

**Resources for people, age 50+
Career Training, Job Placement, Income Supports,
Financial Management, and Supportive Service Needs.**

YWCA San Gabriel Valley in conjunction with **Women at Work**, announces the launch of *Healthy Life Employment & Economic Supports Program*. This program generously funded by **AARP Foundation**, will help unemployed or underemployed people age 50 and over who are searching for work and dealing with the impact of long-term unemployment.

The *Healthy Life Employment & Economic Supports Program* will consist of helping families access financial support and employment. Employment assistance includes job matching, technology training, resume building, and other job preparation skills to help hundreds of older workers move back into the workforce.

The grant was awarded in response to a request from the AARP Foundation. AARP Foundation is working to win back opportunity for struggling Americans 50+ by being a force for change on the most serious issues they face today: housing, hunger, income and isolation. By coordinating responses to these issues on all four fronts at once, and supporting them with vigorous legal advocacy, the Foundation serves the unique needs of those 50+ while working with local organizations nationwide to reach more people and make resources go further. AARP Foundation is a charitable affiliate of AARP. Learn more at www.aarpfoundation.org

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I. Employment/Job Training

Healthy Life Employment & Economic Supports Program – for people age 50 and over

What Services Are Offered

Women at Work and the YWCA SGV are offering a number of valuable resources to help with employment opportunities for people age 50 and over.

Job Club

Job seekers join Job Club to meet with Women At Work Job Developer, Perla Bernal. The group shares ideas, information and challenges from people that are in the same situation. Each attendee receives a list of job openings submitted from employers. Guest speakers from local businesses and HR departments often attend to offer friendly advice and tips.

Through the **Healthy Life Employment & Economic Supports Program**, the Women at Work Career Resource Room is available to you Monday-Thursday 9:30 am to 4:30 pm. You have unlimited use of the computers for job search resources. You can make copies, fax and print. No appointment necessary. Women at Work is located at 3871 East Colorado Blvd., Pasadena, CA.

Do you have a resume that you need help with? Through the **Healthy Life Employment & Economic Supports Program** we can connect you with Women At Work professional career center to make recommendations on your resume. Computer classes and workshops are offered every week.

■ **Classes**

- Word 1, 2, 3 – Beginning Word skills, formatting reports, creating a resume and working with tables, graphics, autotext, and mail merge.
- Excel 1, 2, 3, 4 – Creating a worksheet, formulas, functions, formatting and queries and analyzing, charting and working with large worksheets.
- Powerpoint – Captivating multi-media presentations for meetings, lectures, or the web.
- Access – Creating and using a basic database
- Social Media – LinkedIn, Facebook, Twitter

■ **Workshops**

- 45+ and Seeking Work
 - Learn to overcome your concerns about your age and be confident as you are looking for that right job.
- Job Searching on the Internet
 - Learn how to find jobs online
 - Get tips on how to search effectively
- Networking Mixer
 - Learn and practice successful interviewing techniques

■ **See Women at Work Newsletter for many other Classes and Workshops**

How To Apply:

Contact Stella Zarate YWCA SGV at 626-214-9471 or email: stellazarate@ywcasgv.org

I. Employment/Job Training

Job Interview Checklist

HOW YOU PREPARED:

- Have Resume ready to take with you
- Gather information about the company
- Rehearse the interview

HOW YOU LOOK:

- Clothing clean and well-pressed
- Clothing appropriate for applying for job
- Well groomed and hair clean, trimmed, and combed
- Shoes clean and polished

HOW YOU WILL ACT:

- Greet interviewer by name and with a smile.
- State your name proudly
- Shake interviewer's hand firmly
- Sit only when asked to do so
- Help the interviewer feel comfortable
- Look the interviewer in the eye
- Listen carefully to what the interviewer has to say
- Take time to think questions through before answering
- Place purse on the floor beside your chair
- Emphasize what you could do for the firm
- Speak well of previous employers and co-workers
- Do not argue with the interviewer
- Show desire to work
- Be open to new ideas
- Be courteous and tactful
- Be enthusiastic about work and life in general
- Ask questions about the job and the company
- Be prepared to tell employer how you would benefit his/her company
- Do not smoke, chew gum, or eat candy
- Stick to the point and answer the questions briefly and completely
- Be on time for the interview

AFTER THE INTERVIEW:

- Thank the interviewer
- Use the "call-back" closing
- Thank the receptionist for being helpful
- Send Thank You note
- Follow-up
- Evaluate

I. Employment/Job Training

AARP - A membership organization leading positive social change and delivering value to people age 50 and over through information, advocacy and service.

Website: www.aarp.com

How To Ace The Interview:

Interviews are stressful at any age, but much more so if you are bogged down by fears of age bias. The secret of having a good interview is in selling your strengths—and that means being positive and parking your baggage at the door.

If you take time to research the employer, to anticipate questions, and to prepare your talking points, you're well on your way to success.

What to Expect

- De-stress yourself before the interview. Use relaxation techniques, such as exercise, deep breathing, visualization, or whatever works for you (excluding a stiff drink!).
- Employers want to know you're a good fit. Be prepared to answer this question: How will hiring you add to the success of our organization?
- If you can, find out who will be interviewing you and whether it's an individual or a group interview. Know that there's a good chance the interviewer will be younger than you.
- You may be asked how you would respond to specific situations (often referred to as behavioral interviewing). For example: "Tell me about a time when you were faced with making a difficult decision." Cite examples from recent jobs.

What to Say and What Not to Say

- Focus on skills and achievements rather than on your many years of experience. Talk only about your accomplishments that relate to this particular job.
- Respond to questions directly, but limit your answers to what was asked. Ask for clarification if you don't understand a question.
- Learn and use the current language and terminology in the field. Industry jargon may have changed since you last interviewed for a job.
- Never say anything negative about former employers or coworkers.

Anticipate Age-Related Questions

- "Aren't you overqualified?" Explain why you're interested in this job and this employer at this time in your career. Focus on what you bring to the job.
- "Will you be comfortable working for someone younger?" Stress your ability to work with people of all ages, with examples from your recent work history.
- "You haven't worked for a long time. Why is that?" Be matter-of-fact in explaining employment gaps. Emphasize skills gained through volunteering, raising a family, or caregiving.

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10 Tough Interview Questions

To do your best at an interview, anticipate the questions you may be asked, then practice what you're going to say. Practice in front of a mirror or with family and friends. You'll be more relaxed, confident, and more likely to be hired.

These 10 questions are examples of some you might be asked. Not all of them are overtly age-related. But each one gives you an opportunity to present yourself as a skilled, energetic worker who brings high value to an employer.

- 1. Tell me about yourself.** Make your answer short and sweet. Stick to experiences and goals that relate to the specific job for which you're applying. Resist the impulse to stress your years of experience. It's more important to talk about your skills and achievements that show you can deliver. Emphasize your flexibility and positive attitude.
- 2. Why are you looking for a job?** Keep it brief. A straightforward answer is best. For example, "My organization was forced to downsize." Avoid negative statements about yourself, your work, or your ability to get along with others. Never criticize former employers or coworkers.
- 3. You haven't worked for a long time. Why not?** You may have gaps in employment for many reasons. Be honest. Speak confidently about your experiences during the gaps. Some could transfer to on-the-job skills. For instance, if you were a caregiver, you managed complex financial issues. As a volunteer, you might have worked with diverse groups and on flexible schedules.
- 4. What are you looking for?** It takes a lot of thinking to be ready for this question. Don't speak in generalities. Be prepared to name the type of position you think would be appropriate for you and how your skills would translate to a new employer.
- 5. Aren't you overqualified for this position?** Even though "overqualified" can be shorthand for "old" or "expensive," it's important to stay positive. Express your enthusiasm for the job and pride in your qualifications. Explain what makes you interested in this position at this point in your career—such as wanting to apply your skills to a new field or to achieve more flexibility and work-life balance.
- 6. We have state-of-the-art technology.** Would you be able to jump right in? Show you are adaptable and tech-savvy. Give examples of projects you've done which required computer skills and familiarity with electronic media. Emphasize training you've taken to keep your skills up to date.

I. Employment/Job Training

AARP - A membership organization leading positive social change and delivering value to people age 50 and over through information, advocacy and service.

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Interview Questions Continued...

7. **We don't have many employees who are your age.** Would that bother you? Explain that you believe your age would be an asset, you are eager to learn, and it doesn't matter who helps you. Describe recent experiences, whether at work or in other situations, where age diversity has been an asset. Federal law bars employers from considering age in employment decisions. Though it's not illegal to be asked your age, the question could be a red flag about the employer's commitment to age diversity. Know your rights under the Age Discrimination in Employment Act.

8. **What's your biggest weakness?** This is a reverse invitation to toot your own horn. Do it with an answer that puts you in a good light. For example, "I'm too detail-oriented, but I work hard to control that." Keep it simple—and smile.

9. **What are your salary requirements?** Try to postpone this question until a job offer has been made. Prepare by knowing the going rate in your area (sites like Salary.com can help). If you don't know the range and the interviewer persists, reply, "What salary range are you working with?" The interviewer may very well tell you.

10. **Do you have any questions?** Show your interest and initiative by asking specific questions about the organization and what you can expect in the job. Use your questions to demonstrate how your skills can contribute to the organization. Answering "no" to this question says you're not really interested in the job.

II. Income Supports and Benefit Programs

Healthy Way LA - Health Care for people under 65

What Services are offered

Healthy Way LA is a no cost health program that provides health care coverage to low-income uninsured adult citizens and legal residents.

Health benefits at no cost to you include:

- Medical care
- Many clinics or health centers to choose your medical home
- ID Card to let people know you are a member of Healthy Way LA
- Health education services to help you live healthy and prevent disease
- Toll free member information line 24 hours a day, 7 days a week, even on holidays
- Preventive and primary care services within 30 working days, as well as care management services, hospital care, emergency room visits, and mental health services

Eligibility Requirements

You may be eligible for Healthy Way LA if:

- You are a Los Angeles County resident.
- You are between 19 and 64 years of age.
- You have no health coverage.
- You have been a legal resident for at least 5 years or you are a United States citizen.
- You meet monthly income limits.

Household #	Monthly Income Limit
1	\$1,207
2	\$1,631
3	\$2,054
4	\$2,478
5	\$2,901
6	\$3,324
7	\$3,748
8	\$4,171
9	\$4,595
10	\$5,019

II. Income Supports and Benefit Programs

Healthy Way LA - Health Care for people under 65

How to Apply

To enroll in Healthy Way LA, take the following original documents to participating centers listed on page (48). Or call Customer Service - 1-877-333-4952

1) U.S. Birth Certificate or Military Service Form that shows place of birth

- **And** –

2) Driver's License, or School Identification with Photo, or U.S. Military Identification Card
For Income Verification

- Recent paycheck stub, **or**
- Copy of last year's federal income tax return, **or**
- Signed letter from your employer that shows the gross amount paid, how often you get paid, and the date of paycheck being reported

For Citizenship / Residency

- U.S. Passport, or
- Certificate of Naturalization, or
- Certificate of Citizenship, or

II. Income Supports and Benefit Programs

Medicare – Health Insurance for people 65 year or older

What Services Are Offered

Medicare is health insurance. Medicare does not cover all types of health care needs and it is not free. It does not cover custodial care in a nursing home or at home, dental care, eyeglasses and hearing aids. You will pay a co-payment for service that are covered.

Medicare has 3 parts to its program:

Part A: Hospital Insurance

Part B: Medical Insurance

Part C: Medicare Advantage Plan

Part D: Prescription Drug Insurance

Eligibility Requirements

Part A: Hospital Insurance

You are automatically eligible for Medicare Part A free of charge if you are one of the following:

- 65 years or older and are eligible for Social Security retiree benefits based on your own or your spouse's employment.
- You are a federal employee who retired after 1982 and have enough quarters of coverage.
- You have been receiving Social Security Disability Income payments for 24 consecutive months.
- You are age 50 or older and are a disabled widow or widower who has received Social Security through your spouse for at least 2 years.
- You have end-stage kidney disease, regardless of your age (you still must have worked enough quarters)
- You have Lou Gehrig's disease, regardless of your age (you still must have worked enough quarters).

People who are not automatically eligible for Medicare Part A may enroll voluntarily if you meet all of the following three requirements:

- You are 65 or older and
- You are a U.S. citizen, or a legal alien who has resided in the U.S. continuously for at least five years and
- You purchased both Part A and B of Medicare or you purchased Part B only.

Part B: Medical Insurance

If you meet the eligibility guidelines for Part A, you will be eligible for Part B.

The Part B monthly premium is \$99.90

If you have low income and low resources, the state may pay for your Medicare premiums under Medi-Cal or the Medicare Savings Program.

II. Income Supports and Benefit Programs

Medicare – Health Insurance for people 65 year or older

Part C: Medicare Advantage Plan

A Medicare Advantage Plan (like an HMO or PPO) is another Medicare health plan choice you may have as part of Medicare. Medicare Advantage Plans are offered by private companies approved by Medicare. If you join a Medicare Advantage Plan, the plan will provide all of your Part A (Hospital Insurance) and Part B (Medical Insurance) coverage. Medicare Advantage Plans may offer extra coverage, such as vision, hearing, dental, and/or health and wellness programs. Most include Medicare prescription drug coverage (Part D).

In addition to your Part B premium, you usually pay one monthly premium for the services included. Each Medicare Advantage Plan can charge different out-of-pocket costs. Your out-of-pocket costs in a Medicare Advantage Plan depend on:

- Whether the plan charges a monthly premium.
- Whether the plan pays any of your monthly Part B premium.
- Whether the plan has a yearly deductible or any additional deductibles.
- How much you pay for each visit or service (copayments or coinsurance).
- The type of health care services you need and how often you get them.
- Whether you follow the plan's rules, like using network providers.
- Whether you need extra benefits and if the plan charges for them.
- The plan's yearly limit on your out-of-pocket costs for all medical services.

