



City of South Pasadena Older Adult Resource Guide

This brochure is intended to provide resources for older adults in South Pasadena and surrounding areas.

This brochure includes numbers for:

- City of South Pasadena Departments
- Employment Resources
- Financial & Legal Resources
- Food, Nutrition & Lunch Assistance
- Health Care Resources
- Home Care Resources
- Hotlines
- Housing Resources
- Mental Health Resources
- Pet Assistance
- Transportation
- Utility Resources
- Veteran Resources
- And more!

For additional information or to become a Senior Center Member, please contact the Senior Center at (626) 403-7360 or seniorcenter@southpasadenaca.gov.

This brochure will be periodically updated by the Senior Services Division. Resources throughout this brochure are not endorsed or vetted by the City of South Pasadena.

MISCELLANEOUS

AARP	(888) 687-2277
CA Department of Aging	(800) 510-2020
California Connect	(800) 806-1191
ClearCaptions	(866) 246-7850
Forest Lawn Memorial	(888) 204-3131
Gentle Transitions	(800) 619-3049
Jewish Family Service LA	(877) 275-4537

PETS

Pasadena Humane Society & SPCA	(626) 792-7151
PAWS/LA	(213) 741-1950
Pet Porter Pals	(626) 399-5421

TRANSPORTATION

ACCESS Program	(800) 827-0829
Foothill Transit	(800) 743-3463
METRO	(323) 466-3876
South Pasadena Dial-A-Ride	(626) 403-7368
Tap Program	(866) 827-8646

UTILITIES

Edison Low-Income Discount Program	(800) 684-8123
Energy Bill Assistance & Weatherization Program	(323) 721-4162
Home Energy Assistance Program (HEAP)	(866) 675-6623

VETERANS

LA County Department of MVA	(877) 452-8387
Veteran Affairs - MyVA411	(800) 698-2411
Veteran Peer Access Network (VPAN)	(800) 854-7771
Veterans Crisis Line	.988

SOUTH PASADENA SENIOR CENTER

The South Pasadena Senior Center is a community focal point that opened in 1982, as a "one stop shopping center" for services and activities. The Senior Center's mission is to offer a place in which older adults and persons with disabilities can meet with one another to fulfill their social, physical, emotional and intellectual needs. Senior Center programs and activities are designed to enhance and support older adult independence and encourage involvement in and with the community.

Older adults are encouraged to become a Senior Center Member for access to the newsletter, use of the computer lab and Wi-Fi, early registration for activities, special events, and free programming such as classes, activities, and lectures.

Senior Center programming includes:

- Monthly health screenings & counseling
- Technology assistance with volunteers
- Lectures and educational opportunities
- Excursion opportunities
- Leisure classes
- Senior cinema programs
- Monthly special events
- FREE on-going classes and groups such as language classes, social groups, book discussions, and more!



City of
SOUTH PASADENA

OLDER ADULT RESOURCES

Resources and services for older adults and those who care for them.

Contact us
(626) 403-7360

www.southpasadenaca.gov/seniorservices
Email: seniorcenter@southpasadenaca.gov
f @southpasadenarec



CITY OF SOUTH PASADENA

- City Hall(626) 403-7200
- Dial-A-Ride(626) 403-7368
- Fire Department (Non-Emergency)(626) 403-7300
- Police Department (Non-Emergency)(626) 403-7270
- Public Library(626) 403-7330
- Public Works(626) 403-7370
- Senior Center(626) 403-7360

DISABILITY ASSISTANCE

- Disability Community Resource Center(310) 390-3611
- Disability Information & Access Line (DIAL)(888) 677-1199
- Disability Rights California(800) 776-5746
- Eastern LA Regional Center(626) 299-4700

EMPLOYMENT

- Foothill Workforce Investment Board(626) 796-5627
- National Association for Hispanic Elderly(626) 564-1988
- PCC Career Center(626) 585-3377
- Thematic Learning Organization (TLO)(626) 616-7790

