related conditions with advocacy, programs, services, and research.

(800) 283-7800
www.arthritis.org

CANCER

ACS American Cancer Society

Committed to fighting cancer through balanced programs of research, education, patient service, advocacy, and rehabilitation.

(800) 227-2345
www.cancer.org

Cancer Cure Foundation

Goals are to provide individuals with information about the availability of treatments, doctors, and clinics to assist them in gathering the information they need to make the best decision for their particular situation.

(800) 282-2873
www.cancure.org

City of Hope Cancer Prevention

Innovative biomedical research, treatment and educational institution dedicated to the prevention and cure of cancer and other life-threatening illnesses.

(800) 826-HOPE (826-4673)
www.cityofhope.org

1500 E. Duarte Rd.
Duarte, CA 91010-3000
(626) 256-HOPE (256-4673)

HEALTH & WELLNESS**CANCER****The Wellness Community
Cancer Support Programs**

Helps people affected by cancer to enhance their health and well-being through participation in a professional program of emotional support, education, and hope.

****All services are provided free of charge*

(626) 796-1083

(626) 796-0601 Fax

www.cscpasadena.org

200 E. Del Mar Blvd., Suite 118
Pasadena, CA 91105

National Cancer Institute

A trained information specialist can talk with you and answer your questions about cancer and how it is treated, or let you know about clinical trials for your type of cancer.

(800) 4-CANCER (422-6237)

www.cancer.gov

CYSTIC FIBROSIS**Cystic Fibrosis Foundation**

Foundation has 80 chapters and branch offices across the country that organize and host a variety of special events to raise funds to support vital cystic fibrosis programs, such as the Great Strides walk, golf tournaments, dinner dances/black-tie galas, and more.

(323) 939-0758

www.cff.org

4929 Wilshire Blvd., Suite 760
Los Angeles, CA 90010

DIABETES**ADA****American Diabetes Association
Cure. Care. Commitment.**

Health organization provides diabetes research, information, and advocacy. ADA helps to improve the lives of all people affected by diabetes.

(800) DIA-BETE (324-2383)

www.diabetes.org

Mailing Address:
ATTN: National Call Center
1701 N. Beauregard St.
Alexandria, VA 22311

EPILEPSY

Epilepsy Foundation

Gain information about epilepsy as well as a variety of special events to raise money for research.

(800) 564-0445
(310) 670-6124 Fax
www.epilepsy-socalif.org

5777 W. Century Blvd., Suite 820
Los Angeles, CA 90045

HEARING

GLAD Greater Los Angeles Agency on Deafness, Inc.

First business environment in Los Angeles designed to meet the accessibility needs of deaf and hard of hearing workers, residents, and consumers.

(323) 478-8000
(323) 550-4226 TTY
(866) 932-8553 (Video Phone)
(323) 550-4205 Fax
www.gladinc.org

2222 Laverna Ave.
Los Angeles, CA 90041

NIDCD National Institute of Deafness and Other Communication Disorders

Institute conducts and supports biomedical and behavioral research, and research training in the normal and disordered processes of hearing, balance, smell, taste, voice, speech, and language related to disease prevention.

(800) 241-1044
(800) 241-1055 TTY
www.nidcd.nih.gov

HEART

AHA American Heart Association

Organization that advises appropriate cardiac care in an effort to reduce disability and deaths caused by cardiovascular disease and stroke. Provides a standard for basic and advanced life support, including standards for proper performance of CPR and First Aid.

(800) AHA-USA-1 (242-8721)
www.heart.org

Mailing Address:
7272 Greenville Ave.
Dallas, TX 75231

HEALTH & WELLNESS**LUNG****ALA****American Lung Association**

Organization that fights lung disease in all its forms, with special emphasis on asthma, tobacco control, and environmental health.

(800) LUNG-USA (548-8252)
www.lung.org

Mailing Address:
1301 Pennsylvania Ave. NW, Suite 800
Washington, DC 20004

PARKINSON'S DISEASE**ADPA****American Parkinson Disease Association**

The center offers a wide range of information and resources to help better understand the disease and manage lives.

(800) 223-2732
www.apdaparkinson.org

STROKE**National Stroke Association**

Specializes in care, research and prevention of strokes.

(800) STROKES (787-6537)
www.stroke.org

VISION**American Council for the Blind**

Organization for blind and visually impaired people. Benefits include: information on all aspects of blindness, scholarships, public awareness, leadership training, governmental monitoring, and access to the annual national convention.

(800) 424-8666
www.acb.org

Braille Institute Community Outreach

Using existing facilities such as senior citizen centers, the Institute's community outreach program provides educational classes and many social and recreational activities throughout Southern California.