A Few Extra Things You Should Know about Medicare Advantage Plans

- You can only join a plan at certain times during the year. In most cases, you're enrolled in a plan for a year.
- As with Original Medicare, you still have Medicare rights and protections, including the right to appeal.
- Check with the plan before you get a service to find out whether they will cover the service and what your costs may be.
- You must follow plan rules, like getting a referral to see a specialist or getting prior approval for certain procedures to avoid higher costs. Check with the plan.
- You can join a Medicare Advantage Plan even if you have a pre existing condition, except for End-Stage Renal Disease.
- If you go to a doctor, facility, or supplier that doesn't belong to the plan, your services may not be covered, or your costs could be higher, depending on the type of Medicare Advantage Plan.
- If the plan decides to stop participating in Medicare, you'll have to join another Medicare health plan or return to Original Medicare

II. Income Supports and Benefit Programs

Medicare – Health Insurance for people 65 year or older

Part D: Prescription Drug Insurance

Part D pays for outpatient drug coverage. To get Part D coverage, you must enroll into a Medicare Part D drug plan. There are two types of plans.

- Medicare drug coverage
- Medicare Part A, B and D benefits.

Not all Part D plans are the same. Part D monthly premium varies by plan.

How To Apply

For help with questions about eligibility, enrollment and arranging for help with the cost of Medicare, and for answers about Social Security retirement and disability benefits call 1-800-772-1213, TTY 1-800-325-0778, 7 a.m. to 7 p.m. local time, Monday through Friday

II. Income Supports and Benefit Programs

Medi-Cal – Medical services for people with limited income and resources

What Services Are Offered

This program pays for a variety of medical services for children and adults with limited income and resources.

Eligibility Requirements

People in many different situations qualify for Medi-Cal.

You may automatically be eligible for Medi-Cal if you receive cash assistance under one of the following programs:

- SSI/SSP (Supplemental Security Income/State Supplemental Program)
- CalWORKs (California Work Opportunity and Responsibility to Kids). Previously called Aid to Families with Dependent Children (AFDC).
- Refugee Assistance
- Foster Care or Adoption Assistance Program.

Even if you don't receive cash assistance, you may be eligible for Medi-Cal if you are one of the following:

- 65 or older
- Blind
- Disabled
- Under 21
- Pregnant
- Diagnosed with breast or cervical cancer
- In a skilled nursing or intermediate care facility.
- Refugee status during a limited period of eligibility. Adult refugees may or may not be eligible depending upon how long they have been in the U.S.
- Parent or caretaker relative of a child under 21 and
- The child's parent is deceased or does not live with the child, or
- The child's parent is incapacitated, or
- The child's parent who is the primary wage earner is unemployed or underemployed.
- You must be a resident of California to get Medi-Cal. A California resident is someone who lives here and plans to stay here, or someone who is working or looking for work in California.

II. Income Supports and Benefit Programs

Medi-Cal – For people with limited income and resources

Eligibility Requirements cont...

Free Medi-Cal is based on the family's monthly income after allowances for child care and working expenses. The family's monthly income after child care and working expenses must be **AT** or **BELOW** the income limit specified for the family size. See Chart below for monthly income limits after allowances.

MONTHLY INCOME	
FAMILY SIZE	MONTHLY INCOME LIMIT AFTER ALLOWANCES:
1	\$600
2	\$750
3	\$934
4	\$1,100
5	\$1,259
6	\$1,417
7	\$1,550
8	\$1,692
9	\$1,825
10	\$1,959

If you are 65 or older you can deduct:

- \$20
- \$65 from earned income
- Half of any remaining earned income
- Any health insurance premiums paid by you
- You may be able to get free Medi-Cal if the countable monthly income is less than \$1133 (individual) or \$1525 (a married couple).

FAMILY SIZE	PROPERTY LIMIT
1	\$ 2,000
2	\$3,000
3	\$3,150
4	\$3,300
5	\$3,450
6	\$3,600
7	\$3,750
8	\$3,900
9	\$4,050
10	\$4,200

II. Income Supports and Benefit Programs

Medi-Cal – For people with limited income and resources

How to Apply

Calling the Department of Public Social Services (DPSS) at 877-597-4777. An application packet will be mailed or pick one up at the Department of Public Social Services Office. Hospitals and clinics (see back pages) also carry applications.

You can get help filling out the application at the Medi-Cal Office. The Medi-Cal offices have translation services and can assist you.

You will need to provide the needed Papers:

- Identification with your name and current address
 - Birth Certificate, Drivers License, or California ID
 - Social Security Number or Card
- Proof of Income (like check stubs or a copy of your income tax return)
- Proof that you live in Los Angeles County (a document that has your name and address on it, such as an ID, a bill mailed to your house, pay stubs, etc.)
- Proof of U.S. Citizenship
- Vehicle registration if ownership of more than one vehicle is declared

II. Income Supports and Benefit Programs

CalWorks – for people who are raising Children

What Services Are Offered

CalWorks is a welfare program that gives cash aid and services to eligible needy California families. If a family has little or no cash and needs housing, food, utilities, clothing or medical care, they may be eligible to receive immediate short-term help.

Eligibility Requirements

- Reside in California and intend to stay
- Care for children where one or both parents are absent from the home, deceased or disabled
- Both parents are in the home, but the principal wage earner is either unemployed or working less than 100 hours per month at the time they apply for assistance
- Be a United States citizen or a lawful immigrant
- Have a Social Security number or have applied for one
- Have a net monthly income less than the maximum aid payment for family size

For CalWorks applicants and participants there is a \$2000 or \$3000 (if 60 years or older) property limit. Motor vehicles valued at \$4650 or less may be excluded from the resource limit. If the County agrees, participants may also save up to \$5000 in restricted bank accounts to buy a home, start a business or pay for college or vocational training for a household member. Some resources that do not count include:

- A home, if the family lives in it
- Personal and household items such as furniture, appliances and computers
- Tools needed for employment
- Federal relocation and disaster relief benefits
- If property is owned with someone else, only the participant's share counts

How To Apply

Needy families may apply for CalWorks at any Welfare Office located in the county where they live. Families requesting assistance must complete application forms. The family can ask for immediate help if it has little or no cash and needs emergency housing, food, utilities, clothing or medical care. Locations located on page ().

II. Income Supports and Benefit Programs

CalWorks – Greater Avenues to Independence (GAIN) - for people who are receiving CalWorks

What Services Are Offered

The GAIN program provides employment-related services to CalWorks participants to help them find employment, stay employed, and move on to higher paying jobs, which will lead to self-sufficiency and independence.

Motivational Training to raise participant's self-esteem, identify existing transferable work-related skills, learn the ways it pays to work, and gain the confidence to perform in the local labor market

Job Club/Job Search provides a four-week Job Readiness & Career Planning Services Program, known as Enhanced Job Club/Vocational Assessment Program (EJC/VA). This helps with job preparation and/or enrollment in an educational/training program with the goal of obtaining, securing, and/or promoting, to employment with better wages.

Eligibility Requirements

Participation in GAIN is mandatory for all CalWORKs participants unless exempt. After registration, participants are scheduled to attend a one-day orientation and appraisal process. You are required to participate in order to stay on cash aid.

How To Apply

Available to all CalWorks Participants. Soon after you apply for cash aid, you will receive an appointment letter to go to a one-on-one interview with a GAIN Services Worker. The Services Worker will provide you with a thorough understanding of the GAIN program rules and regulation, time limits and work requirements.

II. Income Supports and Benefit Programs

General Relief - General Relief (GR) is a Los Angeles county program that helps people who have almost no money

What Services Are Offered

The maximum monthly cash aid is \$221. In addition to cash aid, you can get:

- Bus tokens to all required appointments and scheduled medical appointments
- A personal care kit
- Housing repairs if there is a lien on your house
- Supplements for medically required diets
- Free healthy care from any county hospital or clinic (800) 427-8700
- A referral to a county-paid drug or alcohol recovery program
- Emergency Housing
- Emergency Food
- Aid to Prevent Eviction

Eligibility Requirements

GR is a very limited program with many restrictions. To qualify for GR, you must reside in L.A. County for at least 15 days and intend to stay. You cannot have more than \$50 in cash or in a bank account when you apply. However, you can own the following resources:

- One car worth less than \$4,500
- \$500 in personal property
- Necessary household furnishings
- The house you live in if the market value is assessed at no more than \$34,000

How to Apply

The Los Angeles County Department of Public Social Services (DPSS) administers the GR program. Go to the DPSS office to apply for GR. Not all offices take GR applications. See pg () for Welfare Offices.

- Fill out a screening sheet and an application.
- Bring your identification
- Bring papers that prove your income and resources

II. Income Supports and Benefit Programs

General Relief /GROW - is designed to help GR participants obtain jobs and achieve self-sufficiency.

What Services Are Offered

The General Relief Opportunities for Work (GROW) program offers employment and training services to employables and General Relief employables may receive cash aid for nine months in a 12-month period, provided they continue to comply with GROW requirements.

Unemployables are participants who have one or more medical conditions (temporary or permanent) affecting their ability to work. GR benefits are not time limited for unemployables.

Eligibility Requirements

Participation is mandatory for all employable GR recipients. Unemployable participants may volunteer to participate. Prior to enrollment in GROW, and as part of the GR application process, all employable applicants are screened to gather information regarding their education and job skills, as well as any potential barriers to employment that may affect their participation in the program.

How To Apply

Individuals are given information on the GROW program when they apply for GR. On the same day, and at the district office, applicants without documented physical or mental disabilities meet one-on-one with an Employment Specialist (Eligibility Worker) who briefly explains the program. An Employment Needs Evaluation is initiated to gather information concerning the applicant's job skills, educational background, work history, etc. The applicant is then scheduled for an Orientation appointment. Participation is mandatory for employable participants as a condition of receiving GR. Time limits begin on the date of the Orientation appointment.

II. Income Supports and Benefit Programs

Social Security Disability Insurance – Income for people who are no longer able to work because of physical or mental reasons

What Services Are Offered

Social Security Disability Insurance (SSDI) is a monthly benefit for people who have worked in the past and paid Social Security taxes. SSDI benefits are paid to people who are unable to work for a year or more because of their disability.

Eligibility Requirements

- Have worked in jobs covered by Social Security
- Have a medical condition that meets Social Security's definition of a disability
- Disability must be expected to last at least one year or result in death.
- Meet both the Earnings and Disability Requirements
 - **The Disability Requirement** - To be considered disabled, you must be unable to perform any "substantial" work due to a physical or mental condition which has lasted or can be expected to last for at least a year, or can be expected to result in death. Generally, monthly earnings of \$780 or more are considered substantial. Your impairment must be severe enough to prevent you from working not only in your usual job but in any other occupation considering your age, education, training, and work experience.
 - **The Earnings Requirement** - Eligibility is based on being "insured" through your tax contributions to the Social Security trust fund. In 2005 you will receive one Social Security credit for each \$920 you earned (up to the maximum of four credits per year). The number of credits required to be eligible for disability benefits depends on your age when you become disabled.
 - Before age 24, you must have earned six credits during a 3 year period (12 quarters).
 - Between ages 24-30, you must have earned credits for half of the calendar quarters in the period beginning after age 21 and the time you became disabled.
 - After age 31, you must have earned credits for work in 5 years (20 calendar quarters) during a 10 year (40-quarter period) ending in or after the quarter in which you became disabled.

How to Apply

You may apply for SSDI or SSI at any Social Security office. If you meet the non-medical criteria defined by those agencies, your application for benefits will be sent to the Disability Determination Service Division (DDSD) in the California Department of Social Services. DDSD will obtain your medical and other records to assess the severity of your impairments and the impact of them on your ability to engage in substantial gainful work activity. If you think you are eligible for SSDI or SSI, call toll-free 1-800-772-1213, or contact your local Social Security office.

II. Income Supports and Benefit Programs

Social Security Disability Insurance – Income for people who are no longer able to work because of physical or mental reasons

One of the first steps in applying for Disability benefits is determining if you are eligible. There are 2 types of Federal Disability – Social Security Disability and SSI Disability.

The main difference between the two is determined by the number of credits one has from work.

To qualify for Social Security disability benefits, you must have worked long enough and recently enough under Social Security. You can earn up to a maximum of four work credits per year. The amount of earnings required for a credit increases each year as general wage levels rise.

The number of work credits you need for disability benefits depends on your age when you become disabled. Generally you need 20 credits earned in the last 10 years ending with the year you become disabled. However, younger workers may qualify with fewer credits. The rules are as follows:

- Before age 24 - You may qualify if you have six credits earned in the three-year period ending when your disability starts.
- Age 24 to 31 - You may qualify if you have credit for having worked half the time between 21 and the time you become disabled. For example, if you become disabled at age 27, you would need credit for three years of work (12 credits) out of the past six years (between age 21 and age 27).
- Age 31 or older - In general, you will need to have the number of work credits shown in the chart shown below. Unless you are blind, at least 20 of the credits must have been earned in the 10 years immediately before you became disabled.

Born After 1929, Become Disabled At Age	Credits You Need
31 through 42	20
44	22
46	24
48	26
50	28
52	30
54	32
56	34
58	36
60	38
62 or older	40

If you don't have enough credits, you must determine if you qualify for SSI Disability.

II. Income Supports and Benefit Programs

Social Security Disability Insurance – Income for people who are no longer able to work because of physical or mental reasons

Supplemental Security Income (SSI) is a program financed through general tax revenues. SSI disability benefits are payable to adults or children who are disabled or blind, who have limited income and resources, who meet the living arrangement requirements, and are otherwise eligible. If you are applying for Supplemental Security Income benefits the caseworker will ask you questions about the following:

- the home where you live, such as your mortgage or your lease and landlord's name;
- payroll slips, bank books, insurance policies, car registration, burial fund records, and other information about your income and the things you own.

The SSI program provides monthly income to people who are blind or disabled, and have limited income and financial resources. Effective January 2004 the SSI payment for an eligible individual is \$564 per month and \$846 per month for an eligible couple. If you are married, and only one person is eligible, a portion of your spouse's income may be counted. In addition, your financial resources (savings and assets you own) cannot exceed \$2,000 (\$3,000 if married). You can be eligible for SSI even if you have never worked in employment covered under Social Security.

