

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Clerk's office at (310) 618-2780. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. [28CFR35.102-35.104 ADA Title II] Direct questions or concerns to the Commission Liaison at (310) 618-2935 prior to submission to the Commission. Parties will be notified if the complaint will be included on a subsequent agenda. The Commission on Aging is an advisory body to the City Council that meets the first Tuesday of each month at 9:30 a.m. in the West Annex Commission Meeting Room. All meetings are open to the public.

**TORRANCE COMMISSION ON AGING AGENDA
TUESDAY, AUGUST 1, 2023
REGULAR MEETING
9:30 A.M. IN THE WEST ANNEX COMMISSION MEETING ROOM
AT CITY HALL, 3031 TORRANCE BOULEVARD
TORRANCE, CA 90503**

**COMMISSION ON AGING MAY TAKE ACTION ON ANY ITEM
LISTED ON THE AGENDA**

1. CALL MEETING TO ORDER

ROLL CALL: Commissioners Davis___, Grundhaus___, Hileman___, Mayfield___,
Dojiri___, Snyder___, Chairperson Pryor___

2. FLAG SALUTE: Commissioner Grundhaus

WORDS OF INSPIRATION: Commissioner Hileman

3. REPORT OF THE CITY CLERK ON THE POSTING OF THE AGENDA

The agenda was posted on the Public Notice Board at 3031 Torrance Blvd. and on the City's Website on THURSDAY, JULY 27, 2023.

4. ANNOUNCEMENT OF WITHDRAWN, DEFERRED, AND/OR SUPPLEMENTAL ITEMS

5. ORAL COMMUNICATIONS (Limited to a 15 minute period)

This portion of the meeting is reserved for public comment on items on the agenda or on topics of interest to the general public. Under the Ralph M. Brown Act, Commissioners cannot act on items raised during public comment but may respond briefly to statements made or questions posed; request clarification; or refer the item to staff. Speakers under this Public Comment period will have no longer than 1 minutes per speaker. Your comment to the Commission meeting will be recorded as part of the meeting. By staying in the meeting and making public comment during the meeting, you are agreeing to have your comment recorded.

6. CONSENT CALENDAR

Matters listed under the Consent Calendar are considered routine and will be enacted by one motion and one vote. There will be no separate discussion of these items. If discussion is desired, that item will be removed by a Commissioner from the Consent Calendar and considered separately.

6A. APPROVAL OF MINUTES: JUNE 6, 2023

7. ADMINISTRATIVE MATTERS

7A. PRESENTATION: “THE SPACE DIET”

Presentation by Heather Baker, Caring Transitions.

7B. DISCUSSION: 2022-2023 COA ANNUAL AND FOCAL POINT REPORTS

Recommendation of the Community Services Director that the Commission on Aging to discuss and approve the 2022-2023 annual and Focal Point reports.

7C. DISCUSSION: SPEAKERS FOR UPCOMING MEETINGS

Recommendation of the Community Services Director that the Commission on Aging discuss and decide on speakers relevant to the senior population.

7D. ORAL REPORTS ON SENIOR CITIZEN CONCERNS

Recommendation of the Community Services Director that the Commission on Aging report on:

- City Council Activities - Commissioner Hileman
- Housing - Chairperson Pryor
- Health - Commissioner Mayfield
- Transportation - Vice-Chairperson Snyder
- Community Programs - Commissioner Grundhaus
- Focal Point Programs - Commissioner Dojiri
- Elder Abuse/Fraud - Commissioner Davis

8. ORAL COMMUNICATIONS #2 COMMISSIONERS/STAFF

(Limited to a 15 minute period)

Comments under this portion of the agenda are limited to items not on the agenda and to no longer than three (3) minutes per speaker. Under the provisions of the Brown Act, the Commission is prohibited from taking action or engaging in discussion on any item not appearing on the posted agenda.

9. ADJOURNMENT

9A. To the regular meeting of the Commission on Aging on Tuesday, September 5, 2023 at 9:30 a.m. located in the West Annex Commission Meeting Room at City Hall, 3031 Torrance Blvd.

**MINUTES OF A REGULAR MEETING OF
THE TORRANCE COMMISSION ON AGING**

1. CALL TO ORDER

The meeting convened on Tuesday, June 6, 2023 at 9:30 a.m. at the West Annex Commission Meeting Room at City Hall, 3031 Torrance Boulevard.

ROLL CALL/MOTIONS FOR EXCUSED ABSENCE

Present: Commissioners Davis, Grundhaus, Hileman, Mayfield, Pryor, Snyder and Chairperson Dojiri

Absent: None.

Also Present: Recreation Services Manager Garrett Craig,
Senior Recreation Supervisor Jesus Castro.

