Senior and Caregivers Resources Directory

“A resource guide for Seniors and their Caregivers”
If you or a loved one has difficulty hearing, you are not alone.

CALL HEARING AID SPECIALISTS FOR A FREE HEARING CHECK

www.HearPro.com

HEARING AID SPECIALISTS, INC

4020 W. Magnolia Blvd. Suite D
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(818) 848-5484

9153 Reseda Blvd.
Northridge, CA 91324
(818) 701-5484
Planning for the Senior Years

This directory contains resources that you can call upon as you confront issues surrounding your own planning for the senior years, as well as for your loved ones who are already there.

Aging is not a time of our life nor the life of our loved ones that is free of the natural processes that ultimately overtake us. Aging often brings disease, debilitation, dementia, disorientation and a host of other maladies that robs us of our independence and mental acuity. In advance of aging, it is important to plan.

We worry when our seemingly healthy parents forget their phone number, home address, dates, or lose their car keys. We worry when they can’t remember to take their medications, repeat themselves, or forget to eat. We worry and grow apprehensive as we slowly begin managing their life and in the process, give up a bit of our own.

For those caring for aging parents, you must balance concern for their welfare with respect for their autonomy and independence. It’s a balancing act where the line of right and wrong decisions is blurred. Nonetheless, reality forces you into this position.

We, and our parents, are living longer and an increased lifespan will more than likely not be free of physical, mental and financial challenges.

Consequently, the sandwich generation, those who are balancing their own emotional and financial needs, with the needs of their children and aging loved ones, face difficult challenges, in part, because they may not have planned adequately for their senior years, financially and otherwise.

Whether you are looking for professional guidance or legal or financial advice, this directory provides you with resources that can help you navigate the challenges associated with aging.

If your needs are not found within these pages, call the Senior Services Business Council at the Northridge Chamber of Commerce, (818-349-5676).
Senior Resources Directory

Retirement Funding Solutions
Candy has been in the Mortgage industry for over 15 years; for the past 7 years she has focused on Reverse Mortgages. She specializes in Reverse Mortgages for seniors, age 62 and better, so she can dedicate her time to helping seniors age in place and educate them, their families and finance professionals, about Reverse Mortgages. Candy feels that fully educated and informed clients can make the best decision regarding a Reverse Mortgage. She strives on giving the highest level of customer service during the loan process and after the loan closes.

Candy Watson
Lic.#NMLS #448171
(661) 877-1317 • 2655 First Street, Suite 250D, Simi Valley, 93065

Paul Davis & Alberta Bellisario Insurance Services
For 31 years Paul has been an independent insurance agent, representing most of the major carriers. The focus of his practice is helping people choose the most appropriate Medicare Supplement, Part D and Medicare Advantage plans. There is never a fee for his services (he is paid by the carriers). Paul has been voted Best Insurance Agent for 14 years in a row by readers of the Daily News. Northridge Chamber member for 30 years.
Paul Davis
818 888 0880 • www.pdinsure.com
CA License 0669770

North Valley Physical Therapy
North Valley Physical Therapy provides outpatient physical therapy services. We are Medicare and Blue Shield Providers. The clinic offers pre and post operative care, pain management, functional training and athletic training. We specialize in custom evaluations and movement analysis. We offer specific programs to improve our patients functional goals and improve the quality of their lives. Our clinic is ADA accessible. The clinic is owned and operated by Carla Kazimir PT. She has been serving Valley residents since 1985.

Carla Kazimir PT
818-217-4868  11858 1/2 Balboa Blvd., Granada Hills 91344
www.NorthValleyPT.com

Hearing Aid Specialists, Inc.
Hearing Aid Specialists, Inc. is a family-owned business, established in 1962, that provides hearing care services including hearing testing, hearing aid fitting and evaluation. We specialize in custom made and fitted advanced digital hearing aids, invisible hearing aids, all make repair and all make service. Ask about new hearing aids that pair to your smart phone. We also make custom ear molds and personal communication systems. For additional information, please call or visit our website. Call for your free hearing check today.

Northridge / Joel Lipin  (818) 701-5484  Email: info@hearpro.com
Burbank / Eugene Lipin (818) 848-5484  Website: www.hearpro.com
Christopher Law Group / Estates, Wills & Trusts
Whether you need a Trust, Will, Power of Attorney, or to update existing documents, Tom Christopher has been addressing the estate planning needs of people just like you for over 20 years. Contact Mr. Christopher for a complementary consultation in your home.