Generally, to be eligible for SSI, an individual also must be a resident of the United States and must be a citizen or a noncitizen lawfully admitted for permanent residence. Also, some noncitizens granted a special status by the Department of Homeland Security (DHS) may be eligible.

II. Income Supports and Benefit Programs

Compassion in Action – USA - Recognizing the dignity of every person through a community based effort providing individuals support and advocacy in accessing Social Security Disability, SSI Disability and Medi-Cal/Medicaid

Have you ever needed help for yourself or someone else and you didn't know who to call AND no one seemed to care?

What Services are offered:

Provided to the seriously ill or injured who need assistance with Social Security Disability, SSI Disability, and/or Medi-Cal/Medicaid. If other services are needed, referrals will be made to the appropriate agencies.

- **Disability Workshops**
Where those who have already applied or need to apply for Disability Benefits can learn what is needed to have their claim approved.
- **Community Forums**
Where representatives from local government agencies provide information.

Compassion in Action - USA
P.O. Box 383
San Dimas , CA 91773

info@compassioninaction.us

Ph. (626) 967-6800
Fax: (626) 967-6833

II. Income Supports and Benefit Programs

Transportation – for Seniors and People with Disabilities

What Services are offered:

All Los Angeles County Transit operators honor a disabled identification Card. MTA, DASH, Foothill, Antelope Valley, and all the city bus lines.

Other Transportation Help:

Los Angeles CityRide: for Seniors 65+ or disabled. CityRide provides a book of coupons worth \$72 every three months. The cost is \$15 (\$6 if you are receiving Medi-Cal or SSI).

Access: Shared ride service offering disabled persons curb-to-curb rides within ¾ mile of most LA County bus or rail routes, using buses, mini-vans and taxis. Fares are distance-based and range from \$1.80 to \$2.70 for each one-way trip.

Dial-a-Ride: Shared rides for Seniors 60+ and disabled in certain parts of the county. Cost vary but as low as 25 or 50 cents in some areas.

Eligibility Requirements

To qualify you must show any one of the following:

- Medicare ID (not Medi-Cal)
- Valid California DMV disabled placard certificate
- Proof of receiving either SSI or SSDI
- Part III of the application form signed by a health care professional

How To Apply

Call (213) 680-0054. There are over 20 transit offices where the ID card applications may be obtained. The completed applications must be returned in person to any of these offices. There is a fee of \$2. Bring a current 1” by 1 1/4” full face photo.

II. Income Supports and Benefit Programs

Cal Fresh (Food Stamps) – for people with no or limited income

What Services are offered:

CalFresh increases food-buying power for low income families, so they are able to purchase the amount of food their household needs. CalFresh benefits are used instead of money at the grocery store.

Seniors may qualify for CalFresh benefits even if they receive Social Security, own a car or home. With the high cost of food, utilities, and prescription drugs, it can be difficult for many seniors on a fixed income to make ends meet. The average monthly benefit is about \$149 for a person and \$332 for a household.

Estimated value of your CalFresh benefits if your household had no income.

Number of Eligible People in Household	CalFresh Benefits Dollar Value
1	\$200
3	\$526
6	\$952
10	\$1,502

Eligibility Requirements:

- Receive CalWORKs or General Relief.
- Have limited income or no income.
- Have limited property.
- Are a U.S. Citizen or a legal resident.
- Are able-bodied, do not have children under age 18, and are working 20 hours per week or are in the Workfare program.
- Cannot be receiving SSI or SSP.

How to Apply:

- Department of Public Social Services (DPSS) office (see page ())
- Call 1-877-597-4777 to have an application mailed to you.
- You can also apply at some schools, community centers, or WIC offices. To find out how and where to apply, call 1-(626) 569-4000 or 1-(877) 597-4777.
- You can also get more information on the Internet at <http://ladpss.org> by clicking on Food & Nutrition.
- You can even find out if you qualify at www.snap-step1.usda.gov.

The entire process must be completed in 30 days, but if you have an emergency situation, you can get CalFresh benefits in three days.

II. Income Supports and Benefit Programs

Free and Low Cost Health Care Program – for people who are not eligible for Medi-Cal

In an emergency, it is a legal and ethical duty for every clinic or hospital emergency room to provide emergency care regardless of immigration status or ability to pay.

What services are offered

The county provides free or low cost health service, Outpatient Reduced-Cost Simplified, or Prepayment/Ability to Pay Plans to people who are not eligible for Medi-Cal or who have medical expenses that Medi-Cal, Medicare, and private insurance will not fully cover.

Free and Low Cost Hospitals and Clinic:

County Hospitals

Martin Luther King Hospital (Urgent Care and outpatient only) 12021 S. Wilmington Ave. Los Angeles, CA 90059 310-668-2622	Los Angeles County/USC 1200 N State St. Los Angeles, CA 90033 213-226-2622	Rancho Los Amigos National Rehabilitation Center 7601 E. Imperial Highway, Downey, CA 90242 877-726-2461
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Comprehensive Health Centers:

Mid Valley 7515 Van Nuys Blvd. Van Nuys, CA 91405 818-947-4000	El Monte 10953 Ramona Blvd. El Monte, CA 91731 626-579-8463	H. Claude Hudson 2829 S. Grand Ave Los Angeles, CA 90007 213-744-4716
Hubert Humphrey 5850 S. Main Street Los Angeles, CA 90003 213-846-4312	Long Beach 1333 Chestnut Long Beach, CA 90813	Edward R. Roybal 245 S. Fetterly Ave. Los Angeles, CA 90022 323-780-2373

Dental, Eye Care, and Hearing:

Harbor-UCLA Dental 310-222-3493	LA Free Dental Clinic 323-653-1990	USC School of Dentistry 888-872-3368
Uninsured Dental 323-980-9600	Queenscare Echo Park 213-380-7298 (eye care)	St. John's Center 213-749-0847
Agency on Deafness 323-478-8000	Hearing Aid HotLine 800-521-5247	Hear NOW 800-648-4327

II. Income Supports and Benefit Programs

Free and Low Cost Health Care Program – for people who are not eligible for Medi-Cal

Eligibility Requirements

Anyone may use a community health care center, whether you have health insurance or not. How much you pay is based on a sliding scale at each facility

You can get free Clinic care if your monthly take home pay is below the following chart:

# in Family	Net Income
1	\$1,135
2	\$1,521
3	\$1,908
4	\$2,295
5	\$2,681
6	\$3,068

You can get free Hospital care if your monthly take home pay is below the following chart:

# in Family	Net Income
1	\$616
2	\$766
3	\$951
4	\$1,116
5	\$1,276
6	\$1,431

If your income is higher than these amounts, you may still receive care at a county facility and pay a reduced rate for service, depending on your income.

How to Apply

You may use these facilities at any time.

II. Income Supports and Benefit Programs

Community Services Information - Medical, Dental & Psychological Assistance

APU Family Development Center

Fee based on sliding scale

626-815-5421

Counseling done on site in Azusa

El Monte Comprehensive Health Center

County Facility – Fee based on income

Medical & Dental Services

626-579-8391 – Dental

800-383-4600 -- Medical

10903 Ramona Blvd., El Monte

7:30 – 8:00 p.m.

East Valley Community Health Center

County Facility – Fee based on income

Medical & Dental Services

626.919-4333

420 S. Glendora Ave., West Covina

Mon. – Thurs. 8:00 a.m. – 7:00 p.m.

Friday – 8:00 a.m. – 5:00 p.m.

Saturday – 8:00 a.m. – 2:00 p.m.

LA County Mental Health Services

Access Center Help Line

1-800-854-7771

For screening, evaluation and referral.

Medi-Cal – Dept. of Public Social Service

1-877-597-4777 – to apply

Healthy Families Program

1-800-880-5305

Low cost health insurance through DPSS (Dept. of Public Social Services)

Veteran's Medical Benefits

1-877-222-8387

II. Income Supports and Benefit Programs

Ticket to Work - Social Security Administration – for people who are receiving SSDI or SSI Benefits

What Services Are Offered

The Ticket to Work Program provides Social Security beneficiaries real choices in obtaining the services and resources they need to find and maintain employment, while providing a safety net to help during this transition. With the help of Employment Networks, disability beneficiaries who receive Social Security or Supplemental Security Income can take the next step toward work while maintaining their benefits.

Eligibility Requirements

The Ticket to Work Program is voluntary. Social Security disability beneficiaries, ages 18 through 64, who want to work can receive free employment support services and test their ability to work. Special Social Security rules, call “work incentives” make it easier to work while you are still receiving health care and cash benefits.

How to Apply

- Visit the Ticket website at www.chooseworkttw.net to get information and see videos from people who have used the program
- Call the Ticket Call Center, toll free at 1-866-968-7842 to speak with a representative
- Meet with staff member at a Work Incentive Planning and Assistance (WIPA) organization to receive individualized benefits counseling. At www.socialsecurity.gov/work and select the Service Provider Directory.

II. Income Supports and Benefit Programs

YWCA – Intervale Senior Services – Services for Seniors

What Services Are Offered

Empowering Seniors for Quality of Life. Custom tailored services that enable older persons to live in their own homes with independence and dignity. Case Managers can arrange in-home services like homemaking, housekeeping and caregiving, transportation, Medicare/medical services, bill payment, meals, vision and hearing services are just a few.

Telephone Reassurance is provided through phone calls to homebound older persons. The calls are a consistent point of contact, friendship, reassurance, and a source for information about programs and services.

Meals delivered to the home provides healthy meals to home bound older persons. The meals can be hot lunches that are delivered each weekday, or can be frozen meals that are delivered in a package of seven once per week.

Group Dining Meals: Nutritious Senior Café lunches are offered at 21 locations:

- Alhambra Joslyn Adult Center
- Altadena Senior Center
- Baldwin Park Senior Center
- Bassett Park Senior Center
- Covina Joslyn Senior Center
- Duarte Senior Center
- Glendora La Fetra Center for Seniors
- Hacienda Heights Steinmetz Park
- La Puente Senior Center
- La Verne Senior Center
- Monterey Park Langley Center
- Pasadena Christian Church
- Pasadena Jackie Robinson Center
- Pasadena Senior Center
- Pasadena Villa Parke Community Center
- San Dimas Senior Center
- San Gabriel Senior Center
- Sierra Madre Senior Center
- Temple City Live Oak Park Community Center
- Valleydale Park Azusa Unincorporated
- Walnut Senior Center

How To Apply:

Call the YWCA San Gabriel Valley - 626-214-9465

II. Income Supports and Benefit Programs

Foothill Unity Center – Food Bank

What Services Are Offered

Family Food Programs: Food is distributed (canned, dry, frozen, refrigerated, bread, bakery, dairy and fresh produce) including USDA foods, to families to last for about ten days. They may return for perishable foods (bread, dairy, fresh produce) once a week.

Bag Lunch Program: Three times a week, the Monrovia location gives 50 to 60 substantial bag lunches (enough for about two days) to people and families who are homeless or have no place to store or cook food.

Homebound Grocery Delivery: A service to seniors and disabled persons once a month.

Pet Food Bank: Supply food and other pet needs, to help clients avoid giving up their pets because they can no longer feed them.

Crisis services:

Motel Voucher Program: Provide motel vouchers to people who need short-term emergency shelter and have exhausted all other resources.

Food Stamps Outreach: Clients can enroll in Food Stamps and Medi-Cal programs on site.

Referrals: In contact with over 100 organizations that can help our clients return to stability through employment counseling, shelter, health care, advocacy and more.

Transportation Program: Provide bus tokens and taxi coupons in collaboration with the International Institute of Los Angeles.

Eligibility Requirements

Foothill Unity Center acts as a lifeline for very low income individuals and families who are struggling to survive. Clients who are unemployed, employed at wages too low to provide for their families, on welfare, or facing a temporary crisis. We also serve seniors, homeless, disabled, emancipated foster youth, victims of domestic violence, students on limited incomes and individuals just released from prison.

How To Apply

Our service area covers eleven cities in the San Gabriel Valley area of Los Angeles County: Monrovia, Arcadia, Duarte, Bradbury, Pasadena, Altadena, South Pasadena, Sierra Madre, Azusa, Baldwin Park and Irwindale.

Foothill Unity Center

Monrovia Center:

415 W. Chestnut Ave., Monrovia, CA 91016

Phone: (626) 358-3486 / Fax: (626) 358-8224

Hours: 9:00am - 5:00pm Monday through Friday

Pasadena Center:

191 N. Oak Ave., Pasadena, CA 91107

Phone: (626) 584-7420 / Fax: (626) 584-7422

Hours: 9:00am - 5:00pm Monday through Friday

II. Income Supports and Benefit Programs

Cory's Kitchen – Food Bank

What Services Are Offered

Cory's Kitchen offers help with food to Los Angeles County residents. They have six locations. Once a week at each of these locations they distribute grocery store items which include non-perishable packaged food, canned goods, baked goods, frozen meat, fresh produce, dairy and deli products, and may include toiletries, household cleaning products and baby care items.

Eligibility Requirements

Must meet the low income requirements. (\$1,361) The size of the family is taken into account. Each person sees a counselor who assesses their needs and arranges for their food allotment, as well as offering access to their extensive referral program

How To Apply

Please bring your ID, proof of income as well as two proofs of residence.

Locations:

Agency	Address	Phone	Day & Times
<u>Cory's Kitchen</u>	1418 Arrow Highway Irwindale, Ca 91706	626-305-0392	Tuesdays 6:00pm - 8:00pm
<u>Nueva Esperanza.</u>	4810 Huntington Drive S. Los Angeles, Ca 90032	323-972-1330	Monday 6:00pm - 8:00pm
New Beginnings	13020 Francisquito Ave Suite 10 Baldwin Park, Ca 91706	626-472-7144	Fridays 5:00pm - 7:00 pm
<u>Canyon Christian Fellowship</u>	405 N. Azusa Avenue Azusa, Ca 91702	626-922-3076	Mondays 6:00pm - 8:00pm
<u>Calvary Chapel</u>	8110 Paramount Blvd. Pico Rivera, Ca 90660	626-777-5134	Thursdays. 6:00pm – 7:30pm
Faith Center Ministries	20470 #A Yellowbrick Rd. Walnut, CA 91789	909-468-0366	Wednesdays 4:00pm - 6:00pm

II. Income Supports and Benefit Programs

ACTION FOOD PANTRY - A Tax Exempt Organization

Located at:

Action Food Pantry
1370-B Maine Avenue
Baldwin Park, CA 91706

Phone Number:
(626) 814-4744

Food is distributed on MONDAY and WEDNESDAY
10:00 A.M. TO 1:00 P.M.