2. FLAG SALUTE

Commissioner Davis led the Pledge of Allegiance and Commissioner Hileman read inspirations provided by Irene Griffith.

3. REPORT OF THE CITY CLERK ON THE POSTING OF THE AGENDA

Senior Recreation Supervisor Castro reported that the agenda was posted on the Public Notice Board at 3031 Torrance Boulevard and on the City's website on Thursday, June 1, 2023 by City Clerk Poirier.

4. ANNOUNCEMENT OF WITHDRAWN, DEFERRED, AND/OR SUPPLEMENTAL ITEMS

No items.

5. ORAL COMMUNICATIONS

None.

6. CONSENT CALENDAR

6A. APPROVAL OF MINUTES – May 2, 2023 Commission of Aging

MOTION: Commissioner Snyder moved and Commissioner Hileman seconded, to approve the minutes of the Commission on Aging meeting of May 2, 2023, as submitted. The motion passed by a voice vote.

7. ADMINISTRATIVE MATTERS

7A. PRESENTATION: "HELPING PATIENT'S/FAMILIES MANAGE THE OBSTACLES OF AGING"

Patricia Logan, MA, Gerontology Specialist, from Providence Little Company of Mary Medical Center, San Pedro, presented information on the Center for Optimal Aging (COA). She explained that the mission of COA was to empower seniors, their families and physicians with tools that enhance health, wellness and knowledge of available resources and noted that COA was an outpatient program. She listed reasons to participate in the program:

- Provided information to patients/families for navigating aging
- Provided a testing baseline to compare over time
- Was a proactive approach to aging
- Was covered by Medicare, PPO's, HMO's and offered a cash option.
- Interdisciplinary team approach: physical therapy, occupation therapy, medication management, gerontology specialist and nutritional screening
- Common diagnoses often treated: dementia, osteoarthritis, stroke, decreased mobility, chronic obstructive pulmonary disease (COPD), cancer, post-surgery
- Provided information on resources available to patients and their families

Ms. Logan discussed the process of physician referral to COA, types of testing, clinical findings and recommendations provided and noted that patients and their families could reach out for assistance at any time. She explained that the program had begun in 2012.

7B. DISCUSSION: TORRANCE CENTENARIAN PROGRAM

Senior Recreation Supervisor Castro stated that Mrs. Alice R. Hoyt would be the recipient of the Centenarian Award at the City Council meeting on Tuesday, July 11, 2023. He noted that she would be presented with a proclamation and commemorative coin.

Recreation Services Manager Garrett Craig stated that he would send out a reminder of the presentation to the Commission and a copy of the proclamation.

7C. DISCUSSION: SPEAKERS FOR UPCOMING MEETINGS:

Commissioner Grundhaus recommended Heather Baker from Caring Transitions, to speak on organizing and decluttering. Senior Recreation Supervisor Castro stated that he would contact her and schedule her for the August meeting.

Commissioner Hileman discussed a palliative care program through Torrance Memorial.

MOTION: Commissioner Mayfield moved and Commissioner Grundhaus seconded, to approve a speaker from Torrance Memorial Medical Center palliative care program. The motion passed by a unanimous voice vote.

7D. Oral Reports on Senior Citizens Concerns

1. City Council Activities

Commissioner Hileman reported that the Council had approved funding for the Armed Services Day celebration and parade. She noted that the City and the County had held their Older American award ceremonies. She announced that the City had accepted a grant of \$400,000 from Little Company of Mary for the 3290 Temporary housing project and added that the Friends of the Library had donated \$43,824 to the Library for the Summer Reading Program. She reported that the City had decided not to change the City logo at this time.

2. Housing

No report.

3. Health

Commissioner Mayfield reported that UCLA was hosting a Summer Blood drive at the Ken Miller Recreation Center on Thursday, June 15 from 8:00 a.m. to 1:00 p.m. and noted that an advance appointment was required: phone 310-895-0282 or email NLai@MedNet.UCLA.edu.

4. Transportation

Commissioner Snyder stated that the Mary K. Giordano Regional Transit Center would have its grand opening on Friday, June 9, 2023 from 11:00 a.m. to 2:00 p.m.

5. Community Programs

Commissioner Grundhaus announced that there would be a Senior Fair on June 8 at the Ken Miller Recreational Center, Motown music at the Armstrong Theater on June 9 and beatification day at Seaside Heroes Park. She added that on June 13 there was a flight test day at the Western Flight Museum and noted that the Rose Float Committee was conducting a fundraiser through Chipotle on June 14.

Commissioner Pryor noted that CPR training from the Fire Department was available at the Famer’s Market today.