(800) BRAILLE (272-4553)
(323) 663-1111
www.brailleinstitute.org

741 N. Vermont Ave.
Los Angeles, CA 90029

Visionaries Support Group for Visually Impaired

A group of visually impaired individuals who meet to share each other's concerns, frustrations, and accomplishments.

Pasadena Senior Center:
(818) 834-9232

HOSPITALS

Alhambra Hospital

A 144-bed general acute care hospital, located at the gateway to the San Gabriel Valley. Fully accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

(626) 570-1606
www.alhambrahospital.com

100 S. Raymond Ave.
Alhambra, CA 91803

Greater El Monte Community Hospital

Provides general medical and surgical care for inpatient, outpatient, and emergency room patients, and participates in the Medicare and Medicaid programs.

(626) 579-7777
www.greaterelmonte.com

1701 Santa Anita Ave.
El Monte, CA 91733

Huntington Memorial Hospital

A 525-bed community hospital. Offers a full complement of acute medical care and community services, ranging from general medicine to the foremost specialized programs in cardiology, oncology, orthopedics, surgery, emergency, and psychiatry.

(626) 397-5000
(626) 397-5112 Emergency
www.huntingtonhospital.com

100 W. California Blvd.
Pasadena, CA 91105

Las Encinas Hospital

Offers a full range of behavioral health care treatment options including inpatient, partial hospitalization and outpatient services for adults. Hospital known for emergency services and patient care.

(626) 795-9901
(800) 792-2345 (24/7)
www.lasencinashospital.com

2900 E. Del Mar Blvd.
Pasadena, CA 91107

HOSPITALS

Methodist Hospital

Offers the next generation of care experience: reaching out to you where you live, work, worship, and play.

(626) 898-8000

www.methodisthospital.org

300 W. Huntington Dr.
Arcadia, CA 91006

Monterey Park Hospital

Mission is to provide quality health care in a safe environment that is sensitive and supportive to the physical, emotional, spiritual, and cultural needs of patients and their loved ones.

(626) 570-9000

www.montereyparkhosp.com

900 S. Atlantic Blvd.
Monterey Park, CA 91754

San Gabriel Valley Medical Center, AHMC

Provides high quality care with a wide range of medical and surgical services to meet your healthcare needs.

(626) 289-5454

www.sgmc.com

438 West Las Tunas Drive
San Gabriel, CA 91776

INDEPENDENT LIVING

A Love for Homecare

Tailored care programs to maximize client independence and dignity.

(818) 842-4663

(818) 842-4664 Fax

www.athomesweethomecare.com

2920 W. Olive Ave., Suite 207
Burbank, CA 91505

Accredited Nursing Care

Family owned and operated business where original owners are personally involved in daily operations.

(800) 974-1234

(626) 573-1234

www.accreditednursing.com

80 S. Lake Ave., Suite 630
Pasadena, CA 91101

American Swiss In-home Care

Provides services for independent living.

(626) 737-1281

www.american-swiss.com

Better Living Homecare Services

Caregivers specialize in providing professional yet compassionate care to others. Better Living is care management for all needs.

(626) 396-1771

(866) 446-1174

www.betterlivinghc.net

2299 Huntington Dr.
San Marino, CA 91108

Comfort Keepers

Provides affordable, nonmedical assistance to the elderly in their homes. Comfort Keepers services are designed to help clients stay independent as long as possible. Comfort Keepers does meal preparation, light house keeping, runs errands, provides transportation to social events and appointments, helps with mail handling, as well as provides companionship.

(888) 916-5566

(800) 387-2415

www.comfortkeepers.com

1147 S. Fairoaks Ave., Suite B
Pasadena, CA 91105

FCA

Family Caregiver Alliance National Center on Caregiving

Community-based organization addressing the needs of families and friends providing long-term care at home.

(800) 445-8106

www.caregiver.org

INDEPENDENT LIVING**Action Health Care
Personnel Services Inc.**

Delivers focused quality services and care to clients and their needs.

(818) 907-6505

6300 Wilshire Blvd., Suite 1490
Los Angeles, CA 90004

**Heritage Clinic
The Center for Aging Resources**

Mental health services include in-home dementia-specific assistance consisting of adult day-care, transportation, caregiver support, and outreach services.

(626) 577-8480

(626) 577-8978 Fax

www.cfar1.org/heritageclinic.html

447 N. El Molino Ave.
Pasadena, CA 91101-8480

HomeCare 1

Specializing in one-on-one assistance programs and making the familiar lifestyle of seniors uninterrupted with the help of compassionate and experienced caregivers.