Tom Christopher
(818) 360-9500 • 11260 Wilbur Ave., Ste. 105, Porter Ranch
e-mail at tc@christopherlawgroup.com,

Bankers Life & Casualty
Sadie Sadeghi, a CSUN alumni has been living in the San Fernando Valley for the for the last 30 years. She has been working for Bankers Life and Colonial Penn for the last eight years. She became a “Certified Long Term Specialist” in 2014. Sadie’s skills and passion in Long Term Care Insurance, Medicare, Life Insurance and fixed annuities have served many families in greater Los Angeles since 2008.

Sadie Sadeghi
818-384-8434 or Sadie.sadeghi@banekrslife.com

The Mortgage House
The Mortgage House, Inc. is a direct residential mortgage lender with 8 offices serving California since 1995. We offer ‘traditional’ Conventional, FHA and VA fixed and adjustable interest rate loan options. Additionally, we specialize in the FHA Home Equity Conversion Mortgage (Reverse Mortgage). Our Loan Officers are seasoned, well-informed professionals committed to the highest level of customer service.

Claudia E. Manly
(NMLS 252332)
(818) 227-0922 Ext 116 or CMANLY@TheMortgageHouse.com

Geisler Patterson Law

Martha Jo Patterson
(866) 452-9657 www.ElderlawMom.com

The Drain Co.
THE DRAIN CO. family has been providing Preventative and Emergency Drain Service for Residential, Commercial and Multi-Unit Properties in the Greater Los Angeles Area Since 1969. Specializing in Kitchen Sinks, Bathroom Sinks, Tubs, Showers, Toilets, Laundry Lines, Laundry Sinks, Floor Drains, Main Lines, Yard Drains and Pool Drains. DON’T wait for an Emergency, call THE DRAIN CO. for your Maintenance Service Today!

Star Tomlinson
(818) 344-1114
Lifestyles By Infinity

Lifestyles By Infinity is a clothing line designed exclusively for the timeless woman that is fun, functional and fashionable. Our clothing has functional features like magnetic snaps, luxurious fabrics that are machine washable, and have stylish and comfortable elastic waste bands. Our clothing line is fun because our Infinity Fashion Shows are exciting events where Seniors have fun modeling Infinity fashions in front of an audience of family and friends. We do their make-up and pamper them and at the end of the show they are given flowers, they are truly ecstatic after the shows.

Diane Blessing
dblessing@lifestylesbyinfinity.com, www.lifestylesbyinfinity.com, 310-489-7916

Agosti’s Moving and storage LLC

CEO for Senior Moving Manager, a sub division of Agosti’s Moving and storage LLC. Agosti been in the moving services for almost two decades, while caring for both of his elderly parents, one with Alzheimer’s and the other one with pancreatic cancer. He saw the need to have a “Senior Moving Manager” assist on the very stressful decision when moving loved ones to “assisted living” and the whole downsizing process. Please visit our web-page and look at our VIDEOS. We are the movers of choice nationwide for: RE/MAX – KW- BHHS- REALTY EXECUTIVES.

Email: caring@seniormovingmanager.com
www.seniormovingmanager.com
tele# (818)773-6683
Cell (818) 254-5854

Crawford Mortuary

We are family owned and operated, serving the San Fernando Valley and greater Los Angeles since 1971. We offer extensive information about traditional funeral services, cremation services, celebrations of life, and memorial services. We can also help you in planning a funeral, or making pre-need arrangements for yourself or a loved one. Our experienced and professional staff are available to assist you.

Eric Smith
Tele: (818) 349-9701 or www.CrawfordMortuary.com (FD 1128)

Medicare Insurance Sales

Jeanne Reynolds is an independent insurance broker who focuses on Medicare insurance planning, helping clients navigate the maze of Medicare regulations and select appropriate solutions. She represents most major carriers for the benefit of her clients in the Southern California area. Products Offered: *Medicare Supplement Insurance Plans (Medigap) *Part D Prescription Drug Plans *Medicare Advantage Plans (Part C). High Touch Personal Service – Retirement to Grave

Jeanne Reynolds, CFP, CASL
(818) 707-3331 jeannereynolds@sbcglobal.net CA License 0C36207
Utter McKinley San Fernando Mission Mortuary

Utter McKinley San Fernando Mission Mortuary has been serving our community since 1963. We serve all faiths and are located across from the San Fernando Mission. We pride ourselves in being family operated and staffed by employees who live in the community they serve. Our creed is; “To serve every family as if they were our own. Every woman as if she were our Mother or Sister, every man as if he were our Father or Brother.”