6. Focal Point Program

Commissioner Dojiri reported the following statistics for the month of:

May 2023

| | |
|--------------------------------------|------------------------------------|
| Total number of documented calls: 22 | Web Inquiries: 106 |
| Miscellaneous calls: 43 | Total number of calls received: 65 |

Of the documented calls there were the following requests:

| | |
|-----------------------------|---------------------------------|
| | requests for housing 68% |
| requests for legal help 18% | requests for transportation 14% |

7. Elder Abuse/Fraud

No report.

7E. ELECTION OF OFFICERS

MOTION: Commissioner Snyder moved and Commissioner Mayfield seconded, to nominate Commissioner Pryor as Chairperson. Commissioner Pryor accepted the nomination. The motion passed by a unanimous voice vote.

MOTION: Commissioner Grundhaus moved and Commissioner Pryor seconded, to nominate Commissioner Snyder as Vice Chair. Commissioner Snyder accepted the nomination. The motion passed by a unanimous voice vote.

Chairperson Dojiri requested that an item to discuss the rotation of officers be added to the next agenda.

Chairperson Dojiri thanked the Commissioners and staff for their support during her time as Chair.

8. ORAL COMMUNICATIONS #2 Commissioners/Staff

Commissioner Hileman noted the members using the CalFresh program was now able to use CalFresh at some local restaurants.

Recreation Services Manager Craig announced the City Open House would be held on Saturday, June 10 at the City Yard from 10:00 a.m. to 2:00 p.m. and added that there would be shuttles operating between the City Yard and the Mary K. Giordano Regional Transit Center. He noted that summer event flyers were available in City offices. He explained that all City employees who interacted with the public would be receiving CPR, first aid and AED training through in-house training from the Fire Department.

Commissioner Snyder discussed her interviews with the potential Youth Council members.

Recreation Services Manager Craig reminded the Commission to RSVP by June 29, 2023 to the City Clerk for the Commission's luncheon on July 15, 2023.

Senior Recreation Supervisor Castro explained that the Older American award recipients who were not present at the award ceremony had picked up their awards.

Chairperson Dojiri requested that award recipients be notified of how to obtain copies of pictures taken during the award ceremony.

Chairperson Dojiri reminded the Commission that they would be dark in July.

9. ADJOURNMENT

9A. At 10:38 a.m., Commissioner Mayfield moved to adjourn the meeting to the regular meeting on Tuesday, August 1, 2023, at 9:30 a.m. at the West Annex Commission Meeting Room at City Hall, 3031 Torrance Boulevard. The motion was seconded by Commissioner Snyder and a roll call vote reflected unanimous approval.

####

The Space Diet

About Us



Tim and Heather Baker



Caring Transitions South Bay F



Our Expertise

| Relieve the stress associated with
moving and downsizing |

What We Do

Manage your entire move...from start to finish

Facilitate the move

- ❖ Planning, downsizing, packing, unpacking and resettling

Maximize the value of all that's left behind

- ❖ Online estate sales/auctions
- ❖ Donations
- ❖ Recycling
- ❖ Discarding

Is your living space F.A.T.?

Full of
Acquired
Things



Like Physical Fitness, “Household Fitness” is a common American issue...

We are in this together!





2012 UCLA Study

- Managing the volume of possessions in our homes is such a crushing problem, it elevates the level of stress hormones in our bodies.
- For older adults, an increase in stress hormones contribute to memory impairment
- Other side effects include fatigue, depression anxiety, sadness, trouble eating and sleeping, aches and pains, and weight loss

More than Stress...

Just like being overweight, excessive clutter can be unhealthy

- Personal safety/fall issues
- Dust, mold and insects
- Unpleasant living space



Why Do I Have So Many Things?

I didn't "downsize" before I moved last time

I am not sure what I will need for my new lifestyle... so I'm keeping everything

I may move again and need different things

I am attached to my things

I don't know!



The Problem With Things



Changes in life can be difficult. BUT, just like using food to help ourselves feel better; trying to make ourselves feel better with *things* is NOT the answer and may only lead to bigger problems.



Decluttering is a Diet for the Home

Decluttering is more fun than Dieting...

Because most results are immediate!



Getting Started

- Find Your Motivation
- Establish *Achievable* Goals
- Set Realistic Time Frames
- Take “before” pictures
- Overcome Your Own Objections
- Recognize YOU are in control

Space Diet™ Obstacles

We already know what to get rid of,
But we don't do it.

Because it makes us feel..

- Sad
- Overwhelmed
- Guilty
- Fearful
- Resentful

The question is...

How do you feel?

A “Space Diet™” may be the answer...