(626) 441-0035

(800) 372-1494

(626) 441-0025 Fax

www.homecare1.us

1510 Oxley St., Suite B
South Pasadena, CA 91030

**Home Care Providers &
Home Care Nurses**

A fully licensed, bonded and insured home care company providing custodial and skilled care to the San Gabriel Valley for 28 years. We offer transportation, certified aides, live in personnel, bath services, as well as LVN and RN care. Only a 2 Hour minimum!

(626) 574-7913

(626) 574-1981 Fax

www.homecareproviders.org

255 E Santa Clara St., Suite 100
Arcadia, CA 91006

Home Instead Senior Care

Whether you'd like a few hours a day or need 24 hour help, a Caregiver is available for you with staff on call to quickly accommodate your request for service.

(866) 996-1087
(626) 486-0800
(626) 486-0802 Fax
www.homeinstead.com

424 N. Lake Ave., Suite 302
Pasadena, CA 91101

Lifeline@Home A Home Health Agency

Provides exceptional home health care services in pursuit of patients' self reliance. Lifeline@Home will help preserve their dignity.

(626) 447-CARE (447-2273)
(626) 447-2270 Fax
email: Lifeline_Home@sbcglobal.net

30 E. Santa Clara St., Suite H
Arcadia, CA 91006

Homewatch Caregivers

Offers customized care plans and transportation.

(626) 227-7111
(877) 599-3330
www.homewatchcaregivers.com

1055 E. Colorado Blvd., 5th Floor
Pasadena, CA 91106

Link 2 Care

Listing of California's Caregiver Resource Centers and their websites, in addition to a wealth of information, support groups, and a personal journal of caregivers.

(800) 540-4442
(818) 847-9141
(818) 847-9149 Fax
www.losangelescrc.org

3120 N. Clybourn Ave.
Burbank, CA 91505

IHSS In-Home Supportive Services

Helps pay for services provided to eligible persons who are 65+, legally blind, or disabled adults, so they can remain safely in their own homes.

(888) 322-2204
(626) 569-2694
(626) 312-4870 Fax

3400 Aerojet Ave., 5th Floor
El Monte, CA 91731

INDEPENDENT LIVING

Locate Caregivers

Service offered by National Council on Aging to assist those looking for caregivers.

(626) 795-4331

(626) 577-4235 Fax

www.pasadenaseniorcenter.org

Pasadena Senior Center:

85 E. Holly St.

Pasadena, CA 91103

NAC

National Alliance for Caregiving

Provides support to family caregivers and the professionals who help them, and increases public awareness of issues facing family caregiving.

www.caregiving.org

New Life Styles

Get information on communities and links to valuable information. Online tours, informative articles, forums, discussion boards, digital guides, all state licensed senior communities, care agencies, and more.

(800) 869-9549

www.newlifestyles.com

NFCA

National Family Caregivers Association

Website provides general caregiving information and is involved in caregiving research.

(800) 896-3650

www.nfcacares.org

Orange Grove Home Care

Non-medical home care services for families, seniors, and disabled people. Orange Grove Home Care services are flexible and available on an hourly or daily basis.

(323) 259-2449

(866) 203-3612

www.orangegrovehomecare.com

PHHC

Pasadena Home Health Care

A multilingual home health agency dedicated to providing innovative, quality, and cost effective home health care services 24 hours a day.

(888) 540-1300

(626) 351-1300

(626) 351-1328 Fax

www.phhc.net

3821 E. Sierra Madre Blvd.

Pasadena, CA 91107

The Oaks of Pasadena

Independent senior living with private and spacious studios, one and two bedroom units. The units come standard with balconies or patios, daily housekeeping, and weekly cleaning, including linen service. Transportation is provided. Located just off the main street, yet hidden under hundreds of mature trees.

(626) 356-2600
(626) 356-2596 Fax
www.oaksofpasadena.com

2954 E. Del Mar Blvd.
Pasadena, CA 91107

Oasis In-Home Care

Dedicated to helping each client lead a dignified and independent lifestyle in the comfort of their own home.

(626) 798-5300
(626) 798-5308 Fax
www.oasisnurses.com

1126 W. Foothill Blvd., Suite 180
Upland, CA 91786

Right at Home

24-hour and live in care, errands, shopping, incidental transportation, meal preparation, light housekeeping/ laundry, personal care, bathing, and hygiene.

(626) 584-8130
(626) 584-8132 Fax
www.pasadena.righthome.net

Salus Homecare

Caregivers answer the ever-changing demands of elderly care, while enabling them to stay in the comfort of their own homes.

(888) 725-8742
www.salushomecare.com

SHS Seniors Helping Seniors, Inc.