George Perez
(818) 361-4751, 11071 Columbus Ave Mission Hills, CA 91345
www.UtterMckinley.com

UCLA Health / Geriatric Medicine

For more than half a century, UCLA Health has provided the best in healthcare and the latest in medical technology to the people of Los Angeles and throughout the world. Our Porter Ranch location is a multispecialty practice with top-quality physicians providing primary and specialty care including geriatric medicine. All of the doctors are board certified in their fields. All are UCLA Medical Group members accepting most insurance and hold faculty teaching appointments in the David Geffen School of Medicine at UCLA. www.uclahealth.org/porterranch.

818.271.2400 Hematology/Oncology: 818.271.2500

Tender Touch Hospice

Family owned and operated. Our primary goal is making a difference in quality of care to clients in their final years. Tender Touch Hospice came about after the owner, a registered nurse of 15 years had to deal with end of life issues in her family. Her experiences motivated her to produce a business where care would be personal.

(818) 205-3858, Chatsworth Ca.

Valley Interfaith Council

Steeped in history, Valley Interfaith Council is a well-established nonprofit organization serving the San Fernando Valley communities since 1964. Working with the City of Los Angeles as well as other partners and stakeholders, we provide critical social services such as nutritious hot meals, transportation and a host of health and wellness activities, all designed to raise older adults’ quality of life and overall well-being.

Tiffany Clark • (818) 885-5144 • www.VIC-la.org

AAA T.L.C. Health Care

AAA T.L.C. Health Care’s tender loving care providers enable your loved ones to live independent and meaningful lives. Handling everything from companion care to the most critical cases, we have become the most highly regarded home care agency in Southern California by hospital administrators and physicians who send us their patients. We are licensed, bonded and insured and follow all state and federal rules and regulations.

16133 Ventura Blvd. Ste 900, Encino, Ca, 91436
(818) 380-6585 www.aatlc.com
Los Angeles Jewish Home

Since 1912, the non-profit Los Angeles Jewish Home provides healthcare to seniors through its innovative Connections to Care (C2C) program. With one toll-free call to our hotline, seniors can access the Home’s wide variety of community-based programs. In-residence care options are also available on our Reseda campuses.

Satinik Artinian, Director of Admissions
855-227-3745 or www.lajh.org

DC Collective

Canoga Park, since 2007. We are a private membership collective that serves only California registered medical marijuana patients. While offering a variety of quality products that can help enhance their lives, health and overall wellness. We pride ourselves in providing a Safe and Comfortable atmosphere, for patients with all types of ailments looking for safe access to alternative medicine.

8053 Deering Ave., Canoga Park Ca. 91304
818-887-0980 • www.dccollective.org • dccares07@gmail.com

ElderAdmin / Elder Information Management

ElderAdmin provides a cloud-based, secure service allowing members to track, manage, and share with family members information related to an aging loved one. ElderAdmin’s centralized repository allows family members to track information related to medical, insurance, legal important documents, finances, caregivers, and much more! Visit www.ElderAdmin.com for more information.

(818) 488-1749 • email: contact@elderadmin.com • www.ElderAdmin.com

Home Care Assistance, Inc.

Our mission at Home Care Assistance is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in live-in care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults.

HomecareAssistanceSantaClarita.com (661) 259-9914

Senior Resources, Inc.

When seniors and their families need help solving the problems of senior care, we are your professional resource for the good solutions. We want our seniors to age with dignity, respect and stay safe, healthy, happy and as independent as possible. We offer free evaluations and placement services to find the right community/home when a move is appropriate. Our experienced, licensed and compassionate caregivers can help a loved one in the comfort of their home 24/7.

(844) 772-3736
www.SeniorResourcesCA.com
Protecting Your Family Legacy is…

Tom Christopher’s Promise to You

Count on Tom to handle your legal needs when protecting your family legacy. He will personally meet with you in your home, review any existing documents, assess those needs, and plan a customized, comprehensive package to meet your lifelong goals and objectives.

Christopher Law Group, Inc. provides the following services:

- Living Trusts
- Special Needs Trusts
- Pour Over Wills
- Advance Health Care Directives
- Powers of Attorney for Asset & Property Management
- Transfer and Assignment of Assets
- Trust Transfer Deeds
- Will/Trust Amendments
- Updating Existing Wills/Trusts
- Conservatorship

Tom Christopher believes in serving his clients the old-fashioned way ethically, morally and legally. His fees are affordable and fair. And best of all, the initial consultation is free.