The Space Diet™ Warm Up

- Define your area
- Assemble “equipment” (space organizers, garbage bags, price tags, markers, etc)
- Work the visible areas FIRST

Work Your Space

- Set a short and specific timeframe and stick to it
- Get rid of distractions
- Stay focused (complete one entire area before the next)
- Work with a buddy or “coach”
- Make non-emotional decisions
- Push for results

The Space Diet™ Cool Down

- Reward your accomplishments
- Take “after” photos
- Enjoy the feeling of your new space

Space Diet™ Technique

Identify IMPORTANT things

#1. Things We Need

#2. Things We Love

#3. Things We Want

#4. Things We *Used* to Love or *Might* Need

#5. Things We Do Not Want or Need

Healthy Spaces



- A GOOD Space will only have:
 - #1 What we NEED
 - #2 What we LOVE
 - #3 A little bit of what we WANT
- A GREAT Space will contain only Items #1 (Need) and #2 (Love)

But what do we NEED?



What do We LOVE?

- Our Touchstones
- Those things that DEFINE who we are



Tip: Take pictures of other less important items that you may be attached to. In today's digital world, we do not even have to keep pictures in our houses anymore.

Today's Exercise

“Rightsizing”

- Choose a SMALL space
- Remove everything
- Clean the space
- Replace #1 (NEED) and #2 (LOVE)
- Discard/Donate everything else
- Enjoy your new space

Paperwork

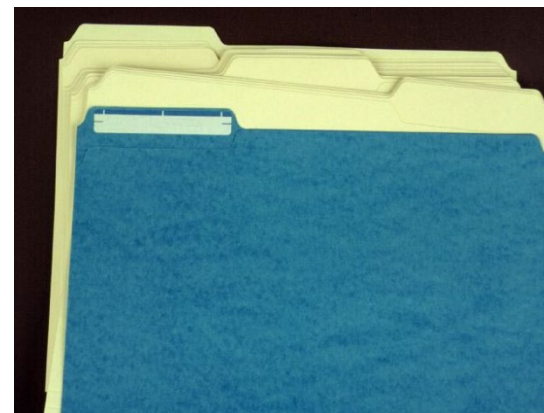
Paperwork= Our “problem area”

- Like “love handles”, paperwork never goes away.
- It seems the more we tackle our stacks of paper, the larger they appear



Paperwork “Slim Down”

- Quick Sort
- Use Document Organizers for Legal/Medical/Financial
- Horizontal or Vertical Filing Units
- Professional Advice
- Shredding



The Space Diet™ Dilemma

Should I Store items OR Sell OR Donate them?

- The decision is as simple as “cash in” vs. “cash out”
- Average cost of 10 x 20 storage is \$400/month
- Average Garage Sale profit is \$600...and can be higher for Estate Sales.
 - Get expert advice on sales and appraisals



MOST IMPORTANT...



The way you use
your space is YOUR
choice to make!





- ❖ Every journey starts with a single step
- ❖ You don't need to do this alone...ask for help:
 - Friends/family
 - Senior Move Manager (free consultation)
- ❖ Trying to make ourselves feel better with *things* is NOT the answer and may only lead to bigger problems

Key Takeaways

Free Consultation

Tim and Heather Baker
310-924-6048
hbaker@caringtransitions.com

Visit our website at <http://www.caringtransitionsSBPV.com>





Senior Relocation • Downsizing • Estate Sales

The Space Diet™

- Warm Up
 - Define your area
 - Assemble “equipment” (space organizers, garbage bags, price tags, markers, etc)
 - Work the visible areas FIRST
- Working on Space
 - Set a timeframe and stick to it
 - Get rid of distractions
 - Stay focused (do not move from one area to the next)
 - Work with a buddy, professional or “coach”
 - Make non-emotional decisions
 - Push for results
- Cool Down
 - Reward your accomplishments
 - Take “after” photos
 - Enjoy your new living space

Dieting Tips

- Do not add anything to your space without removing something of equal or greater proportion
- “What if” is not a reason to keep something
- “Over-collecting” will not make you feel better. Like overeating, it causes more problems down the road.
- Establish goals, start reasonable sized projects, set firm timetables and decide on rewards
- Remember YOU are in control of your space, it is not in control of you!

Caring Transitions South Bay PV
310-924-6048 or hbaker@CaringTransitions.com

Let it Go

- Broken, outdated electronics
- Too many “multiples”
- Things that belong to others!
- Things we have kept out of guilt or fear
- Clothing/Shoes/Coats that don't fit or seldom worn
- Kitchen items you no longer use
- Excess linens
- Books and magazines
- Outdated spices, baking goods
- Junk mail/newspaper and magazine clippings
- Outdated medications and over the counter products
- Old, unused toiletries
- Lawn, garden and home maintenance items
- Entire contents of the “junk drawer”
- A large percent of seasonal items

Our Services

We honor your possessions and do our best to optimize the financial and personal value of your things. Call us today for

- Sorting
- Organizing
- Downsizing
- Packing and Unpacking
- Estate Sale
- Online Auction
- Home Clean Out
- Donations

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Torrance Commission on Aging 2022-2023 Annual Report

Purpose of the Commission

The Commission on Aging consists of seven residents of Torrance who act to identify situations and problems affecting the senior population, and to serve as a liaison to the City Council.