How To Apply

Identification is required for new clients:

- Picture I.D.
- Proof of address, such as a current utility bill

II. Income Supports and Benefit Programs

Community Services Information - Food Assistance - Food Banks

Azusa

Azusa Hispanic Foursquare

626-705-4192

325 Azusa Ave., Azusa

Alternating Thursdays

6:00 – 9:00 p.m.

Must live in Azusa, Glendora, Baldwin Park or San Dimas

Canyon Christian Fellowship

626-922-3076

405 No. Azusa Ave., Azusa

Monday Only 6 – 8:00 p.m.

Affiliated with Cory's Kitchen, Inc.

Village Covenant Church

626-335-4013

5607 No. Barranca, Azusa

Open Friday from 9:00 a.m. – 3:00 p.m.

Picture ID required & a utility bill with name & address of client. Must live in Azusa. *Available every 30 days for 6 months.*

Baldwin Park

ACTION Food Pantry

626-814-4744

1370 Maine Ave., Ste. B, Baldwin Park

Monday & Wednesday, 10-1 p.m. Need I.D.

Available every 30 days

Church of the Redeemer

626-960-9585

Call Church to confirm, if food available.

Baldwin Park residents only. Proof of income & address required.

Cory's Kitchen – New Beginnings Church

626-472-7144

13020 Francisquito, Ste. 10

Friday 6 – 8 p.m.

Available every 30 days.

II. Income Supports and Benefit Programs

Covina

Covina Assembly of God

Economic Relief Center

626-915-0735

436 No. First Ave, Covina

Food Bank

Open Tuesday – Friday from 2 – 4 p.m. Must live in Azusa, Baldwin Park, Covina, Glendora, La Puente & W. Covina.

Proof of income and I. D required.

Food available every 30 days.

Iglesia de Cristo Elim

626-915-5300

550 So. Hollenbeck, Covina

[Across from Covina High School]

Every Saturday 7:00 – 9:00 a.m.

St. John Coptic Orthodox Church

626-279-7774

21329 Cienega Ave., Covina

2nd & 4th Thursday 6 – 7:00 p.m.

Identification required

El Monte

God Provides

626-442-4273

2453 Troy Ave., S. El Monte

Food program, which includes purchase of meat, dairy, produce & more. Cost is \$20. Call for more information. Food stamps can be used for this food program.

Monday – Friday 8 a.m. – 4 p.m.

Saturday 8 a.m. – 2 p.m.

Free food for homeless.

El Monte Emergency Resource Center

626-444-7269

Monday-Friday, 8-5 p.m. Call First
El Monte and So. El Monte Residents Only

II. Income Supports and Benefit Programs

Glendora
Shepherd' Food Pantry
626-852-7630

657 E. Arrow Highway, Ste. J; Glendora. Open Wednesdays 5 and 7 p.m. for returning clients & Thursday from 5 – 7 p.m. for new clients. Must live in Azusa, Baldwin Park, Covina, Claremont, Glendora, La Verne, La Puente, Hacienda Heights, San Dimas or W. Covina I.D. Required.
Food available every 30 days.

Hacienda Heights
St. John Vianney
626-330-2269

1345 Turnball Canyon Rd., Hacienda Hghts
Must live in areas within (91744-91748, 91790) zip codes. I.D. required
Food, clothing and shoes
Available Saturday only 8:00 a.m.–1:00 p.m.

Irwindale
Cory's Kitchen – Faith Community
626-305-0392

1418 Arrow Highway, Irwindale
Tuesday 6 – 8 p.m.
Available every 30 days

La Verne
Sowing Seeds for Life
909-392-5777, Ext. 271

1350 Arrow Highway, (at the loading dock)
Open 1st and 3rd Wednesday of every month, from 1 – 5 p.m.
Bring current I.D. Must be resident of Los Angeles County

Monrovia
Foothill Unity Center
626-358-3486

415 W. Chestnut, Monrovia
Monday – 1 – 3:30 p.m.
Wednesday and Friday, 9 - 11:30 a.m.
ID Required.
Must live in Altadena, Azusa, Baldwin Park, Duarte, Irwindale, Monrovia, & Sierra Madre

Pomona
Beta Center Hunger Program
909-622-7278

1095 W. Grand Ave., Pomona
Monday – Thursday 9 - 3:00 p.m.
For residents of Pomona, Montclair, Chino, Chino Hills and Diamond Bar).
I.D. is required for each member in the household. Proof of address and income.

II. Income Supports and Benefit Programs

San Dimas

Foothill Vineyard Church

909-394-3023

100 E. Foothill Blvd., San Dimas
Food available Sundays 12:30 – 1:30 p.m.
Must live in Covina, La Verne or San Dimas
I.D. & proof of residency required.

Hunger Project

@ San Dimas Community Church

216 No. San Dimas Ave.
Monday, Wednesday & Friday
2 – 4 p.m.

I.D. is required. Open to LaVerne & San Dimas residents only.
Food available every 30 days.

Upland

Foothill Family Shelter

909-920-5568 -- Call First

1501 W. 9th St., Upland

Tuesday – Friday 9 a.m. – Noon

Available every 30 days. Must reside in Upland, Pomona, Clairmont, Montclair, Ontario, or Rancho Cucamonga

FOOD ASSISTANCE

FREE MEALS SERVED

Boys and Girls Club

626-442-5470

2740 Mountain View Rd., El Monte.

Dinner served daily 4 – 5 p.m.

First come, first serve basis.

God Provides

626-442-4273

2453 Troy Ave., S. El Monte

Monday – Friday 8 a.m. – 4 p.m.

Saturday 8 a.m. – 2 p.m.

Free lunches for homeless.

Foothill Community Church

626-969-7703

777 E. Azusa, Azusa

Every Saturday meal served

from 11 a.m. – 1 p.m.

Every Wednesday meal served

From 6 – 7:00 p.m.

II. Income Supports and Benefit Programs

God Provides Food Bank - Food Rescue Program

**OVER 100 lbs.
FOOD RESCUE for \$20.00 + \$10.00 Annual Membership**



God Provides Food Bank
Serving the greater Los Angeles
2453 Troy Ave. South El Monte, CA 91733
626-442-4273

MONDAY THRU FRIDAY
M thru F 8 am – 4 pm, SAT 8 am - 2 pm
CLOSED SUNDAY

FOOD RESCUE PROGRAM
BRAND NAME CANS GOODS, BREADS, **FROZEN MEATS,**
FRESH VEGETABLES, **FROZEN DAIRY,** AND MORE!!!
\$ 20.00 DONATION PER FAMILY PACK with membership.
We accept EBT and ATM

LUNCHES ARE FREE DAILY *and*
Membership is not required for free lunches.

\$10 ANNUAL MEMBERSHIP
 **FREE MEMBERSHIP**
TO VETERANS & THEIR FAMILIES

GOD PROVIDE VOUCHER PROGRAM and DONATIONS
www.godprovidesministry.org

God Provides Food Bank receives no state or federal funding. Funding sources include individuals and corporate contributions, and special events.
501 (C) 3 NON PROFIT ORGANIZATIONS

II. Income Supports and Benefit Programs

Community Services Information - Housing/Homeless Assistance

ESGV Homeless Coalition 626-333-7204

Transitional Housing

Homeless Hotline 800-548-6047

Information for all shelters in Los Angeles
1345 Turnbull Canyon Rd., Hacienda Hgts.
Free meals: 8:30 – Noon [Mon. – Fri.]

Winter Family Shelter Information

Pasadena Area 888-915-8111

Winter Family Shelter Information

East SGV Area 626-333-7204

[December – March]

L.A. County 24 Hour Help Line

Dial 211

Food, health care, housing, employment

Section 8 Housing

Call: 1-800-731-4663 or

562-347-4663

St. John Vianney 626-330-2269

1345 Turnbull Canyon Rd., Hacienda Hgts.
Food, clothing and shoes – I.D. required
Available Saturday only 8 a.m. – 1 p.m.

Must live in Hacienda Hgts, Rowland Hgts, La Puente or West Covina area.

West Covina Access Center 626-918-2005

1760 W. Cameron, Ste. 104, West Covina.

Monday – Friday 8:30 - 4:30

Offers long-term referral service to the homeless. I.D. and SSC cards required for some services

Project SGV Access Center 626-444-9000

11411 Valley Blvd., El Monte.

Monday - Thursday 9 a.m. – 6 p.m.

Friday 8:30 a.m. – 5:30 p.m.

Long term assistance to homeless.

Love, Inc. 626-858-3300

Hours 9 a.m. to Noon.

Offers referrals for people in need.

II. Income Supports and Benefit Programs

Community Services Information - Housing/Homeless Assistance

TRANSITIONAL HOUSING

Stepping Stones for Women 626-974-1162

Office Hrs: Monday – Friday 9 a.m. – 3 p.m.

Provides shelter [Covina area], life-skill training, etc. to the homeless single mothers during a two-year stay program.

Salvation Army – Transitional Housing 562-696-7175

12000 E. Washington, Whittier

Office Hrs: Mon. – Fri. 8:30 a.m. – 4:30 p.m. **Women and Children only**
(ages 6 month – 11 years) 2 year maximum stay

Door to Hope – Transitional Housing 626-304-9130

669 N. Los Robles, Pasadena location

Single moms and married couples only.

Glendale location: **Domestic Violence referrals & single moms**

Our House Shelter 909-622-3806, Ext. 235

Phone Screenings: 9 a.m. – 1:00 p.m. Monday, Wednesday & Thursday

Located in **Pomona Women with or without children**

Must have verifiable income – 90 day maximum stay – Call first.

Operation Grace 909-382-8540

Shelter for single women in San Bernardino.

1595 E. Art Townsend, San Bernardino

Foothill Family Shelter 909-920-5568

1501 W. 9th St., Ste. D, Upland.

Transitional housing for up to 120 days. Families and singles. *Call first.*

Union Station Foundation 626-403-4888

(intake) **626-240-4550** (after hrs. emergency number)

824 E. Orangegrove Blvd., Pasadena. **Single adults and families.**

Emergency housing 2 - 6 weeks.

Corona Narco Rescue Mission (951) 278-2215

Shelter and transitional housing for families in Corona area

Single women with or without children, Single men with or without children

Married couples with children 2 year program

WINGS Shelter – Domestic Violence 626-967-0658 626-915-5191

Covina area

House of Ruth – Domestic Violence

909-623-4364

Emergency No. 909.988-5559

Montclair area

II. Income Supports and Benefit Programs

Community Services Information - Housing/Homeless Assistance

SRO Housing Corporation

Avenues to Work

913 E. 7th St, Los Angeles, CA 90021

213-572-0432 (Office) 213-572-0489 (Fax) ATW@srohousing.org (Email)

Are you homeless? Are you looking for full-time employment? Are you drug free? Are you over 18? Avenues to Work is an educational, economic development, and employment program that prepares homeless individuals to re-enter the workforce. You must have a referral showing that you are homeless and be available and able to work full time.

Pre-Employment Training Includes:

Employment Preparation

Overcoming Barriers to Employment, Creating an Effective resume & Cover Letter, Interview Preparation, Dress for Success, Mock Interviewing & Techniques, Effective Job Search Techniques, Computer Training, Customer Service

On The Job Training

Facility Operations, Food Service, Janitorial, Security, Property Management

Computer Class

The computer training provides the core skills needed to become proficient in today's rapidly changing workplace. This 15 hour course is one week (Monday – Friday) for three hours per day and will provide an introduction to email, attachments, file types, folders, Microsoft Word and Microsoft Excel.

Soft Skills Classes

Communication Skills, Time Management, Decision Making Skills, Stress Management, Money Management.

Intakes are Done Daily

Se Habla Espanol • On Parle Francais

Program Emphasis:

[Job Placement](#) [Job Preparation Classes](#) [Case Management](#) [Transportation Assistance](#)
[Emergency Housing](#) [Meals](#) [And More](#)



Eligibility Requirements:

- ✓ Referral
- ✓ Verification of Homelessness
- ✓ TB Clearance
- ✓ Legal resident with current Valid State I.D.
- ✓ Social security Card
- ✓ Proof of Income



II. Income Supports and Benefit Programs

Community Services Information - Housing/Homeless Assistance

SRO Housing Corporation

Avenues To Work

Schedule of Classes

Fiscal Year 2012-2013

Classes:

April, 23 2012-May, 11 2012

May, 14 2012-June, 8 2012

June, 18 2012-July, 13 2012

July, 23 2012-August, 17 2012

August, 27 2012-September, 21 2012

October, 1-October, 26 2012

November, 5-November, 29 2012

December, 10-December, 21 2012

January, 7 2013-January, 25 2013

February, 11 2013- March, 8 2013

II. Income Supports and Benefit Programs

Community Services Information - Housing/Homeless Assistance

SRO Housing Corporation – Opening Doors and Transforming Lives...

Enhanced Emergency Housing Program (EEHP)

(213) 229-9678

Emergency housing is provided at the Russ and Panama Hotels, along with a full range of case management services. Other services include money management, food services, referrals to transitional and permanent housing, notices of community events, etc. EEHP also operates a Winter-Shelter Program that provides temporary shelter and services for homeless people.

Golden West-Transitional Program for People with Disabilities

(213) 229-9680

The Golden West Program serves persons with chronic and severe mental illnesses as well as other co-occurring disorders. It provides transitional housing in a sober environment along with a full range of case management services. The program also provides clinical guidance, socialization activities, money management, training for independent living, and educational self-help groups.

Marshal House-Transitional Program for Recovering Substance Abusers

(213) 229-9682

The Marshal House Program serves persons in recovery from substance abuse. Participants are usually required to have a minimum of 90 days of verifiable sobriety upon entrance. The Program provides transitional housing, case management services, food services, support groups, 12-step meetings, money management, job education, and job referrals.