Created to help the elderly maintain their independence. Seniors Helping Seniors will help you live in your own home without "Big Brother" interfering.

(626) 337-6606
www.seniorshelpingseniors.net

708 S. Serenade Ave.
West Covina, CA 91790

INDEPENDENT LIVING**VITAS
Innovative Hospice Care**

Provides a special form of care for people during the last months of life. When medical treatments cannot cure a disease, VITAS interdisciplinary team of hospice professionals can offer a great deal to control pain, reduce anxiety and provide medical, spiritual and emotional comfort to patients and their families.

(866) 418-4827
(626) 918-2273
www.vitas.com

1343 N. Grand Ave., Suite 100
Covina, CA 91724

**Visiting Angels
Living Assistance Services**

Non-medical homecare services allow people to maintain the independence of their daily routines amid familiar surroundings.

(800) 365-4189
(626) 799-0872
www.visitingangels.com

1492 W. Colorado Blvd., Suite B
Pasadena, CA 91105

LEGAL ASSISTANCE**Better Business Bureau**

Settles disputes between consumers and businesses and promotes communication and ethical business practices.

(909) 825-7280
(909) 825-6246 Fax
www.bbb.org

315 N. La Cadena Dr.
Colton, CA 92324-0814

**California Department of
Fair Employment & Housing**

Civil rights agency for the state of California. Will accept, investigate, and conciliate complaints in the areas of employment and housing discrimination. Complaints must be filed within one year of offense.

(800) 884-1684
(213) 439-6799
(916) 226-5285 (Video Phone)
(213) 439-6715 Fax
www.dfeh.ca.gov

1055 W. 7th St., Suite 1400
Los Angeles, CA 90017

California State Department of Corporations

Licenses and manages various types of businesses, such as securities brokers and lenders. Regulates the sales of securities (stocks) and franchises.

(866) 275-2677
(213) 576-7500
www.corp.ca.gov

320 W. 4th St., Suite 750
Los Angeles, CA 90013-2344

California State Office of the Attorney General

Carries out the duties of the Attorney General.

(800) 952-5225
(800) 735-2929 TTY
(916) 323-5341 Fax
<http://oag.ca.gov>

P.O. Box 944255
Sacramento, CA 94244

Direct Marketing Association, Inc.

Provides industry standards, cutting-edge research, education, and networking opportunities to improve results throughout the entire direct marketing process. Contact Direct Marketing Association to file a complaint.

(212) 768-7277
(212) 302-6714 Fax
www.the-dma.org

1120 Avenue of the Americas
New York, NY 10036-6700

EEOC Equal Employment Opportunities Commission

Offers consultation and advice concerning the numerous federal anti-discrimination laws. If your case meets certain criteria, they will help you or refer you to the proper agency.

Complaints must be filed within 300 days of the alleged incident of discrimination.

(800) 669-4000
(800) 669-6820
(213) 894-1118 Fax
www.eeoc.gov

LA District Office:
Royal Federal Building
255 E. Temple St., 4th Floor
Los Angeles, CA 90012

LEGAL ASSISTANCE

HRC

Housing Rights Center Working for Justice and Equality in Housing

Provides landlord/tenant counseling, predatory lending information and referrals, housing discrimination, complaints investigation, and educational outreach services.

(626) 791-0211
www.hrc-la.org

Jackie Robinson Center:
1020 N. Fair Oaks Ave.
Pasadena, CA 91103

Identity Theft Hotline Federal Trade Commission

Resources for victims of identity theft, legal rights, how to handle specific problems encountered on the way to clearing your name, and what to watch out for.

(877) ID-THEFT (438-4338)
(877) FTC-HELP (382-4357)
(866) 653-4261 TTY
www.ftc.gov/idtheft

Mailing Address:
Identity Theft Clearing House
Federal Trade Commission
600 Pennsylvania Ave. NW
Washington, DC 20580

NAELA

National Academy of Elder Law Attorneys

Provides a resource of information, education, networking and assistance to those who deal with the many specialized issues involved with legal services to the elderly and people with special needs.

www.naela.com

Mailing Address:
1577 Spring Hill Rd., Suite 220
Vienna, VA 22182

National Do Not Call Registry

Government-run organization that prevents telemarketers from calling houses.

(888) 382-1222
(866) 290-4236 TTY
www.donotcall.gov

National Fraud Information Center

Provides key information to prevent consumers from falling victim to telemarketing and Internet fraud, and allows consumers to file complaints to law enforcement.