The Commission on Aging meets the first Tuesday of each month at 9:30 a.m. (except June and December). The meetings are held at the West Annex Commission Meeting Room and are open to the public. Torrance residents are encouraged to attend the meetings to address the Commission on Aging matters of concern about the senior community.

Membership of the Commission on Aging

The following Commission members currently serve the Torrance Commission on Aging:

| MEMBER | STATUS | APPOINTED or REAPPOINTED |
|--------------------------|------------------------|---------------------------------|
| Karen Pryor | General Representative | 2020 |
| Carolyn Snyder | General Representative | 2020 |
| Rosie Mayfield | General Representative | 2021 |
| Julie Dojiri, Chair | General Representative | 2021 |
| Kay Grundhaus | General Representative | 2021 |
| Mary Hileman, Vice Chair | General Representative | 2022 |
| Ghislaine Davis | General Representative | 2022 |

Highlights 2022 -2023

At the July 5, 2022, Commission on Aging meeting, Community Development Director Michelle Ramirez presented on the City Senior Housing Community Development. Director Ramirez reported that the senior population (those over 65 years) in the City of Torrance had increased from 11.9% in 1990 to 16.8% in 2020. She explained that agencies varied in the age they defined seniors: housing was 55+, while Social Services was 65+. She discussed the City's General Plan, Housing Element, which is updated every eight years to identify the total number of housing units (by affordability) each jurisdiction must accommodate. She noted that the local governments were not required to build the housing but had to have property zoned to meet the numbers. She discussed the General Plan of Land Use and Zoning Designations for residential use.

The election of officers for the Fiscal Year 2022-2023 was held. Chairperson Dojiri and Commissioner Pryor were both nominated for Chair, and the Commission vote was split with three votes each. A motion was passed to table the selection of the Chair until August so Commissioner Davis, who was absent, could vote and break the tie.

At the August 2, 2022, Commission meeting, College of Extended and International Education at Cal State University, Dominguez Hills, Director Fawn Supernaw, MA, and Associate Dean Lynda Wilson, Ph.D. presented the Osher Lifelong Learning Institute (OLLI). Associate Dean Wilson explained the endowment and the principles behind Osher Lifelong Learning Institute (OLLI) and noted that some members were in their 80s and 90s. Director Supernaw added that volunteers directed most of the programs and discussed various topics and programs.

The postponed Fiscal Year 2022-2023 election for Chair was held, and Chairperson Dojiri was nominated for Chair. Chairperson Dojiri accepted the nomination and was elected as Chair of the Commission. Commissioner Hileman was nominated and elected Vice Chair for the Commission on Aging for 2022-2023.

At the September 6, 2022, Commission meeting, Recreation Supervisor Castro presented the Torrance Centenarian Program and summarized the process, timing, and dates of the awards and the requirements to receive this honor. Honorees would be presented with a certificate and recognition coin at a Commission of Aging or City Council meeting. The Commission discussed the award process, the methods to notify the residents and family members of the Program, and how to announce information on recipients. The Torrance Centenarian Program was approved by the Commission by a unanimous vote.

At the October 4, 2022, Commission meeting, Past President Janet Morris of MAPS Charities explained that MAPS Charities was a 501(c) (3) volunteer organization established in 2012 that provides a variety of services to seniors in the Los Angeles County area, such as rent assistance, supplies, and hearing aids, for up to a \$ 750-lifetime limit. She stated that through fundraising, donations, and grants, MAPS Charities tried to provide a one-time safety net for those seniors who cannot afford the things that may allow them to remain safe and independent wherever they may call home. Additionally, MAPS Charities had no specific income restrictions for seniors and no geographic preferences within Los Angeles County. She reviewed the MAPS Charities Board process of receiving applications/requests from Professional Senior Advisors (PSAs) in the community and noted that MAPS Charities were currently assisting 100 individuals per month. She explained that MAPS Charities funds are paid directly for the services or equipment and send the items to the clients.

At the November 1, 2022, Commission meeting, Los Angeles County Commissioner Jerry Gaines distributed and discussed the County's Strategic Plan for Fiscal Year 2023 for the Los Angeles County Commission for Older Adults (LACCOA). He noted that there were 25 seats, with five representatives from each County Supervisor, and added that he represented the 4th District with Supervisor Hahn. He described LACCOA's four primary purposes, the diverse makeup of membership of the Commission, and the monthly topics and action items. He explained that the Commission was involved in the Age-Friendly Cities project and the eight domains involved and provided a copy of the County's project. He noted that the Commission was also involved in reframing the Area Plan for the City using information gathered through evaluations, surveys, and public meetings. He recommended that the Aging Commission get involved in devising a Strategic Plan for the City and invited the Commission to attend one of LACCOA's monthly meetings.

