



PVE-CARES

for our seniors

2017 Health Fair Resource Directory:

Valuable services for
PVE-CARES members

(310) 378-4211 ext. 2131
www.pvestates.org

support for independent living

How We Help Our Seniors

PVE-CARES is a free city sponsored program, supported by the Palos Verdes Estates Police Department, staffed by a full-time coordinator and community volunteers. We work together to enrich the lives of our seniors by involving them in our community. We host social and educational events, provide useful information and a gateway for aging-related services.

It's free to register as a PVE-CARES member. You must live in Palos Verdes Estates and complete a [Member Reference Form](#) which lists your emergency contacts and any important information you would like to share with PVE-CARES and first responders in case of an emergency. Also available is our [File of Life](#) and [Home Key Storage](#). For more information call (310) 378-4211 ext. 2131.

- ✓ **We connect you with our community**
 - police department
 - fire department
 - our volunteers
 - support services
- ✓ **We can visit you in your home.**
- ✓ **We call to check in with you.**
- ✓ **We invite you to social events geared toward health, education and safety.**
- ✓ **We provide resource lists of useful services for aging-related care.**
- ✓ **We send Neighborhood Watch e-mails with scam alerts, crime reports and safety tips.**

The following list of Helpful Resources includes our partners and exhibitors from the 2017 Senior Health and Wellness Fair. We encourage you to make your own assessment of service providers.

Helpful Resources

1 Heart Caregiver Services

You can't always be there. But we can.
310-214-1664 or www.1heartcares.com

24 Hour Home Care Buddies

Care that you and your family deserve in the comfort of home.
310-756-5666 or www.24hourhomecarebuddies.com

Always Best Care

Dedicated to exceeding your expectations ... always.
310-792-8666 or www.alwaysbestcare.com



Always Right Home Care

The Road to Quality Care.
310-316-8343 or www.alwaysrighthomecare.com

Alzheimer's Greater Los Angeles

Local, full-service, dementia-focused nonprofit.
844.HELP.ALZ (844.435.7259) or www.alz gla.org

American Red Cross

Always There in Times of Need.
800-733-2767 or www.redcross.org

A Peace of Mind Home Care

Call for a free in-home assessment
310-377-3776 or www.apeaceofmindhomecare.com



Ask the Dentist

Malaga Cove Dental Arts
Dr. Michael Simon/Danielle Kushner
310-375-8888 or www.michaelsimondds.com

Ask the Lawyer

Jeff Lewis Law (trust litigation & elder abuse)
310-935-4001 or www.jefflewislaw.com

Ask the Optometrist

Optometrics - Dr. Steven Bik
310-541-9898 or www.pvoptometrics.com

Ask the Pharmacist

Golden Cove Pharmacy - Dr. George Wissa
310-750-6082 or www.goldencovepharmacy.com

Ask the Doctor

Providence Family Medical Center
Christopher Sun, M.D., Primary Care Physician
310-376-8816 or www.california.providence.org

At Home With Care

Connecting families with the best qualified caregivers.
310-798-2700 or www.athomewithcare.com

**Randy Avakian, RCP**

Pulmonary Rehab Coordinator
Torrance Memorial Specialty Center
(310) 784-4885 or www.torrancememorial.org

California Telephone Access Program

Specialized phones – easier to hear, dial and stay connected.
800-806-1191 or www.ddtp.cpuc.ca.gov

Cancer Support Community Redondo Beach

So that no one faces cancer alone.
310-376-3550 or www.cancersupportredondobeach.org

The Canterbury

The Art of Creative Living.
310-541-2410 or www.thecanterbury.org

Caring House

A loving home for the last stage.
310-796-6625 or www.yourcaringhouse.org

Center for Health Care Rights

Free education, counseling and legal services to LA residents.
800-824-0780; www.healthcarerights.org

Chavez Fiduciary Services

A trusted advocate choice for you and your loved ones.
310-613-3002 or www.cmfiduciary.com

Damsel Pro Gal/Damsel in Defense

Security On-The-Go products.
310-973-7660 or www.damselprogal.com

Davis In-Home Care, Inc.