(877) ID THEFT (438-4338)
www.fraud.org

P.O. Box 65868
Washington, DC 20036-3603

Report Fraud:
(877) 876-2455
<https://postalinspectors.uspis.gov>

Mail Fraud:
U.S. Postal Inspection Service Office
P.O. Box 2000
Pasadena, CA 91102-2000

Securities and Exchange Commission

Responsible for administering federal securities laws in the U.S.

(888) SEC-6585 (732-6585)
(800) SEC-0330 (732-0330)
www.sec.gov

5670 Wilshire Blvd., 11th Floor
Los Angeles, CA 90036-5679
(323) 965-3998

TransUnion

A reporting agency where you can review or report fraud to your credit report. TransUnion helps prevent identity theft and keep records of your credit. If fraud occurs, TransUnion will contact other agencies. (Equifax & Experian)

(800) 680-7289 Fraud
(800) 888-4213 Credit Report
www.tuc.com

Fraud Victims Assistance Division:
P.O. Box 6790
Fullerton, CA 92834-6790

NUTRITION

Bristol Farms

Local grocery store with online shopping and delivery.

(626) 441-5450
(626) 441-1438 Fax
www.bristolfarms.com

606 Fair Oaks Ave.
South Pasadena, CA 91030

NUTRITION

Eat Well Live Better

Website hosts a variety of nutrition and physical activity tools needed to live a healthy and active life.

www.eatwelllivebetter.org

Howie's Ranch Market

Grocery store which fulfills a variety of needs.

(626) 286-8871

6580 N. San Gabriel Blvd.
San Gabriel, CA 91775

Hows Markets

Full service quality supermarket, as well as an online shopping service.

(626) 535-9091

www.howsmarkets.com

3035 Huntington Dr.
Pasadena, CA 91107

Net Grocer

Nationwide online grocery shopping service offers foods, drug store items, pet care products, and cleaning supplies.

(888) 638-4762

www.netgrocer.com

Pavilions

An upscale grocer for which online delivery options are available.

(626) 799-2261

www.pavilions.com

1213 Fair Oaks Ave.
South Pasadena, CA 91030

Schwans

Online grocery shopping and delivery of entrees, ice cream, and frozen foods.

www.schwans.com

Vons

Delivers fresh produce, juices, and assorted items to local areas.

www.vons.com

(626) 441-3898

1129 Fair Oaks Ave.
South Pasadena, CA 91030

(626) 844-0096

2355 E. Colorado Ave.
Pasadena, CA 91106

PHARMACY

Berry & Sweeney Pharmacy

(626) 794-1124

1377 N. Fair Oaks Ave.
Pasadena, CA 91103

Buy Well Drugs of San Marino

(626) 442-1159

375 Huntington Dr.
San Marino, CA 91108

California Pharmacy

555 S. Lake Ave.
Pasadena, CA 91101

Exclusive Prescription & Wellness Pharmacy

65 N. Madison Ave.
Pasadena, CA 91101

Fair Oaks Pharmacy & Soda Fountain

(626) 799-1414
(626) 799-7609 Fax

1526 Mission St.
South Pasadena, CA 91030

Live Oak Pharmacy

(626) 447-9117

140 E. Live Oak Ave.
Arcadia, CA 91106

Michaels Pharmacy

(626) 793-7131

960 E. Green St., Suite 152
Pasadena, CA 91106

Pavilions

(626) 799-2261
1213 S. Fair Oaks Ave.
South Pasadena, CA 91030

(626) 449-3968
845 E. California Blvd.
Pasadena, CA 91106

Perveler's Pharmacy

(626) 286-1050

201 S. San Gabriel Blvd.
San Gabriel, CA 91776

PHARMACY**Rite Aid**

www.riteaid.com

(626) 441-3702
914 Fair Oaks Ave.
South Pasadena, CA 91030

(626) 300-8049
69 E. Main St.
Alhambra, CA 91801

(626) 796-5539
1038 E. Colorado Blvd.
Pasadena, CA 91101

Vons Pharmacy

www.vons.com

(626) 577-2594
115 W. California Blvd.
Pasadena, CA 91105

RECREATION**Arboretum and Botanical Gardens**

A variety of plants from all around the world.

(626) 821-3222
www.arboretum.org

301 N. Baldwin Ave.
Arcadia, CA 91007

Armory Center for the Arts

A community arts center that offers innovative approaches to creating, exploring, and presenting the visual arts in exhibits and performances.

(626) 792-5101
(626) 449-0139 Fax
www.armoryarts.org

145 N. Raymond Ave.
Pasadena, CA 91103

City of San Marino Community Services Department

Recreation Classes:

Offers a variety of quarterly classes such as Bridge, Line Dancing, Yoga, Tai Chi, Computers and more. Please check our Recreation Guide for more information on classes, dates, and times.