City staff informed the Commission on Aging board that a joint meeting with the City Council would occur from 4:30 pm to 5:30 pm and discussed the format, the agenda for the meeting, and possible dates in 2023.

December 6, 2022 Commission meeting: DARK

At the January 3, 2023, Commission meeting, Recreation Services Manager Craig announced that a joint meeting with the City Council would take place on February 7, 2023, beginning at 4:30 pm with a meal, and the meeting would begin at 5:00 pm and end by 6:00 pm.

The 2023 Older American Award process and procedure were reviewed and discussed. An agreement on age and residency requirements was made. March 23, 2023, was set as the deadline to submit nominations.

At the February 7, 2023, Regular Commission meeting, a presentation on the Home Share Program by Ms. Miriam Hall, Home Share Program Director, was given. Ms. Hall provided information on the Home Share Program and the Permanent Supportive Housing for formerly homeless seniors and Shared Living Residences. She noted that the average match lasted 2.5 years, approximately 30 matches were completed yearly, and all types of people shared homes. She reported that there was currently a waitlist of 75 house seekers.

A discussion continued regarding the 2023 Older American Award: a list of past recipients will be sent out from the City Clerk to all Commissions. The COA board will make the final selections at the April meeting. The commission also reviewed the agenda for the joint commission meeting scheduled for 4:30 pm that afternoon with the City Council.

At the February 7, 2023, Joint Commission meeting, the Commission on Aging board members presented and discussed the Commission's past accomplishments and future projects.

Chairperson Dojiri thanked Council for providing them with the opportunity for a Joint meeting. She explained the mission of the Commission on Aging was to act as a liaison to City Council to hear issues that were affecting seniors in the Community. She listed and briefly described the seven monthly issues that the Commission reported: City Council Activities, Housing, Health, Transportation, Community Programs, Focal Point Programs, and Elder Abuse/Fraud. She noted that a Los Angeles County Commissioner for Older Adults had presented before the Commission and discussed the County's Strategic Plan for Fiscal Year 2023 for the Los Angeles County Commission for Older Adults.

Commissioner Mayfield discussed the speakers who had presented before the Commission: Laurie Davis from the South Bay Cities Council of Governments speaking on housing; Miriam Hall, Home Share Program Director from Affordable Living for the Aging; Nancy Wilcox and Deputy City Manager Hoang speaking on the Homeless 101; The Osher Lifelong Learning Institute at California State University, Dominguez Hills; and James Lee, Transit Manager, speaking on current and future transportation services for seniors and the new Transit Center.

Commissioner Davis discussed the Older American Award, the Commission's role, and the application process. Chairperson Dojiri noted that this was the 40th year for the Awards, and over 100 seniors have been honored, with one candidate selected each year also to receive the Los Angeles County Older American award.

Commissioner Pryor reported on the AARP Network of Age-Friendly States and Communities and listed the five Goals of the California Master Plan for Aging: Housing for all stages and ages; Health Reimagined;

Inclusion and Equality, Not Isolation; Caregiving that Works and Affording Aging. She noted that the State budget had allocated \$4.5 million to the California Department of Aging to provide competitive grants to communities. She added that the AARP also had Community Challenge grant opportunities. She noted that collaboration between the Commission on Aging and the Social Services Commission could benefit the senior population and collaborate with neighboring cities that had already begun the process.

At the March 7, 2023, Commission meeting, the City of Torrance Transit staff provided a presentation on the Los Angeles County Metropolitan Transportation Authority C-Line Extension. Senior Business Manager Mach presented and stated that the LA Metro C-Line Extension to Torrance Transit Center was a 4.5-mile light rail system from Redondo Beach, with two proposed stops: Redondo Beach and the Mary K. Giordano Regional Transit Center in Torrance. He listed and discussed the three possible options:

- Light Rail on Metro Right-of-Way Elevated/At-Grade (Proposed Project) – estimated completion Fall 2033
- Light Rail on Metro’s Rail Right-of-Way/Trench (Trench Option) – estimated completion Fall 2036
- Not on Rail Right of Way and Runs Down Hawthorne Boulevard (Hawthorne Option) estimated completion Fall 2035

Emergency Services Coordinator Eunique Day also gave a presentation on Emergency management. She listed the five pillars of Emergency Management: prevention, mitigation, preparedness, response, and recovery. She discussed types of natural hazards, such as flooding in the City and hazards in the home. She explained that in an emergency, such as an earthquake, residents would need to have a disaster plan and prepare to be self-sufficient in their homes for at least three days, with adequate medication, food, and water supplies for family members and pets. She reviewed “shelter-in-place” and Torrance Alerts and CitiCable systems, both of which provided information on weather and emergency alerts.

