Dear Friend,

Aging often comes with lifestyle adjustments for you and your family. The programs listed in this brochure are specifically designed to benefit seniors in the 46th Assembly District.

This information will empower you to make informed decisions regarding services you may require. It will help you deal with often complicated bureaucracy that is difficult to navigate.

If there is any way that I can further assist you in dealing with government agencies, please don’t hesitate to contact me. It is a pleasure to serve you.

Sincerely,

ADRIN NAZARIAN
Assemblymember, 46th District

ASSEMBLY OFFICE HELP FOR SENIORS

CONSTITUENT SERVICES
My staff can assist you with state-related matters, such as:

- Department of Motor Vehicles
- Foreclosure Prevention Programs
- Consumer Complaints
- Veterans’ Benefits
- Unemployment and Disability Insurance
- State Taxes
- Professional Conduct or Licensing Complaints
- Medi-Cal and Covered California

STATE INFORMATION
My office can provide you information on:

- Consumer Protection
- The State Budget
- State Agency Phone Numbers
- Reports Issued by the Legislature and State Agencies
- State Capitol Tours
- Government Forms and Publications

LEGISLATIVE SERVICES
Contact my office if you want to:

- Express an Opinion
- Propose a New Law
- Ask for Copies, Summaries, and Information on Bills
- Get Involved in the Legislative Process
- Find Information on How a Bill Becomes a Law
- Be Notified of Legislative Hearings
- Report Agency Misconduct

DISTRICT OFFICE:
6150 Van Nuys Blvd, Suite 300
Van Nuys, CA 91401
(818) 376-4246

CAPITOL OFFICE:
State Capitol
P.O. Box 942849
Sacramento, CA 94249-0046
(916) 319-2046

WEBSITE:
www.asmdc.org/nazarian

ASSEMBLY WEBSITE:
www.asm.ca.gov
ADULT DAY CARE
California Association for Adult Day Services (916) 552-7400

ALZHEIMER’S SERVICES
Alzheimer's Association of Los Angeles …… (213) 938-3379
Alzheimer’s Association California Southland Chapter …… (323) 309-8821

CONSUMER INFORMATION
City of Los Angeles Department of Aging … (213) 482-7252
Los Angeles Consumer Affairs …… (818) 901-3829
AARP …… (626) 585-2637 ext 22637
California State Retirees …… (916) 326-4292

CRISIS SUPPORT SERVICES
Jewish Family Services Crisis Line …… (818) 505-0900
San Fernando Valley Community Mental Health Center …… (818) 374-6901
Didi Hirsch Mental Health
Suicide Prevention Center …… (877) 727-4747
Suicide Prevention Center …… (310) 391-1253

DENTAL
Mid Valley Comprehensive Health Center …… (818) 627-3000
Valley Community Healthcare - North Hollywood Community …… (818) 763-8836
Valley Community Healthcare - North Hills Community …… (818) 763-8836
Mid Mission Community Network, Inc - Sepulveda …… (818) 895-3100

DISABLED SERVICES
Independent Living Center …… (818) 785-4934
DCRC …… (503) 390-3016
City of Los Angeles: Department of Aging …… (213) 482-7252

VOCATIONAL/EMPLOYMENT OPPORTUNITIES
Jewish Vocational Services of Los Angeles …… (323) 761-8888
Independent Living Center of Southern California, Inc …… (818) 785-6934
Employment Development Department (EDD) (800) 300-5616

ELDER ABUSE
Los Angeles County Adult Protective Services … (213) 351-5401
LA County Elder Abuse Hotline …… (877) 477-3646
Health Facilities Inspection Division …… (800) 228-1019

FINANCIAL ASSISTANCE
U.S. Social Security Administration …… (800) 772-1213

FOOD & NUTRITION
Meals on Wheels …… (310) 208-3439
Eldeblur Nutrition Program
Home Delivered Meals …… (800) 310-2020
Los Angeles Regional Food Bank …… (323) 234-3030
SOVA Community Food & Resource Program …… (818) 988-7882

HOUSING ASSISTANCE
LA Family Housing - Homeless Services …… (818) 255-2703
Housing Authority of the City of Los Angeles …… (818) 756-1194

IN-HOME SERVICES
LA County In-Home Supportive Services …… (888) 944-4477
CA Supportive Services Program …… (800) 310-2020

LEGAL SERVICES
California Senior Legal Hotline …… (800) 222-1753
Bet Tzedek Legal Services …… (323) 393-0506
Legal Aid Foundation of Los Angeles …… (800) 399-4529
Legal Aid Society of Southern California …… (818) 291-7760
Neighborhood Legal Services of Los Angeles County …… (800) 433-6251

LIBRARIES
Van Nuys Branch Library …… (818) 756-8453
Sherman Oaks Library …… (818) 205-9776
Panorama City Branch Library …… (818) 894-4071
Valley Plaza Branch Library …… (818) 765-9251
Mid-Valley Regional Branch Library …… (818) 895-3650
North Hollywood Sherman Oaks Regional Branch Library …… (818) 766-7185

MENTAL HEALTH CARE
San Fernando Valley Community Mental Health Center …… (818) 374-6901
National Alliance for the Mentally Ill
San Fernando Valley …… (818) 994-6747

Mental Health Care
San Fernando Valley Community Mental Health Center …… (818) 374-6901
National Alliance for the Mentally Ill
San Fernando Valley …… (818) 994-6747

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NURSING HOME ASSISTANCE
California Advocates for Nursing Home Reform …… (800) 474-1116

PUBLIC SENIOR CENTERS
Bernardi Multi-Purpose Senior Center …… (818) 761-1010
Sherman Oaks East Valley Adult Center …… (818) 388-9374
Mid-Valley Senior Citizen Center …… (818) 872-0892

SOCIAL SECURITY
US Social Security Administration …… (800) 772-1213

SHELTERS
LA Family Housing …… (818) 982-4091

SUBSTANCE ABUSE
LA County Substance Abuse Helpline …… (844) 804-7500

TAX ASSISTANCE
Internal Revenue Service: Los Angeles …… (213) 877-3009
California Franchise Tax Board …… (800) 338-0505
Vita Clinic at CSUN …… (818) 677-4519

TRANSPORTATION & DMV
LA County’s New Freedom Transportation Services …… (888) 863-7411
Citywide by LA DOT …… (818) 808-7433
Senior Ombudsman: Dept. Motor Vehicles …… (310) 615-3552

UTILITIES ASSISTANCE
CSoCalGas, Van Nuys Branch …… (877) 238-0092
Housing Authority of the City of Los Angeles …… (818) 756-1194

WASTE, RECYCLING & WATER
Los Angeles Trash Pick-Up and Drop-Off Services …… (800) 773-2489
Los Angeles Department of Water and Power …… (800) 342-5397

VOLUNTEERS
California Hospital Medical Center Foundation …… (213) 742-5707
Volunteer League …… (818) 785-4134
Volunteers of America: Los Angeles …… (213) 389-1500

DEPARTMENT OF SOCIAL SERVICES
Medicare …… (1) 800-363-4227
Deaf Resources …… (323) 892-2225 (videophone)

LAPD
LAPD Nonemergency Line …… (877) 275-5273