Day Excursions:

Seniors travel by luxury charter buses to visit Southern California's finest museums, theatres, restaurants, and tours.

*Join the Senior Mailing List!
Call the Recreation Department to sign up for programming, or to gain more information about upcoming programs and trips.*

(626) 403-2200
www.cityofsanmarino.org/recreation.htm

Location Address:
1560 Pasqualito Dr.
San Marino, CA 91108

Hours: Monday - Thursday, 8 am- 5 pm

Mailing Address:
2200 Huntington Dr.
San Marino, CA 91108

Crowell Public Library

We offer a wide variety of programs and special events. A few of the programs and events offered include guest speakers and authors, One Book/One City events and trips, Quality of Life talks, Movie Classics, Brain Aerobics, and more.

(626) 300-0777
www.crowellpubliclibrary.org

1890 Huntington Drive
San Marino, CA 91108

Hours: Monday-Thursday, 10 am- 9 pm
Saturday, 10 am - 5 pm
Sunday, 1 pm - 5 pm

Grand Times

Internet magazine for seniors.

www.grandtimes.com

Huntington Library Art Collections and Botanical Gardens

Rare books and manuscripts, magnificent 18th century English paintings, and 14,000 kinds of plants from around the world are showcased on spacious grounds amid grand architecture.

(626) 683-8131
www.huntington.org

1151 Oxford Rd.
San Marino, CA 91108

RECREATION

Movie Fone

Hotline for all new releases in the area with show times and locations.

(626) 444-FILM (444-3456)
www.moviefone.com

Norton Simon Museum

Paintings, sculptures, tapestries, and graphics from the early Renaissance through the 20th century are exhibited with special displays of Indian and Southeast Asian sculpture.

(626) 449-6840
www.nortonsimon.org

411 W. Colorado Blvd.
Pasadena, CA 91105

OLLI Osher Lifelong Learning Institute

Cal State L.A. offers an exciting array of classes and special events for persons age 50+ to remain vibrant in mind, body, and spirit. (Off campus classes available in Pasadena's and Arcadia's Senior Centers)

(323) 343-4695

California State University, Los Angeles
5151 State University Dr.
Los Angeles, CA 90032

Pacific Asia Museum

Founded in 1971, the museum is the only institute in Southern California dedicated to presenting the arts of Asia and the Pacific Islands. Collection houses rare Chinese Imperial-style buildings, including over 14,000 significant works of art.

(626) 449-2742
(626) 449-2754 Fax
www.pacificasiamuseum.org

46 N. Los Robles Ave.
Pasadena, CA 91101

Pasadena Civic Auditorium

3,000 seat auditorium plays host to numerous performances, including Broadway musicals, ballet, symphony orchestras, and the People's Choice Awards. Please call for ticket information.

(626) 449-7360
(626) 395-7132 Fax
www.thepasadenacivic.com

300 E. Green St.
Pasadena, CA 91101

Pasadena Museum of California Art

The museum is dedicated to the exhibition of California art, architecture and design from 1850 to present.

(626) 568-3665
www.pmcaonline.org

490 East Union St.
Pasadena, CA 91101

Pasadena Museum of History

The museum has a collection of artifacts of local history.

(626) 577-1660
(626) 577-1662 Fax
www.pasadenahistory.org

470 W. Walnut St.
Pasadena, CA 91103

Pasadena Playhouse

Leading L.A. theatre offers a variety of wonderful entertainment. Please refer to website or call.

(626) 356-PLAY (356-7529)
www.pasadenaplayhouse.org

39 S. El Molino Ave.
Pasadena, CA 91101

Pasadena Rose Bowl

Historic 90,000 seat football stadium, the Rose Bowl is home to the UCLA Bruins football team, as well as the famed Rose Bowl game on New Year's Day. The Rose Bowl also includes a golf course, aquatics facility, tennis courts, baseball fields, and cycling paths. Call for event information.

(626) 577-3101
www.rosebowlstadium.com

1001 Rose Bowl Dr.
Pasadena, CA 91103

San Marino Celebrity Series

Presents a variety of topics, events, and speakers.

(626) 793-1333
(626) 441-1465

San Marino Tennis Foundation

Non-profit corporation to promote tennis as a recreational activity in San Marino. The Foundation oversees the operation and maintenance of the tennis courts at Lacy Park. Membership is open to all residents of San Marino, and non-members, where a usage is issued.

(626) 793-1622
www.smnet.org/comm_group/SMTennis/

1196 St. Albans Rd.
San Marino, CA 91108

RECREATION

Scripps Senior Academy

An exciting speaker series acknowledging the value of life-long learning. Program is open to seniors free of charge. Please make reservations.