The commission also discussed the first Torrance Centenarian, Mrs. Mary Edna Campazzie, who is 103 years old, regarding the City Council Proclamation Ceremony meeting scheduled for Tuesday, March 14, 2023.

At the April 4, 2023, Commission meeting, the Torrance Fire Department Mobile Stroke Unit gave a presentation to the COA board. Firefighter/Paramedic Buchs presented and explained that the City of Torrance shares the stroke unit with Long Beach and Westwood. The unit is in Torrance on Thursday, Friday, and Saturday from 7:00 a.m. to 7:00 p.m. He added that the unit had a clinical team from UCLA on board, consisting of a neurologist, paramedic, critical care nurse, and technologist, and was equipped with a laboratory and had imaging and medical treatment capability for the two types of strokes.

Five applications for the 2023 Older American Award were received and reviewed. The Commission voted and approved Mr. Ron Smith as the Los Angeles County Older Americans Award recipient. The other four applicants were also voted for and approved for the Torrance Older Americans City Award.

In addition, the Commissioners selected new topics to report on.

At the May 2, 2023, Commission meeting, a presentation on Living Trust was given by Bier Law. Seth Bier, BIER Law Owner/Attorney, presented the information and explained that his practice specializes in estate planning. He noted that his practice's mission was to be informed, prepared, and accessible. He discussed various aspects of estate planning: living probate, death probate, living trusts, and health care directives.

In addition, City Staff, Senior Recreation Supervisor Castro, reported that Mayor Chen had submitted a letter to AARP Age Friendly City in February, confirming the City's commitment to the program. He added that he had accessed the City's account on the AARP online system and had added the Commissioners as stakeholders.

City Council

Chair Dojiri reports on events and items pertinent to seniors that were discussed by the City Council monthly.

Community Programs

The City has three Senior Centers, and at the beginning of 2022, two of the three Centers were closed due to the pandemic. Toward the end of 2022, all three Senior Centers were again up and running.

At the March 3, 2023, meeting Commissioner Davis shared that South Bay Village would be honoring its office managers. Chairperson Dojiri announced that there would be a Cherry Blossom Cultural Festival at Columbia Park on March 26, 2023, from 11:00 a.m. to 4:00 p.m., and Commissioner Hileman announced a program called Monarch Madness Trivia and Tea at the Katy Geissert Civic Center Library on April 15, 2023, at 2:30 p.m.

Commissioner Grundhaus, at April 4, 2023, meeting, announced that there would be an Arts and Crafts Fair at the Ken Miller Recreational Center on May 6, 2023, and AARP was offering help with taxes at the Bartlett Center through May 15, on Mondays only. She added that the *5-0 and on the Go* newsletter contained information on classes and activities at the Senior Centers. The information was also on the City's website under senior services. She stated that she would like to see more educational activities at the Centers and a method to develop a list of topics that would interest seniors.

At May 2, 2023, meeting Commissioner Grundhaus announced that there would be an Art Fair on May 6 at the Ken Miller Recreational Center and movies at the parks on June 24, July 22, and August 19. Chairperson Dojiri reported that there would be a recycling, shredding, and electronic waste collection event on May 13 from 8:00 a.m. to 12:00 p.m. at the City's employee parking lot.

Affordable Housing for Seniors

At the August 2, 2022, meeting, Commissioner Hileman reported that the building on the corner of Crenshaw and Lomita Boulevard would be apartments and that the Gable House Bowl site project was planned for 137 apartment units. Chairperson Dojiri reminded the Commission that the City had opened the Section 8 housing list, and seniors who needed application assistance could schedule an appointment through the Barlett Senior Center.

At the September 6, 2022, meeting, Chairperson Dojiri reported and noted that there had been a proposed rent increase of \$196 per month at the Skyline Park mobile home park due to the sale of the park. She stated that the City was attempting to contact the new owners.

Commissioner Grundhaus, at the October 4, 2022, meeting, discussed the Homeless Count in Redondo Beach and noted that Torrance was considering establishing one in the City. She also mentioned that the center where the Gable House was located was scheduled to be torn down and rebuilt as affordable housing.

Commissioner Grundhaus discussed at the November 1, 2023 meeting, the Vivo Company, which was taking over a hotel on 4111 Pacific Coast Highway and will provide 108 affordable housing units.

