

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, OCTOBER 3, 2023
REGULAR MEETING
9:30 A.M. IN THE WEST ANNEX COMMISSION MEETING ROOM
AT CITY HALL, 3031 TORRANCE BL.**

**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 Hileman

WORDS OF INSPIRATION: Commissioner Hileman

3. REPORT OF THE STAFF 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, September 28, 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 ANNOUNCEMENT OF WITHDRAWN, DEFERRED, AND/OR SUPPLEMENTAL ITEMS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 comment on items on the Consent Calendar or not on the agenda. Under the Ralph M. Brown Act, the Commission 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. **No longer than 1 minute per speaker**. If presenting handout material to Commission, please provide 10 copies to staff before speaking.*

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 Councilmember from the Consent Calendar and considered separately.

6A. APPROVE COMMISSION MINUTES: AUGUST 1, 2023

7. ADMINISTRATIVE MATTERS

7A. PRESENTATION: "SENIOR FOOD INSECURITY"

Presentation by Laura Hernandez, New Challenge Ministries, Inc.

7B. DISCUSSION: TORRANCE CENTENARIAN PROGRAM

Recommendation of the Community Services Director that the Commission on Aging discuss a Centenarian nominee and receive an update from staff.

- 1) Centenarian Award applicant, Mrs. Margaret H. Partsch
- 2) City Council Meeting Ceremony date TBD

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.

- 1) November 7, meeting – Palliative Care Program by Dr. Ujjwala Dheeriya and Palliative Care Director Kristel Quinto

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. COMMISSION ORAL COMMUNICATIONS

9. ADJOURNMENT

- 9A.** To the regular meeting of the Commission on Aging on Tuesday, November 7, 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, August 1, 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, Dojiri, Hileman, Mayfield, Snyder and Chairperson Pryor

Absent: Commissioner Grundhaus

Also Present: Senior Recreation Supervisor Jesus Castro.

2. FLAG SALUTE

Chairperson Pryor 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

Chairperson Pryor reported that the agenda was posted on the Public Notice Board at 3031 Torrance Boulevard and on the City's website on Thursday, July 27, 2023 by City Clerk Poirier.

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 ANNOUNCEMENT OF WITHDRAWN, DEFERRED, AND/OR SUPPLEMENTAL ITEMS

No items.

5. ORAL COMMUNICATIONS

A member of the public spoke about a park near Ocean Avenue that needed upkeep.

6. CONSENT CALENDAR

6A. APPROVAL OF MINUTES – June 6, 2023 Commission on Aging

MOTION: Commissioner Mayfield moved and Commissioner Snyder seconded, to approve the minutes of the Commission on Aging meeting of June 6, 2023, as submitted. The motion passed by a voice vote. (Absent Commissioner Grundhaus)

7. ADMINISTRATIVE MATTERS

7A. PRESENTATION: “The Space Diet”

Heather Baker, from Caring Transitions presented information on services provided to seniors to help them move or downsize their living space. She discussed the problems associated with clutter and noted that her company helped clients set realistic goals, identify the most important things, conduct efficient decluttering activities and provided assistance to arrange online auctions/estate sales, recycling and donations.

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

Commissioner Dojiri stated that staff had written the report and she had reviewed it.

MOTION: Commissioner Snyder moved and Commissioner Hileman seconded, to approve the 2022-2023 Commission on Aging Annual and Focal Point Reports, as submitted. The motion passed by a voice vote. (Absent Commissioner Grundhaus)

7C. DISCUSSION: SPEAKERS FOR UPCOMING MEETINGS:

Chairperson Pryor suggested contacting neighboring cities to connect with other senior Commissions.

Commissioner Hileman stated that she would contact a palliative care program through Torrance Memorial to see if they could provide a speaker.

Commissioner Dojiri suggested having a speaker regarding airport noise.

Commissioner Davis suggested having representatives from other Commissions attend and speak at the Commission on Aging meetings.

Senior Recreation Supervisor Castro stated that he would investigate to find speakers from other Commissions or committees.

Commissioner Mayfield suggested a speaker from a food bank to explain their process for food collection and distribution.

7D. Oral Reports on Senior Citizens Concerns

1. City Council Activities

Commissioner Hileman reported that at the July Council meeting the design for the 2024 Rose Float was approved by the Council and noted that the winning design had been submitted by a West Torrance High student. She stated that the City had hired a consultant to conduct a year-long study to develop plans for updating the City campus and surrounding City Hall area. She noted that the study would also include community input.

Commissioner Hileman listed the changes that had been approved for the airport: the implementation of airport landing fees for all transient aircraft and Torrance-based fixed wing operators with fleets of 3 or more, a letter of agreement between the City and the Torrance-based flight school operators, a plan to phase out leaded gas within the next 12 months, a ban on all training operations on weekends and City of Torrance recognized holidays and a modified weekday hours for training of Monday to Friday from 10:00 a.m. to 6:00 p.m., a moratorium on additional flight schools, a direction to staff to notify the 2 most recent schools that received business licenses that they would not be able to renew their licenses, until one of existing schools gave up their license, and a direction to staff to reinforce the early left turn accordance.

2. Housing

Chairperson Pryor noted that she had requested Senior Recreation Supervisor Castro to inquire as to how many seniors were being served by the Tiny Homes.

3. Health

Commissioner Mayfield reported that on Friday, August 11 from 9:00 a.m. to 2:00 p.m., Carson would host their Annual Senior briefing with health screenings and updates.