In Home Care for Seniors Throughout the South Bay.
310-297-9127 or www.davisinhomecare.com

Functional Living

Certified Aging in Place Specialists.
310-514-1733 or www.functionaliving.com

H.E.L.P.

Healthcare and Elder Law Programs Corporation 501 (c)3
310-533-1996 or www.help4srs.org

Hurley Home Care Services, LLC

Striving for Longevity and Quality of Life.
310-218-6440 or www.hurleycareathome.com

Independence at Home

A SCAN Community Service.
562-637-7177 or www.independenceathome.org

JuicePlus

30 Fruits, Vegetables, Berries in a capsule or chewable form.
818-419-1315 or www.kristen4.juiceplus.com

KEEP-SAFE Coalition

Keep Every Elder Protected – Stop Abuse and Financial Exploitation
310-701-8118 or www.keep-safe.org

LivHOME

Live Long. Live Well. LivHOME.
323-202-7500 or www.LivHOME.com

Malaga Cove Library and PVP Library District
Free public classes, programs, and exhibitions.
310-377-9584 or www.pvld.org

Palos Verdes Estates Neighborhood Watch
Let's Watch Out for Each Other.
310-378-4211 ext. 2131 or www.pvenw.org



Palos Verdes Homes Association
310-373-6721 or www.pvha.org

Palos Verdes Peninsula Village
Stay settled. Stay connected. Stay engaged.
310-991-3324 or www.peninsulavillage.net

Palos Verdes Peninsula Transit Authority
Safe...Reliable...Convenient.
310-544-7108 or www.palosverdes.com

Peninsula Seniors
310-377-3003 or www.pvseniors.org

Premier Bank of Palos Verdes
Offering Premier Community Banking for PVE.
310-698-8400 or www.ibankpremier.com



Providence Little Company of Mary
Clinical excellence, advanced technology and a distinct focus on the personal nature of caring.
310-540-7676 or www.california.providence.org



RKO Professional Fiduciary Services
... confidence in knowing we will be there when you need us most.
310-453-4203 or www.rkofiduciaryservices.com



The Salvation Army – Redondo Beach Corps
“heart to God, hand to man” is put into action every day.
310-318-2827 or www.redondobeach.salvationarmy.org

SENIORS Helping SENIORS South Bay
...a way to give and to receive.
310-878-2045 or www.seniorcaresouthbayla.com

Silverado Beach Cities Memory Care Community
Lives Enriched.
424-257-6418 or www.silverado.com

Social Security Administration
Answers to frequently asked questions about Social Security.
1-800-772-1213 (TTY 1-800-325-0778) www.socialsecurity.gov

South Bay Cities Council of Governments
A leadership forum for South Bay local governments.
310-371-7222 or www.southbaycities.org


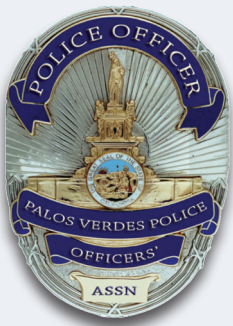
South Bay Community Concert Association
Presenting high-quality professional concerts.
310-377-6324 or www.southbayconcerts.org

Susan B. Geffen Attorney & Gerontologist
Gerontologist, Elder Law Attorney, Author.
1-888-422-6070 or www.susanbgeffen.com



Still Got It Fitness
Group fitness tailored for people 50+.
310-294-1104 or www.stillgotit.club

Sunrise at Palos Verdes
Senior Living So Personalized, It Just Feels Right.
310-377-7425 or www.sunriseseniorliving.com



Palos Verdes Police Officers' Association is a proud and valued supporter of PVE-CARES.



PREMIER BANK
of **PALOS VERDES**

PVE is a premier community.
Meet the bank that fits right in!

36 Malaga Cove Plaza
424-212-8000



ibankpremier.com



PROVIDENCE
Little Company of Mary
Medical Centers

(310) 540-7676
california.providence.org



MEDAWAR
FINE JEWELERS

(310) 544-0052
medawarfinejewelers.com

NEW YORK FOOD COMPANY

NYFC

CATERING & EVENTS

(310) 643-6151
newyorkfood.com

PVE-CARES thanks these Neptune sponsors for their support
of the 2017 Senior Health & Wellness Fair



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