



## NEWS RELEASE

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### FREE 2015 COMMUNITY RESOURCE GUIDE AVAILABLE FOR OLDER ADULTS

**SANTA MONICA (January 13, 2015)** – WISE & Healthy Aging, the Santa Monica-based nonprofit social services organization serving older adults, has just released the first edition of the **2015 Westside Guide for the 50+**. Developed for Westside residents age 50 and older, this 'must-have' guide brings important community resources together into one comprehensive publication to help area adults live well and successfully navigate the aging experience.

The **Westside Guide for the 50+** is a collaborative effort between WISE & Healthy Aging, the Westside Older Adult Task force (OATF), and the City of Santa Monica Commission for the Senior Community (CSC). Major sponsors include UCLA Health, Kaiser Permanente, and Providence Saint John's Health Center. Available in print and on-line at [www.westsideguide.org](http://www.westsideguide.org), the 68-page publication is easy-to-read and navigate with its magazine-style layout. The Guide contains a wide variety of topics and services, including:

- Community resources, including a list of Westside farmers markets, important numbers to call in case of an emergency, and much more
- A 5-page insert with important tips for recognizing, reporting and preventing elder abuse, financial, telephone and mail fraud, and identity theft
- Housing assistance and alternatives
- Healthcare and personal care resources
- Finance, legal and insurance resources
- Informative articles including tips for new caregivers
- Essential checklists including important estate documents to keep on hand, home modifications for safe living, key points to consider when choosing a nursing home, and much more

With 20,000 guides in print, guides are available for picking up from the Ken Edwards Center at 1527 4<sup>th</sup> Street in Santa Monica, including local public libraries, senior centers and other community agencies throughout the Westside. For more information on the Guide, call 310-394-9871, ext. 552.

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**WISE & Healthy Aging** is the result of the 2007 merger of WISE Senior Services and Center for Healthy Aging. With a combined 70 years' experience serving older adults, the nonprofit, social services organization brings together a synergy of services, information, programs and support for older adults, caregivers of the elderly and the professionals who work with them. For more information, call (310) 394-9871 or visit [www.wiseandhealthyaging.org](http://www.wiseandhealthyaging.org).

**WISE & Healthy Aging**

# Westside Guide for the 50+

2015

Your Free Neighborhood Resource for Living Well



**INSIDE: RESOURCES FOR**  
Healthcare | Care Services  
Housing Related | Financial & Legal  
Insurance | Community Resources

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**WISE**  
*& Healthy Aging*

  
City of  
**Santa Monica**  
Commission for the  
Senior Community

*Older  
Adult  
Task  
Force*