Se Habla Español
When Planning for the Future of an Aging Parent, the Worst Pitfall is Being Caught Unprepared

By Michael Llewellyn

We’ve all heard the horror stories about someone’s mom breaking a hip or their dad having a stroke, critical but all-too-common occurrences that can suddenly thrust a son or daughter into the role of caregiver. When that happens, vital medical and legal information can be difficult or even impossible to locate because your loved one most likely hasn’t addressed this crucial issue. It therefore falls to you to act on their behalf and protect them. No one knows when that dreaded moment will come, which means that acting now insures against that desperate scramble for information under the worst possible conditions. Procrastination does a potentially dangerous disservice to both patient and caregiver.

Putting together a plan of action may seem daunting, but don’t feel that you have to shoulder the burden of planning alone. Share your ideas with a like-minded sibling or sympathetic family friend and get their feedback. They may even have information that you’re unaware of. Consider including them when you present the plan to your parents, as the presence of third parties can help smooth a potentially difficult conversation. Mom or dad might even want to add them to the list of caregivers, offering extra protection if you’re out of town or otherwise unreachable in case of emergency.

A comprehensive protection plan should include much more than naming caregivers and storing data. Do you know if dad has a medical directive or a funeral plan? If mom has made out a will, where does she keep it? What about trusts and insurance policies, attorneys and accountants? What do you know about your loved one’s bank accounts and investments, pensions, IRAs, and 401Ks? None of these details seem to matter now, but there will come a time when they’re essential. The more thorough your plan, the more everyone benefits.

Once you’ve addressed the legal and financial issues, it’s time to get personal. Take a look at your (Continued on page 11)

Tips for Reducing the Chance of Falling

By Dr. Arthur H. Fass D.P.M.

Falling incidences can have a very dangerous effect on health in the senior population. Hip fractures can lead to a severe disability and cause a threat of loss of life from chronic immobility. It is important to prevent osteoporosis which leads to weakened bones.

Females over 65 and males over 70 as well as post-menopausal women should consider getting bone density testing through a special x-ray called DEXA. Calcium and vitamin D supplements are helpful.

All patients should make sure they see their Podiatrist for any painful foot conditions, which can affect balance. These problems such as severe flat feet, painful bunions, hammertoes, and arthritic conditions are often correctable. Well-made, supportive shoes are a necessity and some patients may need special support inserts in their shoes. Avoid slide-in flip-flop shoes. Patients with diabetes need regular Podiatric care, and good control of blood glucose is essential to avoid diabetic neuropathy. Regular exercises for balance and strengthening are very helpful.

Here is a list of things that can reduce the chance of falls.

1) Have regular vision exams
2) Tai chi exercise is good for balance
3) Minimize household clutter; isolate electric cords and devices
4) Anchor loose throw rugs
5) Keep furniture in place
6) Keep hallways and stairwells well lit
7) Use night lights in bathroom especially
8) Install bathroom grab-bars
9) Use non skid tape in showers and tubs
10) Minimize alcohol intake
11) Don’t walk around home in stocking feet
12) Restrain pets if possible
13) Walk on grass when sidewalks are slippery
14) Move cautiously after ingesting medication (blood pressure drugs are sedatives)

Dr. Fass is conveniently located at 18250 Roscoe Blvd. Suite 125, in Northridge. He can be reached at (818) 701-5088.
The Jewish Home Offers a Wide Array of Services to Seniors

The Jewish Home

The Los Angeles Jewish Home provides vital programs and services to more than 6,000 seniors each year, making it one of the preeminent voices in strengthening and advancing senior care nationwide. Our full continuum of care includes multiple levels of residential care, community clinics and adult day healthcare programs, short-term rehab, home health and personal care services, palliative medicine and hospice, and a variety of independent senior living options.

At the Jewish Home, we coordinate this array of services through Connections to Care (C2C), a program that asks the critical question, “How can we help?” Through one toll-free call, seniors and their families can access immediate referrals to Jewish Home services tailored to meet their needs or information on other resources that might better fit their needs. C2C also enables us to field calls from outside our service area, giving advice and assistance to help address callers’ individual situations.

Our in-your-home and community-based offerings include Brandman Centers for Senior Care/A Program of All-inclusive Care for the Elderly (PACE), home healthcare services, Care Transitions, a geriatric community clinic, Skirball Hospice, and Palliative Care. Whether we are empowering seniors to live safely at home with loved ones, improving the coordination of care following a hospital admission, or providing compassionate end-of-life care for adults with a life-limiting illness, we set the standard for high-quality, compassionate care across Southern California and beyond.