Veterans Transitional Program (VTP)

(213) 633-5464

This program operates 36 units of transitional, sober-living housing for homeless veterans. Most participants are referred by the Veterans Administration and are required to have a minimum of 60 days of sobriety upon entrance. To maintain enrollment in the program, participants must agree to a sober life-style and follow the goals defined in their Individual Action Plans developed in conjunction with an on-site Case Manager.

Project Hotel Alert (PHA)

(213) 229-9672

PHA is a specialized program for seniors which provides a full range of case management services and socialization activities. It operates two congregate meal sites for seniors and provides home-delivered meals. PHA also operates a handicapped-accessible van, which provides transportation for seniors as well as disabled persons. Other services include enrichment field trips, social events, shopping trips, art workshops, medical screenings, informational workshops, and more.

II. Income Supports and Benefit Programs

Community Services Information - Housing/Homeless Assistance

SRO Housing Corporation – Opening Doors and Transforming Lives...

Adult Protective Services (APS)

(213) 633-4877

This is a component of the PHA program and provides specialized supportive-services for adults who are deemed "extremely high-risk" because of disability, abuse issues, and/or dependency. Emergency housing can also be provided for clients who are referred by Los Angeles County APS.

Shelter Plus Care

(213) 633-5475

The Shelter Plus Care Program provides rental assistance for hard-to-serve homeless persons with disabilities. Shelter Plus Care (S+C) is a program designed to provide housing and supportive services on a long-term basis for homeless persons with disabilities, primarily those with serious mental illness, chronic problems with alcohol and/or drugs, and acquired immunodeficiency syndrome (AIDS) or related diseases. The program allows for a variety of housing choices, and a range of supportive services funded by other sources.

Section 8 Mod Rehab Program

(213) 633-5475

The Section 8 Program provides housing assistance to extremely low and very low-income individuals, senior citizens, and persons with disabilities by providing rent subsidies in the form of housing assistance payments (HAPs). There are two different types of rental subsidies - tenant-based and project-based programs. Both programs have similar income-based admission requirements set by HUD. Households with a tenant-based subsidy are issued a Housing Choice Voucher that allows them to move from one place to another. Those in the project-based programs live in a building in which the units are subsidized.

HOPWA (Housing Opportunities for People with AIDS)

(213) 229-2826

This program provides emergency, transitional, and permanent housing along with a full range of case management services for persons living with HIV/AIDS. As a part of its after-care component, the program also makes available case management services, supportive services, and referrals for its residents.

II. Income Supports and Benefit Programs

LADWP Utility Bill Assistance – for people with low income

What Services Are Offered

The Los Angeles Department of Water and Power (LADWP) offer a residential Low Income Discount Program (LIDP) rate for customers within qualifying income levels. This rate reduces the cost of electricity, water, and sewer services for the participants' permanent, primary residence.

Eligibility Requirements

“Income” is the combined gross income, whether taxable or non-taxable, of all persons who live in the household the total income from salaries, wages, child support, alimony, interest, rental income, dividends, Aid to Families with Dependent Children, Social Security income, spousal support payments, veteran benefits, disability, unemployment, retirement, cash, tips, public assistance, food stamps, and all employment-related non-cash income. All such income may not exceed the following criteria:

# in Family	Annual Income
1-2	\$ 31,800
3	\$ 37,400
4	\$ 45,100
5	\$ 52,800
6	\$ 60,500
Each additional member add:	\$ 7,700 to income

Proof of income for each member of the household must be included with the completed application. Proof of income is a copy of any one of the following:

- Previous year State or Federal Income Tax Return; or
- Previous year Social Security Benefit Statement; or
- Copy of previous year Social Security Check or SSI check; or
- Previous year SSI Disability Award Letter; or
- Award Letter (Notice of Action) for CALWORKS, CAPI, General Relief, or Food Stamps; or
- Paycheck stubs; or
- Unemployment Benefits;
- If none of the above are applicable, you must provide a NOTARIZED LETTER from your employer stating income.

How To Apply

LADWP Customer Contact Center:
1-800-342-5397 (Hearing/Speech Impaired Customers: 1-800-735-2922).

Mail your completed application and other proof of income document(s) to:
L.A. Department of Water and Power
LIDP, Room L63
P.O. Box 515407
Los Angeles, CA 90051-6707

II. Income Supports and Benefit Programs

LADWP Utility Users Tax Exempt – for Seniors 62+ and Disabled Citizens

What Services Are Offered

The Los Angeles Department of Water and Power offer many programs especially useful for senior citizens.

Eligibility Requirements

You may qualify for Lifeline rates and LA City tax exemptions if the combined adjusted gross income of all members of your household is under the allowed maximum annual income for the prior calendar year, and you are 62 years old. You may also qualify if you are a disabled citizen, less than 62 years of age, and can provide proof of disability.

The combined adjusted gross income of all members of the household must be less than \$34,200 for the prior calendar year.

How To Apply

Customers wishing to apply for the exemption and lifeline rate can complete the application form and mail or through email ccenter@ladwp.com. For more information you may call the Office of Finance, (213) 978-3050.

Mail application to:
Office of Finance
Utility Tax Exemption Unit
P.O. Box 53233
Los Angeles, CA 90053-0233

UTILITY USER'S TAX EXEMPTION/ELECTRIC & WATER LIFELINE RATE APPLICATION

(Los Angeles City Residents Only)

Please
PRINT all information legibly.
Mail completed application to:

OFFICE OF FINANCE
UTILITY TAX EXEMPTION UNIT
P.O. BOX 53233
LOS ANGELES, CA 90053-0233

CHECK ONE: I AM FILING AS

New Application Senior Citizen

Name Change Disabled Citizen

Address Change

FOR OFFICE USE ONLY			
DATE	MONTH	DAY	YEAR
Received	<input type="text"/>	<input type="text"/>	<input type="text"/>
Account Number			
<input type="text"/>			

First Name	Middle Initial	Last Name
<input type="text"/>	<input type="text"/>	<input type="text"/>
Service Address		Apartment No./Space
<input type="text"/>		<input type="text"/>
City	State	Zip Code
<input type="text"/>	<input type="text"/>	<input type="text"/>
Mailing Address (if different from above)		Apartment No./Space
<input type="text"/>		<input type="text"/>
City	State	Zip Code
<input type="text"/>	<input type="text"/>	<input type="text"/>

ENTER SOCIAL SECURITY NUMBER BELOW
(For record keeping purposes only)

- -

SINGLE RESIDENCE MOBILE HOME

Area Code: Phone Number:

Day Time Phone:

MM DD YYYY

Date of Birth:

PLEASE ENCLOSE A PHOTOCOPY OF YOUR MOST RECENT UTILITY BILL FOR EACH UTILITY FOR WHICH YOU ARE REQUESTING AN EXEMPTION. THE EXEMPTION CANNOT BE GRANTED IF THE NAME THAT APPEARS ON THE UTILITY BILL IS NOT THE SAME AS THE APPLICANT'S NAME.

<input type="checkbox"/> Dept. of Water & Power Is service included in your rent? <input type="checkbox"/> YES <input type="checkbox"/> NO Number of People in Household? <input type="text"/>	First Name	Middle Initial	Last Name
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Account Number	<input type="text"/>	<input type="text"/>
	Lifeline services requested: <input type="checkbox"/> Electric <input type="checkbox"/> Water		

<input type="checkbox"/> Southern California Gas Is service included in your rent? <input type="checkbox"/> YES <input type="checkbox"/> NO	First Name	Middle Initial	Last Name
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Account Number	<input type="text"/>	<input type="text"/>

<input type="checkbox"/> Landline Telephone Service Provider Service Company Name	First Name	Middle Initial	Last Name
	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>			

Residence Telephone	Area Code:	Phone Number:	Additional Telephone Within Same Household	Area Code:	Phone Number:
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

<input type="checkbox"/> Cellular Telephone Service Provider Service Company Name	First Name	Middle Initial	Last Name
	<input type="text"/>	<input type="text"/>	<input type="text"/>
	Phone Number	<input type="text"/>	

Signature REQUIRED on Page 2

Certification

(Please read carefully)

1. I am a user of the utilities at my residential service address within the City of Los Angeles and am responsible for the payment of such utility bills which are all under my name;
2. I am either a:
 - a. **Senior Citizen** - 62 years of age or older, or a
 - b. **Disabled Citizen** - an individual shall be considered to be disabled if he or she is unable to engage in any substantial gainful activity by reason of any medically determinable physical or mental impairment which can be expected to result in death or to be of long-continued and indefinite duration.
3. The combined adjusted gross income (as used for purposes of the California Personal Income Tax Law) of all members of the household in which I reside is **less than \$34,200 for the prior calendar year;**
4. The amount of tax imposed on the above utilities is not paid by a public agency or from funds received from a public agency specifically for the payment of such tax.

I certify, under penalty of perjury under the laws of the state of California, that the information I have provided in this application is true and correct. By completing this form and submitting it to the Office of Finance in an electronic format, such as email, I agree that the form has the same legal effect as a form submitted by U.S. Mail or in person. I agree that the Office of Finance and the Los Angeles Department of Water and Power can share my information with other utilities or agencies to enroll me in their assistance programs. I understand that my information will be shared only with agencies that offer discount programs that have agreed to keep the information confidential. I also agree that the aforementioned form legally represents a document sent by me or my legal representative.

I DO NOT want to participate in other discount programs even though I may qualify, so please DO NOT share my information.

Signature DATE

MONTH	DAY	YEAR
<input type="text"/>	<input type="text"/>	<input type="text"/>

PLEASE FOLLOW ALL INSTRUCTIONS BELOW AS INCOMPLETE APPLICATIONS WILL NOT BE PROCESSED:

(To shorten the processing time of your application, please submit all of the following required documentation that applies to you, as a Senior or Disabled Citizen, along with this completed form and return to us immediately at the address indicated on the face of this form.)

IF YOU ARE A SENIOR CITIZEN, please submit:

1. Proof of Age - attach a copy of your California State Driver's License, Calif. State Identification Card, or other acceptable proof of age;
2. A copy of the entire City of Los Angeles Department of Water and Power (DWP) bill showing the applicant's name with the current service address (please do not send the payment portion only);
3. A copy of the entire Gas bill showing the applicant's name with the current service address (please do not send the payment portion only). If not applicable, please write "NONE."
4. A copy of the entire telephone bill (with the applicant's name, current service address, Los Angeles City Tax, and, if applicable, the page showing the long distance carrier (please do not send the payment portion only). If not applicable, please write "NONE."
5. Proof of income for applicant and each household member (as you have indicated on the application form) - **For the calendar year prior to the fiscal year** the exemption is applied for, please provide us a copy of the **California Resident Income Tax Return Form 540**, Social Security Benefits Statement, award letter of the amount of SSI benefits received, award letter from General Relief, or Cal Works/AFDC (entire copy). If none of the above are applicable, you must provide a **NOTORIZED LETTER** stating income. **Note: We will not accept copies of checks from any County, W-2, Statement of Earnings and Deductions [pay stub] or the Federal Income Tax Return Form 1040.**

IF YOU ARE A DISABLED CITIZEN, please submit:

1. Proof of disability - a recent (within the last 2 years) certification signed by a licensed physician attesting that you are physically and/or mentally disabled which can be expected to result in death or to be of long-continued and indefinite duration, hence, unable to engage in substantial gainful employment, and
2. **All of the required items under "Senior Citizen" (see above),** except item number 1, Proof of Age.

For new applicants, the DWP Lifetime Discount Rate will become effective the first full billing period after the approved application is received by DWP. Existing customers will continue to enjoy the discounted rate as long as they maintain eligibility. Please notify the Office of Finance of any change in information provided on this application. A new application must be completed within 90 days when there is a change of name or address in order to maintain your exemption. A change of apartment in the same building is a change of address. If you have any questions regarding this application form, please call the Utility Tax Exemption Unit (213) 978-3050/ TTY (213) 978-1532. When calling from the (818) area code, please call (818) 756-8121 then proceed to dial 978-3050/ TTY (213) 978-1532. For DWP Lifetime Rate questions, please call 1-800-342-5397.

II. Income Supports and Benefit Programs

Southern California Gas Co. - California Alternate Rates for Energy (Care)

What Services Are Offered

The CARE program provides a 20% discount on the monthly gas bill for eligible households. In addition, those who qualify--and are approved within 90 days of starting new gas service--will also receive a \$15 discount on the Service Establishment Charge. You will receive your discount once your completed application is approved by Southern California Gas Company (SoCalGas).

Eligibility Requirements

There are two ways to qualify

1. If you or another person in your household receives benefits from any of these programs:

Medi-Cal / Medicaid
Healthy Families Categories A & B
Women, Infants and Children (WIC)
CalWORKs (TANF) or Tribal TANF
Head Start Income Eligible - Tribal Only
Bureau of Indian Affairs General Assistance (BIA GA)
CalFresh / SNAP (Food Stamps)
National School Lunch's Free Lunch Program (NSL)
Low Income Home Energy Assistance Program (LIHEAP)
Supplemental Security Income (SSI)

Or

2. Total income for all persons in your household meets the following income guidelines:

Number of persons in household	1 or 2	3	4	5	6
Total yearly household income* no more than	\$31,800	\$37,400	\$45,100	\$52,800	\$60,500

For each additional person in your household add \$7,700.

* Includes current household income from all sources before deductions.

These income guidelines are effective June 1, 2011 thru May 31, 2012.

3. Total household income is all revenues, from all household members, from whatever sources derived, including but not limited to: wages, salaries, interest, dividends, spousal and child support payments; public assistance payments, Social Security and pensions, rental income, income from self-employment, and all employment-related non-cash income.

II. Income Supports and Benefit Programs

Southern California Gas Co. - California Alternate Rates for Energy (CARE)

Recently unemployed?

If you are recently unemployed, your household income will be calculated from the date of your unemployment. All other provisions on determining income, described above, still apply.

