

Jameka M. Gilford

Associate Attorney

Direct Dial: (714) 385-9418

Phone: (714) 385-9400

Fax: (714) 385-9055

Email: JGilford@lflm.com

Physical Address: 2100 W. Orangewood Ave, Suite 110, Orange, CA,
92868

Jameka M. Gilford is an Associate Attorney in our Orange County office. She re-joined LFLM in 2023 and defends insurance carriers, third-party administrators, and self-insured employers in all areas of state workers' compensation law.

Practice Areas

- **Workers' Compensation Defense**

Admitted to Practice

- The State Bar of California, 2005