In addition, the Jewish Home features residential services such as the Ida Kayne Transitional Care Unit, Fountainview at Eisenberg Village and the soon-to-open Fountainview at Gonda Westside (each licensed as a continuing care retirement

When Planning for the Future...

(Continued from page 10)

When planning for the future...
BY CHAIVAT PHUVADAKORN, M.D.

As children, we are taught in school about the "food pyramid" — to eat fewer servings of fats and meats and to consume more servings of fruits and vegetables (see www.choosemyplate.gov). I still remember my parents telling me to, "eat your fruits and vegetables!"

The recently released 2015-2020 Dietary Guidelines for Americans reinforce the importance of fruits and vegetables as part of a healthy diet to promote overall health.

However, as we grow up, we don’t always practice what we are taught in school. Instead of three to five servings of vegetables and two to four servings of fruit, isn’t it just easier and more convenient to swallow a pill? Hence, the popularity of dietary supplements. In fact, I would say the majority of my new patients are taking vitamins and supplements. Some even come to their appointments with an entire bag of 20-plus bottles! Patients take supplements for a number of reasons — to "supplement" their diet, gain more energy or to improve their arthritis or memory.

Dietary supplements are a multi-billion-dollar industry; there are more than 50,000 different supplements currently on the market. However, most people do not realize that dietary supplements are not regulated in the same way as prescription drugs. Unlike prescription drugs, which are required to prove their safety and efficacy, dietary supplements are not reviewed by the FDA before they come on the market. In comparison to prescription drugs, there are far fewer randomized, placebo-controlled clinical studies of dietary supplements. Additionally, there have been frequent concerns about quality — what’s actually in the bottle? Previous issues include reports of contamination (such as with lead and anabolic steroids), accuracy of labeling (how much active ingredient is present in the product), and adverse effects (such as with "fen-phen," in the 1990s). Another concern is potential interactions between dietary supplements and prescription medications such as warfarin.

But are dietary supplements "bad?" Not necessarily. There are some appropriate uses of supplements, as in conditions of iron or vitamin-B12 deficiency. However, I have seen the pendulum swing, where patients think taking more is better, but they may be doing more harm than good. Calcium is a good example. Calcium is important, especially for people being treated for osteoporosis. However, excess calcium can increase the risk of vascular calcification.

Before asking your doctor which dietary supplements to take, I encourage you to ask yourself these two questions: "Am I eating a well-balanced, healthy diet?" and "Why am I taking dietary supplements?"

Most experts would agree that encouraging a well-rounded, healthy diet is the ideal way to obtain the recommended daily values of vitamins and nutrients.

There are additional benefits of a healthy diet, such as fiber, which has been shown to help with diseases such as diabetes and heart disease, as (Continued on page 13)
What to Look for in Choosing a Healthcare Facility

Report cards on the Internet can help you compare healthcare facilities. Three private websites that rate hospitals based on information collected from Medicare records and other sources are usnews.com, checkbook.org, and healthgrades.com.

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) accredits hospitals as well as nursing homes and other healthcare organizations. Specially trained investigators assess whether these organizations meet set standards. At jcaho.org, you can check on a local facility, including how it compares with others. JCAHO also accepts consumer complaints. You can post a complaint on its website or call 1-800-994-6610.

• Nursing Home Compare, operated by the U.S. Department of Health and Human Services will help you compare the facilities in many states. Visit the website or call 1-800-MEDICARE (633-4227).
• Eldercare Locator, another service of the U.S. Department of Health and Human Services, provides information and referral services for those seeking local and state support resources for the elderly.
• LeadingAge, is a trade group that represents many nonprofit facilities.
• The Assisted Living Federation of America, represents both for-profit and nonprofit assisted-living facilities. Phone: 703-691-8100.
• The Commission on Accreditation of Rehabilitation Facilities, gives its seal of approval to qualifying facilities. Phone: 1-888-281-6531.

Food for Thought on Supplements...

(Continued from page 12)
well as constipation. I recommend talking to your doctor or a dietitian about which supplements and what doses are appropriate for you.