Conditions for participation

- The gas bill must be in your name and the address must be your primary address.
- You must not be claimed as a dependent on another person's income tax return other than your spouse.
- You must recertify your CARE eligibility when requested.
- You must notify SoCalGas within 30 days if you no longer qualify.
- You may be asked to verify your eligibility for CARE.

How To Apply

You can apply online (<http://www.socalgas.com/residential/assistance/care>) or mail your application.

The Gas Company
CARE Program, GT12F1
P.O. Box 3249
Los Angeles, CA 90051-1249

For more information you can call:

English 1-877-238-0092

Español 1-800-342-4545

Note: LA Works can provide personal assistance to persons wanting to apply for CARE. Staff installs devices in the home to save gas and electricity and reduce utility costs. These devices include energy efficient light bulbs, attic insulation, weather-stripping/caulking, water heater blankets, and low flow showerheads, among others.

For more information on applying for no-cost weatherization, please call the Community Services Division at (626) 960-3964 x2396.



20% DISCOUNT CARE APPLICATION

The Gas Company's California Alternate Rates for Energy (CARE) program provides a 20% discount on the monthly gas bill for eligible households. Those who qualify and are approved within 90 days of starting new gas service will also receive a \$15 discount on the Service Establishment Charge. The discount will be applied once your completed and signed application is approved by The Gas CompanySM.

Please complete the application and return it in the envelope provided or apply online at <http://www.socalgas.com/assistance>

HOW TO QUALIFY FOR THE CARE DISCOUNT:

<p>PUBLIC ASSISTANCE PROGRAMS:</p> <p>If you or someone in your household participates in any of these programs</p> <p>Medicaid, Medi-Cal, Healthy Families A&B, Women, Infants, & Children (WIC), CalWORKs (TANF), Tribal TANF, Head Start Income Eligible - Tribal Only, Bureau of Indian Affairs General Assistance, CalFresh / SNAP (Food Stamps), National School Lunch Program (NSLP), Low Income Home Energy Assistance Program, Supplemental Security Income (SSI)</p>	OR	<p>MAXIMUM HOUSEHOLD INCOME*: (effective June 1, 2011 to May 31, 2012) *current household income from all sources before deductions</p> <table border="1" style="width: 100%;"> <thead> <tr> <th style="width: 50%;">Number of Persons in Household</th> <th style="width: 50%;">Total Annual Income</th> </tr> </thead> <tbody> <tr> <td>1-2</td> <td>\$31,800</td> </tr> <tr> <td>3</td> <td>\$37,400</td> </tr> <tr> <td>4</td> <td>\$45,100</td> </tr> <tr> <td>5</td> <td>\$52,800</td> </tr> <tr> <td>6</td> <td>\$60,500</td> </tr> <tr> <td>Each additional household member, add</td> <td>\$7,700</td> </tr> </tbody> </table>	Number of Persons in Household	Total Annual Income	1-2	\$31,800	3	\$37,400	4	\$45,100	5	\$52,800	6	\$60,500	Each additional household member, add	\$7,700
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4	\$45,100															
5	\$52,800															
6	\$60,500															
Each additional household member, add	\$7,700															

CONDITIONS FOR PARTICIPATION

The gas bill must be in your name and the address must be your primary address. / You must not be claimed as a dependent on another person's income tax return other than your spouse. / You must recertify your application when requested. / You must notify The Gas Company within 30 days if you no longer qualify. / You may be asked to verify your eligibility for CARE.

OTHER PROGRAMS AND SERVICES YOU MAY QUALIFY FOR:

Energy Savings Assistance Program: Offers no-cost energy-saving home improvements such as ceiling insulation, door weather-stripping, caulking and minor home repairs to eligible low-income home-owners and renters. For more information, please call 1-800-331-7593.



Medical Baseline: Provides additional allowance of gas at a lower rate to customers with certain medical conditions. For more information, call 1-800-427-2200.

LIHEAP: Low Income Home Energy Assistance Program provides bill payment assistance, emergency bill assistance and weatherization services. Call the California Dept. of Community Services and Development at 1-866-675-6623.

California Lifeline: A discounted telephone access for customers meeting similar income guidelines to CARE. For more information, contact your local telephone service provider.

FOR MORE INFORMATION ON CUSTOMER ASSISTANCE:

English: 1-800-427-2200 Mandarin: 1-800-427-1429 Spanish: 1-800-342-4545
 Korean: 1-800-427-0471 Cantonese: 1-800-427-1420 Vietnamese: 1-800-427-0478
 Hearing Impaired (TDD/TTY): 1-800-252-0259 (available in English and Spanish only)



A Sempra Energy utility

CARE 20% Rate Discount Application

Please use DARK ink and print clearly to ensure proper processing
Correct way to mark circles: ●

Form 6491-D EN (06/11)

THE GAS COMPANY
CARE PROGRAM, ML GT12F1
PO BOX 3249
LOS ANGELES, CA 90051-1249

1	Customer Name (as it appears on your bill):	
	Home Address (street, city, zip):	
	Account Number:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
	Phone Number:	(<input type="text"/> <input type="text"/> <input type="text"/>) <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/>
	E-mail:	<input type="text"/>

2	Total # of adults and children in your household: <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> If more than 6: <input type="text"/>																												
	<u>Are you (or someone in your household) enrolled in any of the following assistance programs?</u> <input type="radio"/> YES (If yes, mark the program(s) of participation) ▼ <table style="width: 100%; border: none;"> <tr> <td><input type="radio"/> Medi-Cal / Medicaid: Under Age 65</td> <td><input type="radio"/> Low Income Home Energy Assistance Program (LIHEAP)</td> </tr> <tr> <td><input type="radio"/> Medi-Cal / Medicaid: 65 or older</td> <td><input type="radio"/> Supplemental Security Income (SSI)</td> </tr> <tr> <td><input type="radio"/> Healthy Families Categories A & B</td> <td><input type="radio"/> National School Lunch Program (NSLP)</td> </tr> <tr> <td><input type="radio"/> Women, Infants, and Children Program (WIC)</td> <td><input type="radio"/> Bureau of Indian Affairs General Assistance (BIA GA)</td> </tr> <tr> <td><input type="radio"/> CalWORKs (TANF) or Tribal TANF</td> <td><input type="radio"/> Head Start Income Eligible - Tribal Only</td> </tr> <tr> <td><input type="radio"/> CalFresh / SNAP (Food Stamps)</td> <td></td> </tr> </table> <input type="radio"/> NO What is your yearly household income (before deductions, including all members of the household)? ▼ <table style="width: 100%; border: none;"> <tr> <td><input type="radio"/> \$0 - \$31,800</td> <td><input type="radio"/> \$31,801 - \$37,400</td> <td><input type="radio"/> \$37,401 - \$45,100</td> <td><input type="radio"/> \$45,101 - \$52,800</td> <td><input type="radio"/> \$52,801 - \$60,500</td> </tr> </table> <input type="radio"/> If more than \$60,500, enter amount here: \$ <input type="text"/> , <input type="text"/> .00 per year Please mark your sources of income: ▼ <table style="width: 100%; border: none;"> <tr> <td><input type="radio"/> Social Security</td> <td><input type="radio"/> Wages and/or Profit from Self Employment</td> <td><input type="radio"/> Spousal or Child Support</td> </tr> <tr> <td><input type="radio"/> SSP or SSDI</td> <td><input type="radio"/> Unemployment Benefits</td> <td><input type="radio"/> Scholarships, grants, or other aid used for living expenses</td> </tr> <tr> <td><input type="radio"/> Pensions</td> <td><input type="radio"/> Insurance or Legal Settlements</td> <td><input type="radio"/> Rental or Royalty Income</td> </tr> <tr> <td><input type="radio"/> Interest or Dividends from: Savings, Stocks, Bonds, or Retirement Accounts</td> <td><input type="radio"/> Disability or Workers Compensation Payments</td> <td><input type="radio"/> Cash or Other Income</td> </tr> </table>	<input type="radio"/> Medi-Cal / Medicaid: Under Age 65	<input type="radio"/> Low Income Home Energy Assistance Program (LIHEAP)	<input type="radio"/> Medi-Cal / Medicaid: 65 or older	<input type="radio"/> Supplemental Security Income (SSI)	<input type="radio"/> Healthy Families Categories A & B	<input type="radio"/> National School Lunch Program (NSLP)	<input type="radio"/> Women, Infants, and Children Program (WIC)	<input type="radio"/> Bureau of Indian Affairs General Assistance (BIA GA)	<input type="radio"/> CalWORKs (TANF) or Tribal TANF	<input type="radio"/> Head Start Income Eligible - Tribal Only	<input type="radio"/> CalFresh / SNAP (Food Stamps)		<input type="radio"/> \$0 - \$31,800	<input type="radio"/> \$31,801 - \$37,400	<input type="radio"/> \$37,401 - \$45,100	<input type="radio"/> \$45,101 - \$52,800	<input type="radio"/> \$52,801 - \$60,500	<input type="radio"/> Social Security	<input type="radio"/> Wages and/or Profit from Self Employment	<input type="radio"/> Spousal or Child Support	<input type="radio"/> SSP or SSDI	<input type="radio"/> Unemployment Benefits	<input type="radio"/> Scholarships, grants, or other aid used for living expenses	<input type="radio"/> Pensions	<input type="radio"/> Insurance or Legal Settlements	<input type="radio"/> Rental or Royalty Income	<input type="radio"/> Interest or Dividends from: Savings, Stocks, Bonds, or Retirement Accounts	<input type="radio"/> Disability or Workers Compensation Payments
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3	Do you agree to the following? Please read and sign below. I state that the information I have provided in this application is true and correct. I agree to provide proof of CARE eligibility if asked. I agree to inform The Gas Company if I no longer qualify to receive the discount. I understand that if I receive the discount without qualifying for it, I may be required to pay back the discount I received. I understand that The Gas Company can share my information with other utilities or agents to enroll me in their assistance programs.
	Signature: <input checked="" type="text"/> _____ Date: <input type="text"/> / <input type="text"/> / <input type="text"/>

Source Code: 9B

II. Income Supports and Benefit Programs

Neighborhood Legal Services LA (NLSLA) – Pomona Courthouse

What Services Are Offered

NLSLA helps people in need of legal representation or advice and education but cannot afford it. The Centers provide assistance with small claims, evictions, family law and other civil litigation legal in the areas of Family Law, Immigration Law, Administrative (Public Benefits) Law, Housing Law, Employment Law, Health Law and Community and Consumer Law.

NLS' drop-in legal centers teach people to access justice for themselves. The Center's professional staff and volunteers help people navigate through the court system, from filling out the appropriate forms, to how and what to say before a judge. Internet access, computerized court forms and Alternative Dispute Resolution are also available.

Eligibility Requirements

Help is available at no cost to qualifying LA County residents.

Pomona Self-Help Center

Pomona Courthouse
400 Civic Center Plaza 7th Floor,
Pomona, CA 91766
Hours of Operation
Mon-Thu 8:30AM - 12:00PM and 1:30PM - 4:30PM
Fri 8:30AM to 12:00PM Only

Pasadena Self-Help Center

Pasadena Courthouse
300 East Walnut Street
3rd Floor, Room 300
Pasadena, CA 91101
Hours of Operation
Mon - Thu 8:00AM to 4:00PM
Fri 8:00AM to 12:00PM Only

III. Financial Literacy

Budgeting:

What Is Budgeting? - Budgeting is another term for managing your money and is an excellent way for you to clearly see how much money you make, how much money you spend and how you spend your money.

How Much Money You Make - Before you create a budget, it is important to know how much money you make on a regular basis. A monthly time period is a good measure to use. Add up how much money you make (on average, after taxes) in one month.

How Much Money You Spend - Perhaps even more important than knowing how much money you make, is knowing how much money you spend. Add up all of the expenses that you have in a month, such as utilities, groceries, car payments, gas, rent or mortgage, credit card payments, etc.

How You Spend Your Money - Everyone spends money differently, but knowing how you spend your money gives you greater control over your financial future and provides you with accurate information about how much money you spend. Maintaining a daily spending diary for at least one week is a great way to see how exactly you spend your money.

Note: when using a daily spending diary, it is important to document every single thing that you spend your money on, no matter how small.

Once you know how much money you make, how much money you spend and how you spend your money, you are ready to create a budget.

Knowing what to expect when it comes to your finances can relieve stress and help you to build a strong financial future.

III. Financial Literacy

Income and Expenses Worksheet

Knowing what expenses are flexible and what expenses are fixed is the first step to successfully managing your personal finances. This worksheet will help you to decide where you can be flexible each month.

How to Use the Income and Expenses Worksheet

Recording Your Income:

1. Record your income in the left column. As you can see from the example below, there are spaces on your worksheet for other incomes sources that might fit your personal situation, such as alimony, child support, and social security.
 - As you record your income, be sure to consider whether income sources are continuous or whether they might stop in the near future. For example, if you receive unemployment benefits, keep in mind when you will stop receiving these benefits.
 - You also might want to make adjustments for income you receive on a yearly or quarterly basis, such as tax refunds or bonus checks.
2. Next, calculate your total income by adding the numbers in the left column. Record this number in the space next to “Total Income” on the bottom of the left hand side of the page. This number represents the amount of income you receive in a month.

Recording Monthly Expenses

1. Fixed expenses

List your monthly expenses in the right-hand column. Begin by listing your fixed expenses. Fixed expenses are items you have little or no control over. You will pay a fixed amount for these expenses each month. See the example below for some examples of fixed expenses.

2. Agreed expenses

The next group of expenses you will record on the worksheet are expenses that you have some control over before the initial agreement. They become fixed expenses after you have signed a contract. You should shop for the best value before committing to the payments. See the example below for some examples of expenses you can control before agreeing to make payments.

III. Financial Literacy

Income and Expenses Worksheet

3. Flexible expenses

The next group of expenses you will record on the worksheet are flexible expenses. Flexible expenses are expenses that you can control.

- When thinking about flexible expenses, think about what you need and what you want. This will help you to control your spending in this category. What are some ways that you could control the costs of these expenses?
- Also, make sure to pay yourself first. Set aside money from each paycheck and put it towards your savings. You will notice in the example below that “savings” is listed as an expense.