(626) 798-0934

2212 N. El Molino Ave.
Altadena, CA 91001-3036

Senior Net

Computer and internet education for seniors and older adults.

www.seniornet.org

www.agameaday.com

Tackle a new brain-bender everyday of the week with this huge collection of challenging puzzles for adults.

www.pagat.com

Rules and information about card and tile games from all parts of the world, including links to websites where you can play online.

www.trivialpursuit.com

Play Trivial Pursuit online.

SENIOR CENTERS

Arcadia Senior Citizen Services Community Center

Promotes healthy life styles for individuals 50+ by providing a wide range of programs and services that reflect the interests and needs of patrons.

(626) 574-5130

(626) 447-5854 Fax

www.ci.arcadia.ca.us/home/index.asp?page=1164

365 Campus Dr.

P.O. Box 60021

Arcadia, CA 91066-6021

Foothill Unity Center, Inc.

Provides vital support services with love and dignity.

(626) 584-7420

(626) 584-7422 Fax

www.foothillunitycenter.org

191 N. Oaks Ave.

Pasadena, CA 91107

Hours: Monday-Friday, 9 am - 5 pm

Pasadena Senior Center

Provides recreational, educational, and wellness activities for seniors 50 and older.

(626) 795-4331

(626) 577-4235 Fax

www.pasadenaseniorcenter.org

85 E. Holly St.
Pasadena, CA 91104

Senior Center

Website provides information on travel bargains, free books, and health news for senior citizens.

www.senior-center.com

SENIOR SERVICES

AARP

American Association of Retired Persons

(888) OUR-AARP (687-2277)

(877) 434-7598 TTY

www.aarp.org

200 S. Los Robles Ave., Suite 400

Pasadena, CA 91101

(866) 448-3615

(626) 583-8500 Fax

Call 2-1-1 Help Starts Here

One call links you to HELP in your community. Free and confidential community resources 24/7.

2-1-1

(800) 339-6993

www.MCRCworks.org

Department of Community and Senior Services

Senior citizen information and assistance.

(213) 738-2600

css.lacounty.gov

3175 W. 6th St.

Los Angeles, CA 90020

Department of Veterans Affairs

Provides excellence in patient care, veterans' benefits, and customer satisfaction.

www.va.gov

SENIOR SERVICES

Elderlink

A free senior referral service, licensed by California Department of Public Health and certified by the Department of Social Services.

(800) 613-5772 (24hr service)
www.elderlink.org

FCA Family Caregiver Alliance National Center on Caregiving

Organization addresses the needs of families and friends providing long-term care at home.

(800) 445-8106
www.caregiver.org

Mailing Address:
180 Montgomery St., Suite 1100
San Francisco, CA 94104

Senior Resources

Provides a comprehensive source of information and services for seniors and their caregivers.

www.seniorresource.com

Mailing Address:
4521 Campus Dr., Suite 131
Irvine, CA 92612

TRANSPORTATION

Access Services

Private nonprofit organization provides curb-to-curb transportation for disabled people in Los Angeles County, including San Gabriel Valley. To take advantage of this transportation, you must submit an application and appear for an interview. Do not mail application. Call for an appointment.

(800) 827-0829 Customer Service
(800) 827-1359 TDD
www.asila.org

P.O. Box 5728
El Monte, CA 91734

Amtrak

Intercity and country travel. Call or check website.

(800) USA-RAIL (872-7245)
(800) 523-6590 TTY / TDD
www.amtrak.com

ARTS

Pasadena Arts Area Rapid Transit System

Rapid transit that travels throughout Pasadena. For ARTS schedules, fares, and route information please visit website or call.

(626) 398-8973
www.cityofpasadena.net/transportation/arts-fare/

221 E. Walnut St., Suite 199
Pasadena, CA 91101

Dial-A-Ride Transportation

Transportation services for seniors.

(626) 744-4094
www.cityofpasadena.net/transportation/dial_a_ride/

221 E. Walnut St., Suite 199
Pasadena, CA 91101

E Z Ride Shuttle

Local and suburban transit.

(626) 625-2000

9732 E. Camino Real Ave.
Arcadia, CA 91007

Foothill Transit

Helps you make it to your stop today and to a bright future tomorrow. Servicing a large portion of Los Angeles County. For schedules, fares, and route information please visit website or call.

(800) RIDE-INFO (743-3463)
(626) 931-7210 (Customer Comments)
(626) 931-7210 TDD / TTY
www.foothilltransit.org

Greyhound Bus Line

Nationwide transportation, call or check website for fares and schedules.