Dr. Chaivat “Pop” Phuvadakorn is a board-certified geriatrician with the highly regarded UCLA Geriatrics Program in Porter Ranch. For more information, visit uclahealth.org/porterranch

Discover the fountain of U

Porter Ranch
19950 Rinaldi Street
Suites 300 & 310
(818) 271-2500
uclahealth.org/porterranch

Simi Valley
2655 First Street
Suites 360 & 380
(805) 583-0110
uclahealth.org/simivalley

Northridge (Urology)
18350 Roscoe Blvd
Suite 604
(310) 794-7700
uclahealth.org/northridge

UCLA Health
it begins with U

1-800-UCLA-MD1 (1-800-825-2631)

uclahealth.org/getsocial
According to a recent study by Jamie Desjardins, PhD, an assistant professor in the speech-language pathology program at The University of Texas at El Paso, hearing aids improve brain function in people with hearing loss.

It is known that hearing loss, if left untreated, can lead to emotional and social consequences, reduced job performance, and diminished quality of life. Recently research has shown that untreated hearing loss also can interfere with cognitive abilities because so much mental effort is diverted toward understanding speech.

“If you have some hearing impairment and you’re not using hearing aids, maybe you can figure out what the person has said but that comes with a cost," said Desjardins in a recent university announcement. “You may actually be using the majority of your cognitive resources--your brain power—in order to figure out that message.”

Desjardins explained that, as people age, basic cognitive skills—working memory, the ability to pay attention to a speaker in a noisy environment, or the ability to process information quickly—begin to decline. Hearing loss affects more than 9 million Americans over the age of 65 and 10 million Americans ages 45 to 64, but only about 20% of people who actually need hearing aids wear them, Desjardins said.

To explore the effects of hearing loss on brain function further, Desjardins studied a group of individuals in their 50s and 60s with bilateral sensorineural hearing loss who had previously never used hearing aids.

Study participants took cognitive tests to measure their working memory, selective attention, and processing speed abilities prior to and after using hearing aids.

After two weeks of hearing aid use, tests revealed an increase in percent scores for recalling words in working memory and selective (Continued on page 15)
attention tests, and the processing speed at which participants selected the correct response was faster. By the end of the study, participants had exhibited significant improvement in their cognitive function.

“Most people will experience hearing loss in their lifetime,” said Desjardins. “Think about somebody who has hearing loss and is still working and they’re not wearing hearing aids. They are spending so much of their brainpower just trying to focus on listening. They may not be able to perform their job as well. Or if they can, they’re exhausted because they are working so much harder. They are more tired at the end of the day, because it’s a lot more taxing. It affects their quality of life.”

The first step is determining if there is diminished hearing. Contact Hearing Aid Specialists, Inc. For over 60 years we’ve been reconnecting people with their loved ones through better hearing. See page 4 for our contract information.

The Jewish Home

(Continued from page 11) community, or CCRC), award-winning residential care, the Goldenberg•Ziman Special Care Center, and long-term care. These services enable our expert staff members to provide short-term rehabilitative care that helps seniors successfully recover from an illness, injury, medical procedure, or acute hospital stay; to facilitate active, independent senior living; to promote healthy aging with skilled nursing services; and to nurture patients with Alzheimer’s disease and age-related dementia in a special care facility that is among the most advanced of its kind in the world.

Welcome to the Jewish Home: dynamic, flexible, and ready to meet the wide range of challenges seniors face every day. No matter the need, the Jewish Home is here for them – today, tomorrow, and for future generations. The Jewish Home can be reached at (855) 227-3745.
It’s TIME to SHOP

your Medicare supplement plans!

Have you recently had a rate increase in your Medicare supplement plan?

It’s TIME to SHOP!
- Call 818-888-0880 for FREE no obligation quotes.
- We are independent agents representing 10 of the major Medicare supplement carriers.
- There is no additional cost for our service. We are paid by the carriers.

Get Personal Service
- Wouldn’t you rather have an agent you can call with questions rather than just a customer service number?
- As a bonus to you, we provide an annual review of Part D plans and Medicare supplement plans.

Rates vary for many reasons, including zip code, age, living situation and how long you’ve been on Medicare. Did you know that there are 11 different Medicare supplement plans?

Changing plans is easiest during your birth month, as California law guarantees the right to change at that time. Let us shop Medicare supplement plans for you; we’ve saved people as much as $200/mo.

PAUL DAVIS & ALBERTA BELLISARIO INSURANCE SERVICES
- Medicare Supplement Plans
- Medicare Advantage Plans
- Long Term Care Insurance
- Individual Health Insurance, including Covered California
- Group Health Insurance
- Life Insurance

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