On January 3, 2023, Commissioner Grundhaus discussed Senate Bill 9 and explained that the City of Torrance had joined Redondo Beach and Carson to fight the bill. She noted that the Cabrillo Family Apartments on Cabrillo Avenue had a waitlist of over 500 people. Legacy Partners proposed building a five-story, 200-unit apartment complex near Del Amo Circle. She informed the board that the Department of Housing and Development had determined that in the next eight years, Torrance would need 2,467 housing units reserved for very low-income individuals, with 2,472 for moderate-income.

Transportation

At the July 5, 2022, Commission meeting, Commissioner Grundhaus reported that she had attended the groundbreaking ceremony at the Acoya South Bay.

At the August 2, 2022, Commission meeting, Commissioner Mayfield reported that there was a new Transit app that could inform you whether the bus was approaching was crowded.

Commissioner Mayfield, at the September 6, 2022, meeting, reported that she was waiting to hear from Transit Administration manager Lee for the date of the new transit tour.

Commissioner Mayfield, at the October 4, 2022, meeting, discussed the results of her conversation on the senior taxi program with Transit Administration Manager Lee and Transit Administrative Analyst Plumb.

At the May 2, 2023, meeting Commissioner Snyder stated that the Traffic Commission had voted to approve the City's letter to the Los Angeles County Metropolitan Transportation Authority (LACMTA) for the proposed C-line Extension. She noted that it was still possible for the public to comment on the project to LACMTA.

Health

Commissioner Hileman, at the July 5, 2022, meeting, announced that the U.C.L.A. Blood Mobile unit would be at the Redondo Beach Library on July 7, the Torrance Y.M.C.A. on July 20, and the Ken Miller Recreation Center on August 17.

At the September 6, 2022, meeting Commissioner Hileman announced that Torrance Memorial had the Nova vaccine available.

Commissioner Hileman and Patti Goldenson, at the October 4, 2022 meeting, informed the board that the Bartlett Center would have flu shots and COVID boosters available at the center on October 22, 2022, from 9:30 am to 12:30 pm.

At March 3, 2023, meeting Commissioner Hileman announced a seminar hosted by H.E.L.P. on long-term care options scheduled for May 18, 2023, at 10:30 am at the Katy Geissert Civic Center Library.

Commissioner Mayfield, at the April 4, 2023, meeting, reported that in late 2023, Torrance Memorial Medical Center would begin construction on a \$40 million emergency department expansion project, which would open in 2026 and increase capacity, efficiency and access to emergency care.

At the May 2, 2023, meeting Commissioner Mayfield reported changes to nurse practitioner requirements due to two Senate bills allowing nurse practitioners to practice without physician supervision.

Focal Point on Aging

Commissioner Snyder reports the statistical results for senior referrals outreach telephone calls and follow-up. The monthly report is submitted by Bea Virobik, Focal Point on Aging Program Manager for the City of Torrance and surrounding cities. Report attached.

Elder Abuse/Fraud

Commissioner Pryor reported on scams and frauds targeting seniors.

At the July 5, 2022, meeting Commissioner Pryor discussed using the AARP scams and fraud watch to become aware of potential scams.

Commissioner Pryor reported at the February 2, 2023, meeting on the list of top seven scams for seniors, according to the AARP: cryptocurrency, payday loans, two-factor verification codes, student loan forgiveness, puppy purchase, check washing and QR codes.

Conclusion

The Commission is indebted to the City Council and the City Staff for their support and assistance in helping the Commission on Aging members to be available to senior citizens in our community. We are especially grateful to City Staff Liaisons Jesus Castro and Garrett Craig for their guidance and support, and to Ellen Seaman, Commission Recording Secretary.

Respectfully submitted,

Julie Dojiri
2022-2023 Chairperson
Torrance Commission on Aging

Submitted by: Bea Virobik, Office Manager, **Focal Point on Aging**
 Russ Nolte Annex of the Bartlett Senior Center
 1339 Post Avenue
 Torrance, CA 90501

Focal Point Annual Report
June 2023 - June 2024

The Torrance Focal Point on Aging, an all volunteer staff, have provided seniors and their families with referrals to community services for the past 26 years. Focal Point is open 5 days/week, 3 hours each morning and given information by phone only.

COVID relief programs are no longer in place meaning the end to evictions and tenant rent protection. Since then land lords have increased rents resulting in homelessness. Torrance has opened a “tiny village” with 40 units providing access to traditional housing. The village provides health care, physical, mental services, and case management.

The 24th edition of the Focal Point directory is being printed and will be distributed to community partners. The website is www.torranceca.gov/focalpoint

Statistics for June 2022-2023

- 274 documented calls
- 423 miscellaneous inquiries
- 707 total calls
- 956 web inquiries
- 38% of calls for affordable senior rental housing

Goal for 2023-2024: Continue to provide quality services to our seniors and families. Pursue affordable rental and shared housing options.