Sample: Monthly Income and Expenses Worksheet

My Income		Fixed Expenses	
Wages	\$2,000	Rent/Mortgage	\$1,000
Public Assistance	\$	Property Taxes/Insurance	\$
Child Support/Alimony	\$800	Trash Collection	\$
Interest/dividends	\$	Cable	\$
Social Security	\$	Car Payment	\$
Other	\$	Car Insurance	\$
		Other Loan Payments	\$200
		Health Insurance	\$
		Day Care/Elder Care	\$600

My Income		Flexible Expenses	
		Savings	\$100
		Gas/Oil	\$
		Electricity	\$50
		Water	\$
		Telephone/Cell Phone	\$40
		Food	\$400
		Transportation/Gas	\$160
		Car Maintenance	\$
		Education	\$
		Personal Expenses	\$
		Other	\$
TOTAL INCOME	\$	TOTAL EXPENSES	\$
Remember to plan for income and expenses that do not occur on a monthly basis			

III. Financial Literacy

Income and Expenses Worksheet

Sample: Daily Spending Diary Worksheet

Use this budgeting tool to track where your money is going. You are far more likely to save your money when you see how much small, miscellaneous purchases, such as coffee and soda, can add up.

Day	What did I spend my money on today?
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

III. Financial Literacy

Income and Expenses Worksheet

Sample Monthly Payment Calendar

The Monthly Payment Calendar is another way to help you keep a record of your bill payments and due dates. This tool—in particular—can help you anticipate and plan for expenses and savings.

How to Use this Budgeting Tool:

1. Transfer your income sources and amounts from the *Income and Expenses Worksheet* to the dates income is paid on the *Monthly Payment Calendar* worksheet (see below).
2. Transfer your expenses to the dates they are due on the *Monthly Payment Calendar* worksheet.
3. Use different colored ink for income and expenses.
4. Check off each bill as it is paid.

Month - APRIL						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 \$1,000 paycheck	3	4	5 \$300 child support	6	7
	\$25-savings				\$500-rent	
8	9	10	11	12	13	14
15	16 \$25-phone bill	17	18	19	20 \$250-food \$50-credit card	21
22	23 \$50-bus	24	25	26	27 \$50-personal	28 \$250-child care
29	30					

Monthly Income and Expense Worksheet

My Income		Fixed Expenses	
Wages	\$	Rent/Mortgage	\$
Public Assistance	\$	Property Taxes/Insurance	\$
Child Support/Alimony	\$	Trash Collection	\$
Interest/dividends	\$	Cable	\$
Social Security	\$	Car Payment	\$
Other	\$	Car Insurance	\$
	\$	Other Loan Payments	\$
	\$	Health Insurance	\$
	\$	Day Care/Elder Care	\$

My Income		Flexible Expenses	
		Savings	\$
		Gas/Oil	\$
		Electricity	\$
		Water	\$
		Telephone/Cell Phone	\$
		Food	\$
		Transportation/Gas	\$
		Car Maintenance	\$
		Education	\$
		Personal Expenses	\$
		Other	\$
TOTAL INCOME	\$	TOTAL EXPENSES	\$

Remember to plan for income and expenses that do not occur on a monthly basis.

Daily Spending Diary Worksheet

Day	What did I spend my money on today?
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Monthly Payment Calendar

Month: _____

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

IV. Internet Resources

AARP - aarp.org

Provides online information services and tools to help people 50+ get the most out of life. AARP offers information on a broad range of topics, including AARP's public policies, answers to financial planning questions, guidance on health and wellness, tips for coping with difficult life transitions, as well as opportunities to contact government officials, and participate in discussion groups and online courses

AARP Money Management – aarpmmp.org

This program offers daily money management service to help low-income older or disabled people who have difficulty budgeting, paying routine bills, and keeping track of financial matters.

Work Force 50 - workforce50.com

“Home-Based Business Toolkit” is an expert column that aims to help the 50+ generation launch and grow home-based businesses. You’ll find ideas for home-based businesses, methods for picking the right one for you, ways to get inspired and stay motivated, and tips and techniques for starting and growing your business with no-cost and low-cost strategies that will leverage your time and talent and fit with this stage of life.

Wise Worker – wiseworker.com

Our Resource Center is loaded with great information about Job Fairs in your area, and it includes a Resume Center, an Education and Training Programs tab, links to important information that is directly related to older workers, a Blog for you to enhance your job search and Education and Jobs for Veterans.

Senior Net - seniornet.org

SeniorNet is the nation's leading and most respected provider of access to and education on computer technologies and Internet for adults age 50+. Since 1986, we've opened up new worlds of information to more than a million people through our Learning Centers and community. Older adults across the country and around the world have learned how computers and the Internet can enhance their lives and enable them to share their knowledge and wisdom with the world.

Your membership in SeniorNet is vitally important to continue this mission. The rate for first-year members is \$40*; renewing members pay just \$30 each subsequent year.

As a SeniorNet member you'll belong to one of the most respected nonprofit organizations for technology training with 25 years of experience in specialized adult education.

As a SeniorNet member you receive a free advertisement-free "@seniornet.org" email account, plus privileges both in our Learning Centers and online at www.seniornet.org

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IV. Internet Resources

Employment Development Department - edd.ca.gov/Jobs

Job fairs and workshops are available to job seekers throughout California to assist with career guidance. There are various workshops available that help with building résumés, applying for jobs, interviewing techniques, networking skills, and much more.

Financial Literacy for Senior Citizens - financialgiants.org

Jump Start Your Financial Education

Financial Tutorials That Teach You How to Keep More Of Your Money

These tutorials are very easy to follow. There's a lot of information.

NCOA – National Council On Aging - ncoa.org

We are a national voice for older Americans and the community organizations that serve them. We bring together nonprofit organizations, businesses, and government to develop creative solutions that improve the lives of all older adults. We work with thousands of organizations across the country to help seniors find jobs and benefits, improve their health, live independently, and remain active in their communities.

Senior Job Bank - seniorjobbank.org

Whether you are looking for advancement in your chosen field, an entry point in a new career or line of work, or even a part time retirement job, we have something for everyone. Enter your own search words or use one of our popular searches to find your next opportunity.

For those of you who don't think of yourselves as "senior", we understand. Just because you're 50, 60 or even 70, it doesn't mean that you're any less talented or enthusiastic or energetic about your contribution to the world. Employers know that and see the tremendous value in nurturing older members of the workforce.

Work Force 50 - workforce50.com

Workforce50.com is committed to bringing the best resources possible to our 50 plus readers looking for meaningful employment. Spend some time customizing your job search and browsing current job openings on the Job Search Page. We have also built some other quick job searches that might get you started with our favorite national companies.

Seniors 4 Hire - seniors4Hire.org

Seniors 4 hire is a nationwide online Career Center and the #1 place on the Internet for businesses that value a diverse workforce to actively recruit folks in the U.S. 50 and older including retirees and senior citizens looking for a job and/or other ways to earn money. Free membership for job seekers 50 and older.

IV. Internet Resources

Wise Worker - wiseworker.com

WiserWorker.com is dedicated to providing quality employment opportunities and resources to the largest demographic group in the country—the Baby Boomers. Our clients offer a variety of senior employment opportunities, both hourly and salaried, to provide older workers with the best opportunities for employment. In addition to great jobs for older workers, WiserWorker.com features a robust resource center for both employers and job seekers.

Experience Works - experienceworks.org

Experience Works is a national, charitable, community-based organization that helps older adults get the training they need to find good jobs in their communities. For more than 45 years we have devoted ourselves to helping people break out of poverty and reclaim their lives and dignity through work.

Senior Service America – seniorserviceamerica.org

Senior Service America, Inc. (SSAI) is committed to making it possible for low-income and other disadvantaged older adults to participate fully in determining their own future and the future of their communities.

Locations:

LA Works, Irwindale 5200 Irwindale Ave, Irwindale 626-960-3964

Jackie robinson Center, 1020 N. Fair Oaks Ave., Pasadena 626-797-7744

EDD Office, 1207 E. Green St., Pasadena 626-304-8904

Experience Works – experienceworks.org

Experience Works is a national, charitable, community-based organization that helps older adults get the training they need to find good jobs in their communities. For more than 45 years we have devoted ourselves to helping people break out of poverty and reclaim their lives and dignity through work.

GCFlearnfree.org - Free online classes,,,, Computers, Reading, Math

V. General Information.

Healthy Way LA San Gabriel Valley Participating Centers

AltaMed Health Services Corporation – El Monte
10418 East Valley Boulevard, Suite B, El Monte, CA 91731 | (626) 453-8466
Languages spoken by the providers: Eng, Spa

Community Health Alliance of Pasadena
1855 North Fair Oaks Avenue, Suite 200, Pasadena, CA 91103 | (626) 398-6300
Languages spoken by the providers: Eng, Far, Gre. Hin, Kor, Spa, Tgl, Tha

Community Health Alliance of Pasadena – Del Mar
3160 E. Del Mar Blvd., Pasadena, CA 91107
Languages spoken by the providers: Eng, Spa

Community Health Alliance of Pasadena – Lake
1800 N. Lake Ave. , Pasadena, CA 91104
Languages spoken by the providers: Eng

East Valley Community Health Center – Pomona
680 Fairplex Drive, Pomona, CA 91768 | (909) 620-8088 ext 104
Languages spoken by the providers: Chi, Man, Eng, Kor, Spa, Tgl

East Valley Community Health Center – West Covina
420 South Glendora Avenue, West Covina, CA 91790 | (626) 919-5724, ext 200
Languages spoken by the providers: Chi, Man, Eng, Far, Spa, Vi

El Monte Comprehensive Health Center *
10953 Ramona Boulevard, El Monte, CA 91731 | (626) 579-8412
Languages spoken by the providers: Can, Chi, Eng, Fre, Hin, Jpn, Man, Mya, Spa, Tgl, Vi

El Proyecto Del Barrio – Azusa Health Center
150 North Azusa Avenue, Azusa, CA 91702 | (626) 969-7885
Languages spoken by the providers: Eng, Spa

La Puente Health Center *
15930 Central Avenue, La Puente, CA 91744 | (626) 855-5300
Languages spoken by the providers: Eng, Mya, Spa

Mission City Community Network – Pomona
831 East Arrow Highway, Pomona, CA 91767
Languages spoken by the providers: Eng

Pomona Valley Hospital Medical Center/Community Health Center – Pomona Health Center
750 South Park Avenue, Suite 101, Pomona, CA 91766 | (909) 865-9500
Languages spoken by the providers: Eng

Pomona Valley Hospital Medical Center/Community Health Center – Western University
887 East 2nd Street, Suite C, Pomona, CA 91766 | (909) 865-9500
Languages spoken by the providers: Eng

South Atlantic Medical Center- El Monte
11518 Garvey Avenue, El Monte, CA 91731 | (323) 725-0167
Languages spoken by the providers: Eng

The Church of Our Savior
4368 Santa Anita Avenue, El Monte, CA 91731 | (626) 579-2190
Languages spoken by the providers: Eng

URDC Human Services Corporation
1460 North Lake Avenue, Suite 107, Pasadena, CA 91104 | (626) 398-3796
Languages spoken by the providers: Eng

V. General Information

What Are Social Security Retirement Benefits?

Social Security is part of the retirement plan of almost every American worker. If you were born in 1942 or earlier, you are already eligible for your full Social Security benefit. If you were born from 1943 to 1960, the age at which full retirement benefits are payable increases gradually to age 67.

When you work and pay Social Security taxes, you earn "credits" toward Social Security benefits. The number of credits you need to get retirement benefits depends on when you were born. If you were born in 1929 or later, you need 40 credits (10 years of work). Your benefit payment is based on how much you earned during your working career. Higher lifetime earnings result in higher benefits.

Social Security never was intended to be your only source of income when you retire or become disabled or your family's only income if you die. It is intended to supplement your savings, investments, pensions and insurance plans

Public Social Services, Department of

12860 Crossroads Pkwy. South, City of Industry 91746

Phone (562) 908-8400

TTY: (562) 908-6650

Central Help Line TDD/TTY: (626) 569-4265

INFO LINE TDD/TYY (for hearing impaired) (800) 660-4026

Website: <http://dpss.lacounty.gov/>

Provides financial, homeless, employment, health, and nutrition-related assistance to residents of Los Angeles County. Programs and services include:

California Work Opportunity and Responsibility to Kids (CalWORKs); which provides temporary financial assistance, as well as employment services (including specialized supportive services such as domestic violence, mental health and substance abuse) through the Greater Avenues for Independence (GAIN) program to aided adults in CalWORKs - aided families with children; Cal-Learn, a CalWORKs program for pregnant and parenting teens; General Relief (GR), which provides temporary assistance and work opportunities through the General Relief Opportunities to Work (GROW) program to indigent adults; and Food Stamps (FS), which provides food benefits to low-income families and individuals. Refugee Employment Program (REP), which provides culturally and linguistically sensitive employment and specialized services for refugees; and Community Services Block Grant (CSBG), which provides employment, housing, nutrition, counseling, education and other services to low-income individuals/families through a network of anti-poverty non-profit agencies. DPSS programs also include Medi-Cal, Cash Assistance Program for Immigrants (CAPI), and In-Home Supportive Services (IHSS).

DPSS:

Central Help Line	(877) 481-1044
Central Help Line TDD/TTY:	(626) 569-4265
INFO LINE TDD/TTY (for hearing impaired)	(800) 660-4026
Child Care Hotline	(877) CHILD-99 or (562) 244-5399
Community Services Block Grant Program	(562) 908-3096
Health and Nutrition Hotline	(877) 597-4777
Time Limited Program Hotline	(800) 746-1176
Toy Loan and Volunteer Services	(213) 744-4344

V. General Information

211 LA County

Website: <http://www.211losangeles.org>

Call 2-1-1 or visit www.211.org for local referrals and information on food, housing, employment, health care, counseling and more. This free and confidential service is available to anyone in the United States. 211 or (800) 339-6993
24 hours a day, 7 days a week

Appeals and State Hearings	(800) 952-5253
(Dept. of Social Services, Sacramento) Child Protection Hotline	(800) 540-4000
(Maintained by the Department of Children and Family Services) Child Support Hotline	(866) 901-3212
Disaster Hotline	(800) 980-4990
Domestic Violence Safety Plan Hotline	(800) 978-3600
Elder Abuse Hotline	(877) 477-3646
In-Home Supportive Services Ombudsman	(888) 678-IHSS or (888) 678-4477
Long Term Care Ombudsman (Statewide)	(800) 231-4024
(LA County)	(800) 334-9473
Mental Health Services	(800) 854-7771
Worksource California Employer and Job Seeker	(888) 226-6300

FRAUD:

Los Angeles County Fraud Hotline.....(800) 544-6861
 (Provides County employees and citizens with a way to report fraudulent activity by Los Angeles County government employees, managers, vendors, contractors, health inspectors, etc. Allegations reported over the hotline are evaluated and investigated.)