(800) 752-4841 (Assistance for Disabled)
(800) 231- 2222 (Fairs & Schedules)
(800) 345-3109 TDD / TTY
www.greyhound.com

Los Angeles Yellow CAB Co.

Full range taxi service. Passenger cab ride to your destination.

(877) 733-3305
www.layellowcab.com

TRANSPORTATION

Mature Driving Course

AARP online driving course.

(800) 350-7025
aarpdriversafety.org

Metro Gold Line

Train travel from Pasadena to Union Station. For schedules, fares, and route information please visit website.

(323) 466-3876
www.metro.net

PasRide

Provides transportation options for seniors 65 or older. Participants provide a volunteer driver who will be reimbursed on a monthly basis for mileage.

(626) 792-2292
www.va.gov

San Gabriel Valley Cab

Authorized taxicab company.

(626) 445-9500

Yellow Cab of San Gabriel Valley

Drivers will drive you to your destination quickly and safely.

(800) 560-1232
www.taxiyellowcabsgv.com

TRAVEL

Elder Treks

Adventure tours for travelers over age 50, includes walking, boating, biking, and hiking.

(800) 741-7956 North America
www.eldertreks.com

Grand Travel

Developed by a team of teachers, psychologists, and leisure counselors, Grand Travel is dedicated to helping grandparents create lasting memories for themselves and their grandchildren.

(800) 247-7651

National Park Services

Website dedicated to all national parks within the U.S.

www.nps.gov

Roadscholar

An affordable educational experience for seniors willing to travel to sites in the U.S., Canada, and 80 other countries.

(800) 454-5768
www.roadscholar.org

UTILITIES

CABLE

Time Warner Cable

(888) 892-2253
www.timewarnercable.com

In-Person Bill Pay:
16 S. Fremont St.
Alhambra, CA 91801

ELECTRICAL

Southern California Edison

(800) 655-4555
(800) 352-8580 TDD
www.sce.com

Mailing Address:
P.O. Box 800
Rosemead, CA 91770

GAS

Southern California Gas Company

(800) 427-2200
www.socalgas.com

In-Person Bill Pay:
1214 E. Green Street
Pasadena, CA 91106
Hours: Monday - Friday 9 am - 5 pm

Mailing Address:
P.O. Box C
Monterey Park, CA 91756

WATER

California American Water Company

(888) 237-1333 Customer Service
www.amwater.com

(626) 614-2505
8657 Grand Ave.
Rosemead, CA 91770

Sunnyslope Water Company

(626) 287-5238
(626) 795-7061 Fax
www.sunnyslopewatercompany.com

1040 El Campo Drive
Pasadena, CA 91107

Hours: Monday - Friday 8 am - 5 pm

VETERANS**California State Department of Veterans Affairs**

Reference directory for the veteran community.

(800) 952-5626
 (800) 324-5966 TDD
www.cdva.ca.gov

Disabled American Veterans

Medical, educational, and welfare assistance to disabled American veterans, as well as rehabilitation assistance and grants for these individuals.

National Info Line and Websites
 (877) 426-2838
www.dav.org
www.davmembersportal.org

California Department of DAV
 13733 E. Rosecrans Ave.
 Santa Fe Springs, CA 90670
 (562) 404-1266
 (562) 404-8044 Fax

Local DAV Chapter
Meetings held 2nd Wednesday of each month at 7 pm. Membership is required.
 24 N. Stoneman Ave.
 Alhambra, CA 91801

VOLUNTEER**Assistance League Pasadena**

Provides older adults a way to offer their services, such as preparing bulk mailings for community groups, sewing personal care bags for Operation School Bell project, and building children's toys, furniture, and equipment for nonprofit groups. The center provides a very important need of retired citizens...a need to be productive.

(626) 449-2068
www.pasadena.assistanceleague.org

820 E. California Blvd.
 Pasadena, CA 91106

SCSEP

Website for Senior Community Service Employment Program.

(877) US2-JOBS (872-5627)
www.doleta.gov/seniors

www.networkforgood.com

Website for more than 80,000 volunteer opportunities, from animal care, to the arts, to disaster preparedness, all across the country and around the world.

(888) 284-7978

www.volunteermatch.com

Post or find a volunteer opportunity in your community or nationwide.

NOTES:

A large, empty rectangular area with a light gray background, intended for taking notes.



Recreation Division

Hours: Monday - Thursday, 8 am - 5 pm

Office: (626) 403-2200 / Fax: (626) 403-2212

Location Address:

**1560 Pasqualito Drive
San Marino, CA 91108**

Mailing Address:

**2200 Huntington Drive
San Marino, CA 91108**

<http://www.cityofsanmarino.org/recreation.htm>