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eliminating racism
empowering women

ywca

San Gabriel Valley



SENIOR SERVICES PROGRAM

EMPOWERING SENIORS THROUGH MEANINGFUL CONNECTIONS & SUPPORT

established in 1986

As one of the leading Senior Services Programs in Los Angeles County, YWCA-SGV Senior Services supports more than 4,500 seniors weekly, staying true to our commitment to serving the community. In line with the YWCA's mission to empower and uplift individuals, we are proud to offer all our services free of charge, intertwining affordability with our dedication to senior care. By offering all our services for free, we strive to create a nurturing environment where senior citizens can thrive, knowing that their well-being is our top priority.



Advocacy



Health & Safety



Support



Engagement



YWCA San Gabriel Valley



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YWCA_SGV



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MEAL SERVICES

Participants have the opportunity to enjoy shared dining at any of our 22 partnering senior centers. Additionally, our Home Delivered Meals Program is offered to homebound seniors ensuring the delivery of 7 frozen meals per week.



TELEPHONE REASSURANCE

Through our telephone reassurance calls, we are able to provide each client with emotional support check-in calls, which combat loneliness, promote a sense of security, and improve clients' mental well-being.



CASE MANAGEMENT

Services include advocacy, counseling, care services, non medical equipment, and linking clients to Social Security, SSI, Medi-Cal, CalFresh, housing, transportation, and utility payment assistance programs.



MEALS ON WHEELS

The program provides seniors (aged 60+) and disabled adults with a nourishing hot meal and a packed lunch each weekday, delivered by dedicated volunteer drivers. To ensure its sustainability, enrollment in the program requires a \$7 fee per meal.



“I am incredibly grateful for this wonderful service. The meals delivered have made a significant positive impact on my daily life and I am now able to maintain a stronger sense of connection with my community.”

-YWCA-SGV Senior Client