DPSS Central Fraud Reporting Hotline.....(800) 349-9970

We Tip Fraud Hotline.....(800) 87-FRAUD or (800) 78-CRIME

TO APPLY:

Medi-Cal and Food Stamp applications can be requested through the health and nutrition hotline (877) 597-4777. An application packet will be mailed to the requestor for completion and return by mail. A visit to a district office is not required. These applications are also available on the DPSS website.

For help in locating the appropriate office for CalWORKS, GAIN, Food Stamps, General Relief, Medi-Cal, and In-Home Supportive Services:

Central Help Line	(877) 481-1044
Central Help Line TDD/TTY:	(626) 569-4265
INFO LINE TDD/TTY (for hearing impaired)	(800) 660-4026
Cal-Learn	(877) 481-1044
GAIN Hotline	(877) 292-4246
Cash Assistance Program for Immigrants (CAPI)	(877) 481-1044
Healthy Families & Medi-Cal Information Line	(800) 880-5305 or (888) 747-1222
In-Home Supportive Services (IHSS)	(888) 944-IHSS or (888) 944-4477
Application System	or (213) 744-IHSS

V. General Information

LA Department of Public Social Services

BRANCH OFFICES:

Business hours at all district offices are Mon. – Fri. from 8 a.m. to 5 p.m.

CW=CalWORKs, FS=Food Stamps, GR=General Relief, MC=Medi-Cal, CAPI=Cash Assistance Program for Immigrants, RCA = Refugee Cash Assistance.

Belvedere District (CW, FS, MC)
5445 Whittier Blvd., Los Angeles 90022
Help Line (323) 727-4542

Civic Center District (GR, MC)
813 E. 4th Pl., Los Angeles 90013
Help Line (213) 974-4301

Compton District (CW, FS, MC)
211 E. Alondra Blvd., Compton 90220
Help Line (310) 603-8181, (310) 603-8100
(310) 603-7046

Cudahy District (CW, FS, MC)
8130 S. Atlantic Ave., Cudahy 90201
Help Line (323) 560-5192

East Valley District (CW, FS, MC)
14545 Lanark St., Panorama City 91402
Help Line (818) 901-4120

El Monte District (CW, FS, MC)
3350 Aerojet Ave., El Monte 91731
Help Line (866) 613-3777

Exposition Park District (CW, FS)
3833 S. Vermont Ave., 2nd Fl., Los Angeles 90037
Help Line (323) 730-6188

Florence District (CW, FS, MC)
1740 E. Gage Ave., Los Angeles 90001
Help Line (323) 586-7263

Glendale District (CW, GR, FS, MC, CAPI, RCA)
4680 San Fernando Rd., Glendale 91204
Help Line (818) 546-6200

Lancaster District (CW, GR, FS, MC)
349-B E. Ave. K6, Lancaster 93535
Help Line (661) 951-3450

Lancaster General Relief (GR, FS)
337 E. Ave. K-10, Lancaster 93535
Help Line (661) 974-8993

Lincoln Heights District (CW, FS, MC)
4077 N. Mission Rd., Los Angeles 90032
Help Line (323) 342-8180

Metro East District (CW, GR)
2855 E. Olympic Blvd., Los Angeles 90023
Help Line (323) 260-3718

Metro Family District (CW, FS, MC)
2615 S. Grand Ave., Los Angeles 90007
Help Line (213) 744-6623

V. General Information

LA Department of Public Social Services

BRANCH OFFICES:

Metro North District (CW, FS, MC, RCA)
2601 Wilshire Blvd., Los Angeles 90057
Help Line (213) 639-5491

Metro Special District (GR, FS, MC)
2707 S. Grand Ave., Los Angeles 90007
Help Line (213) 744-5611

Norwalk District (CW, FS, MC)
12727 Norwalk Blvd., Norwalk 90650
Help Line (562) 807-7840

Paramount District (CW, FS, MC)
2961 E. Victoria St., Rancho Dominguez 90221
Help Line (310) 603-5251

Pasadena District (CW, GR, FS, MC)
955 N. Lake Ave., Pasadena 91104
Help Line (626) 791-6730

Pomona District (CW, GR, FS, MC)
2040 W. Holt Ave., Pomona 91768
Help Line (909) 868-6499

Rancho Park District (CW, GR, FS, MC)
11110 W. Pico Blvd., West Los Angeles 90064
Help Line (310) 481-4018

San Fernando District (GR, FS, CAPI)
9188 Glenoaks Blvd., Sun Valley 91352
Help Line (818) 394-3700

San Gabriel Valley District (CW, GR, FS, MC, CAPI, RCA)
3352 Aerojet Ave., El Monte 91731
Help Line (866) 613-3777

Santa Clarita District (CW, FS, MC)
27233 Camp Plenty Rd., Santa Clarita 91351
Help Line (661) 298-4102

South Central District (CW, GR, FS, MC)
10728 S. Central Ave., Los Angeles 90059
Help Line (323) 357-3035

South Family District (CW, FS, MC, RCA)
17600 "A" Santa Fe Ave., Rancho Dominguez 90221
Help Line (866) 613-3777

South Special District (GR, FS, CAPI)
17600 "B" Santa Fe Ave., Rancho Dominguez 90221
Help Line (310) 761-2479

Southwest Family District (CW, FS, RCA)
8300 S. Vermont Ave., 3rd Flr., Los Angeles 90044
Help Line (323) 549-7655

Southwest Special District (GR, FS, MC)
1819 W. 120th St., Los Angeles 90047
Help Line (323) 420-2833

West Valley District (CW, FS, MC)
21415 Plummer St., Chatsworth 91311
Help Line (818) 718-5027

Wilshire Special District (GR, FS, MC, CAPI)
2415 W. Sixth St., Los Angeles 90057
Help Line (213) 738-4290

V. General Information

SPECIALIZED MEDI-CAL ONLY OFFICES:

Health and Nutrition (MC, FS)
3400 Aerojet Blvd., El Monte 91731
Help Line (877) 597-4777

Hawthorne Medi-Cal District (MC)
Info Line (800) 834-9408

Medi-Cal Mail-In District (MC)
Help Line (213) 744-6027

Medi-Cal Long Term Care – LTC (MC)
17171 E. Gale Ave., City of Industry 91745
Help Line (626) 854-4987

Northridge Medi-Cal Regional District (MC)
Info Line (818) 717-2101

In Home Supportive Services Offices:

Burbank IHSS Office - 73
3307 N. Glenoaks Blvd., Burbank 91504
Phone (818) 557-4103
Fax: (818) 563-9105
For information please call: (818) 557-4102

Chatsworth IHSS Office - 01
21615 Plummer St., Chatsworth 91311
Phone (818) 718-4351
Fax: (818) 576-9924
For information please call: (818) 718-4352

El Monte IHSS Office - 74
3400 Aerojet Ave., 5th Flr., El Monte 91731
Phone (626) 569-4564
Fax: (626) 312-4870
For information please call: (626) 569-4564

Hawthorne IHSS Office - 77
12000 Hawthorne Blvd., "A", Hawthorne 90250
Phone (310) 349-4769
Fax: (310) 263-2762
For information please call: (310) 349-5600

La Cienega IHSS Office - 75
9800 S. La Cienega Blvd., 10th Flr., Inglewood 90301
Phone (310) 216-2292
Fax: (310) 216-8343
For information please call (310) 216-2294

Lancaster IHSS Office - 35
335-C Ave., K-6, Lancaster 93535
Phone (661) 723-4288
Fax: (661) 940-8709
For information please call: (661) 723-4290

Metro IHSS Office - 47

2707 S. Grand Ave., Los Angeles 90007
Phone (213) 744-3300
Fax: (213) 749-7224
For Information please call: (213) 744-3015

Pomona IHSS Office – 19
360 E. Mission Blvd., Pomona 91766
Phone (909) 802-2474
Fax: (909) 622-5395
For information please call: (909) 802-2471

V. General Information

Career One Stop Centers

NAME	LOCATION	SERVICE TYPE
<p><u>LA Works One-Stop Career Center</u></p> <p>Last Updated: 12/28/2011</p>	<p>5200 Irwindale Avenue, Suite 210 Irwindale, CA 91706 phn: 626-960-3964</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>Los Angeles Urban League Pomona WorkSource Center</u></p> <p>Last Updated: 10/5/2011</p>	<p>264 E. Monterey Avenue Pomona, CA 91767 phn: 909-623-9741</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>Central San Gabriel Valley WorkSource Center</u></p> <p>Last Updated: 10/13/2011</p>	<p>11635 East Valley Blvd. El Monte, CA 91732 phn: 626-258-0365</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>Career Partners WorkSource Center</u></p> <p>Last Updated: 12/28/2011</p>	<p>3505 North Hart Avenue Rosemead, CA 91770 phn: 626-572-7272</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>Foothill Employment & Training Connection One-Stop Center</u></p> <p>Last Updated: 12/15/2011</p>	<p>1207 East Green Street Pasadena, CA 91106 phn: 626-796-5627</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>SASSFA Worksource Center</u></p> <p>Last Updated: 12/16/2011</p>	<p>10400 Pioneer Blvd., Unit 9 Santa Fe Springs, CA 90670 phn: 562-946-2237</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>AnaheimJobs</u></p> <p>Last Updated: 10/7/2011</p>	<p>290 South Anaheim Blvd. Anaheim, CA 92805 phn: 714-765-4350</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>West San Gabriel Valley WorkSource Center</u></p> <p>Last Updated: 12/28/2011</p>	<p>1000 Corporate Center Drive, Suite 550, 5th Floor Monterey Park, CA 91754 phn: 323-647-6500</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>Rancho Cucamonga Employment Resource Center</u></p> <p>Last Updated: 12/16/2011</p>	<p>9650 9th St., Suite A Rancho Cucamonga, CA 91730 phn: 909-941-6500</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>SELACO WIB Cerritos Workforce Center</u></p> <p>Last Updated: 12/28/2011</p>	<p>10900 E 183rd Street, Suite 350 Cerritos, CA 90703 phn: 562-402-9336</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>Northeast Los Angeles WorkSource Center</u></p> <p>Last Updated: 12/16/2011</p>	<p>3825 North Mission Road Los Angeles, CA 90031 phn: 323-352-5100</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>Santa Ana WORK Center</u></p> <p>Last Updated: 9/29/2011</p>	<p>1000 East Santa Ana Blvd. Santa Ana, CA 92701 phn: 714-565-2600</p>	<p>Comprehensive One-Stop Career Centers</p>
<p><u>Metro North WorkSource Center</u></p> <p>Last Updated: 12/15/2011</p>	<p>342 North San Fernando Road Los Angeles, CA 90031 phn: 323-539-2000</p>	<p>Comprehensive One-Stop Career Centers</p>

V. General Information

Career One Stop Centers

<u>Orange County One-Stop - Northern Region</u>	3405 Garden Grove Blvd., Suite 100 Westminster, CA 92683 phn: 714-241-4900	Comprehensive One-Stop Career Centers
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Last Updated: 12/16/2011

<u>Chinatown Service Center</u>	767 North Hill Street Los Angeles, CA 90012 phn: 213-808-1700	Comprehensive One-Stop Career Centers
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Last Updated: 12/15/2011

<u>Hub Cities One-Stop Career Center</u>	2677 Zoe Avenue Huntington Park, CA 90255 phn: 323-586-4700 ext.4730	Comprehensive One-Stop Career Centers
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Last Updated: 12/15/2011

<u>Employment Development Department- West Covina</u>	933 South Glendora Avenue West Covina, CA 91790 phn: 626-814-8234	Affiliate One Stops
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Last Updated: 10/12/2011

<u>Monrovia Adult School One Stop Career Center</u>	920 South Mountain Avenue Monrovia, CA 91016 phn: 626-471-3052	Affiliate One Stops
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Last Updated: 10/18/2011

<u>Women at Work</u>	3871 East Colorado Blvd. Pasadena, CA 91107 phn: 626-796-6870	Affiliate One Stops
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Last Updated: 10/14/2011

<u>Foothill Employment & Training Connection-Pasadena Comm. Col. Comm. Ed. Ctr.</u>	3035 E. Foothill Blvd. Pasadena, CA 91107 phn: 626-585-3209	Affiliate One Stops
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Last Updated: 2/23/2012

<u>Foothill Employment & Training Connection</u>	1207 East Green Street Pasadena, CA 91106 phn: 626-639-1144	Affiliate One Stops
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Last Updated: 12/2/2011

<u>Buena Park One-Stop</u>	6281 Beach Blvd., Suite 302 Buena Park, CA 90621 phn: 714-562-9200	Affiliate One Stops
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Last Updated: 11/30/2011

<u>Employment Development Department-Anaheim Workforce Services</u>	2450 East Lincoln Avenue, Suite 200 Anaheim, CA 92806 phn: 714-518-2315	Affiliate One Stops
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Last Updated: 12/2/2011

<u>SELACO WIB Norwalk EDD Career Center</u>	12715 South Pioneer Blvd. Norwalk, CA 90650 phn: 562-929-9107	Affiliate One Stops
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Last Updated: 7/6/2011

<u>East Los Angeles WorkSource Center</u>	5301 Whittier Blvd., 2nd Floor Los Angeles, CA 90022 phn: 323-887-7122	Affiliate One Stops
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Last Updated: 12/2/2011