FINANCIAL & LEGAL

- Bet-Tzedek(323) 939-0506

FOOD ASSISTANCE, NUTRITION & LUNCHES

- DPSS - CalFresh(626) 569-1399
- Friends in Deed(626) 797-6072
- Foothill Unity Center(626) 584-7420
- LA County Health & Nutrition Hotline(877) 597-4777
- YWCA San Gabriel Valley(626) 960-2995

HEALTH CARE

- AGA Medicare Options(888) 552-2412
- American Diabetes Association(800) 342-2383
- Arthritis Foundation(323) 238-6048
- Braille Institute(323) 663-1111

HEALTH CARE CONTINUED...

- Cancer Support Community(626) 796-1083
- City of Hope South Pasadena(877) 998-7546
- Convalescent Aid Society(626) 793-1696
- HEAR Center(626) 734-6555
- Huntington Hospital(626) 397-5000
- LA Care Community Resource Center(877) 287-6290
- LAC + USC Medical Center(323) 409-1000
- Stroke Association(213) 291-7000

HOME CARE

- 1Heart Caregiver Services(626) 563-7505
- Always Best Care(626) 778-1441
- Benchmark Home Care Services(626) 294-9450
- CA Association for Health Services at Home(916) 641-5795
- Home Instead Senior Care(626) 486-0800
- In-Home Supportive Services (IHSS)(888) 944-4477
- New Wave(626) 466-9470
- Pegasus Personal Care Services(818) 551-1932
- WelbeHealth(888) 530-4415

HOTLINES

- 211 LA211
- Adult Protective Services (APS)(877) 477-3646
- Alzheimer's Greater LA Helpline(844) 435-7259
- Americans with Disabilities Act (ADA)(844) 586-5550
- Huntington Senior Care Network(626) 397-3110
- Information & Assistance Referral Line(800) 510-2020
- Long Term Care Ombudsman(800) 334-9473
- Medicare General Information(800) 633-4227
- Social Security Office(800) 772-1213
- Substance Abuse Service Helpline(844) 804-7500

HOUSING

- About Senior Solutions(626) 359-0108
- ALA Home Sharing(323)650-7988

HOUSING CONTINUED...

- Care Patrol(909) 614-5176
- Del Mar Park(626) 577-0215
- FountainGlen at Pasadena(855) 300-2005
- Golden Oaks Apartment(626) 799-4164
- Habitat for Humanity(713) 534-6061
- Housing Rights Center (HRC)(800) 477-5977
- Housing Rights Center (HRC) info@housingrightscenter.org
- Housing.CA.Gov(833) 430-2122
- LA County Housing Resources(877) 428-8844
- MonteCedro(877) 369-6650
- Montevista Garden(626) 568-2793
- Oaks of Pasadena(626) 356-2600
- Pasadena Highlands(626) 791-1981
- Pasadena Village(626) 765-6037
- Prospect Manor(626) 799-1141
- Regency Park Astoria(626) 796-4303
- Regency Park Oak Knoll(818) 659-5325
- Safe Path for Seniors(626) 999-6913
- Silverado Senior Living - Sierra Vista(626) 812-9777
- Silverado Senior Living - The Huntington(626) 308-9777
- South Pasadena Care Center(818) 442-7165
- South Pasadena Tenants Union southpastenantsunion@gmail.com
- The Kensington Sierra Madre(626) 225-3372
- The Terraces at Park Marino(626) 798-6753
- Villa Gardens(626) 463-5300
- Villa Raymond(626) 529-5041
- Visiting Angels(818) 549-1400

MENTAL HEALTH

- CalHOPE(833) 317-4673
- Foothill Family Services(626) 993-3000
- GENESIS(213) 351-7284
- HICAP(800) 824-0780
- Homeless Outreach Psychiatric Evaluation(626) 744-7054
- LA County Department of Mental Health(800) 854-7771
- Pacific Clinics(877) 722-2737