4. Transportation

Commissioner Snyder stated that she had attended a special meeting of the Transportation Committee with a discussion of banning the Metro from coming to Torrance. She explained the possible effect on the Mary K. Giordano Regional Transit Center. She noted that the matter had been re-directed for further discussion by the City Council and added that input from the public was encouraged.

5. Community Programs

Commissioner Pryor noted that August 1 was National Night Out and the City was hosting events at a park in each of the City's six districts from 6:00 p.m. to 8:00 p.m.

6. Focal Point Program

Commissioner Dojiri reported the following statistics for the months of:

June 2023

Total number of documented calls: 22	Web Inquiries: 117
Miscellaneous calls: 26	Total number of calls received: 48

Of the documented calls there were the following requests:

	requests for housing 59%
requests for legal help 9%	requests for in-home services 4%

July 2023

Total number of documented calls: 32	Web Inquiries: 102
Miscellaneous calls: 38	Total number of calls received: 70

Of the documented calls there were the following requests:

	requests for housing 19%
requests for legal help 9.4%	requests for in-home services 19%

7. Elder Abuse/Fraud

No report.

8. ORAL COMMUNICATIONS #2 Commissioners/Staff

Commissioner Snyder requested that upcoming speakers for the Commission be added to 5-O and on the go! Newsletter. Senior Recreation Supervisor Castro explained that the newsletter was published every two months and he would include information on any confirmed speakers.

Chairperson Pryor noted that one of the Commissioners could attend City Council meetings to announce upcoming Commission speakers and topics to notify the public and the Council.

In response to a question from Commissioner Hileman, Senior Recreation Supervisor Castro explained that the department was currently soliciting quotes from providers of senior trips and he would have more information in the next month.

9. ADJOURNMENT

9A. At 10:16 a.m., Commissioner Mayfield moved to adjourn the meeting to the regular meeting on Tuesday, September 5, 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. (Absent Commissioner Grundhaus)

####

Subject to Approval



Food Insecurity

How Food Insecurity Affects Seniors



Statistics

- According to the latest statistics food insecurity returns to pre-pandemic levels and 1 in 3 households in Los Angeles County is experiencing food insecurity
- 35% of the people in the South Bay (including the beach cities) is struggling with food insecurity
- In 2020, 4.3 million older adults age 50-59 were food insecure in the US

What is Food Insecurity?

- According to the US Department of Agriculture (USDA), food insecurity is defined as "a household level economic and social condition of limited or uncertain access to adequate food"
- Food-insecure older adults can't rely on getting enough food to lead to healthy and active lives.
- Food insecurity isn't the same thing as hunger. Food insecurity is lacking access to adequate food. Hunger is when someone has been without food for an extended period and experiences physical affects.
- Hunger doesn't have any zip code restrictions, doesn't care what race you are, doesn't care how old you are or where you live. When hunger hits and you don't have anything to eat, it is scary.



Seniors and Food Insecurity

- Seniors are particularly vulnerable to hunger due to lack of physical mobility, financial resources and transportation challenges.
- Food insecurity in seniors can lead to or exacerbate a wide range of nutrition and health problems for seniors.
- Food insecurity in seniors may lead higher rates of depression as compared to food-secure seniors.



Food Insecure Seniors

- Food insecure seniors were 60 percent more likely to experience depression than their counterparts
- Food insecurity costs older adults in the US an estimated \$130 billion annually in additional health care expenses.
- Seniors may have low fixed income and may have incomes less than two times the poverty line.
- Seniors with a disability had food insecurity rates over three times as high as seniors without disabilities.



Food Insecurity & Health Issues

- Food insecure seniors were found to consume lower quantities of all key nutrients including calcium, magnesium, iron and protein.
- Nutrient deficiencies, in extreme cases, can lead to impairment in physical function and higher risks of coronary heart disease.
- Food insecure seniors were 53 percent more likely to report a heart attack and 40 percent more likely to report health related medical conditions.



FOODS FOR OLDER ADULTS

What Foods Should Older Adults Eat?

- Raw brightly colored fresh vegetables and fruit
- Low fat dairy products
- Water or other beverages
- Lean protein
- Whole grains

NCM Fresh Rescue Food Bank vs. Other Food Banks

- NCM Fresh Rescue Food Bank is open five days a week (only closed Wednesday and Sunday)
- We are an independent food bank that does not get funding from the State or Federal government.
- We ask for a \$10 donation to help keep our food bank open. However, if someone doesn't have it, we give them the food.
- We receive food from top quality stores such as Trader Joe's, Sprouts, Bristol Farms, Lazy Acres, Ralph's, etc.
- People can get as many boxes as they wish.
- Most food banks give canned goods and non-perishables vs. Fresh food

Fresh Food Box for Families

- Fresh eggs, milk cheese and yogurt
- Prepared meals, salads and sandwiches
- Fresh fruit and vegetables
- Bread and sweets



Another Sample of Food Box for Families

- Fresh eggs, milk cheese and yogurt
- Prepared meals, salads and sandwiches
- Fresh fruit and vegetables
- Bread and sweets



Resources for Senior Citizens

- Bartlett Senior Center Café – 1318 Cravens Ave, Torrance
 - Lunch program Monday thru Friday at 11:30
 - Cost is \$3.00 and includes entrée, vegetable and dessert
- Torrance-Lomita Meals on Wheels Program (310-542-3434)
 - Monday thru Friday
 - Cost is \$5.50/day payable in advance
 - Includes hot meal and cold meal supplement
- Torrance YMCA Senior Nutrition Program (310-602-4883)
 - Monday thru Friday at noon
 - Reservations required 24 hours in advance
 - Cost is \$3.00 per meal
 - Hot meal and milk

