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Direct questions or concerns to the Commission Liaison at (310) 618-2935, or individual department head prior to submission to the Commission. Parties will be notified if the complaint will be included on a subsequent agenda.

Security procedures: Members of the public will be directed to enter City Hall on the East side of the building through the sliding door. All other entrances will remain locked for entry. Oversized bags or backpacks will not be allowed in the Council Chamber or Commission meeting room. All bags are subject to search.

Any correspondence received after 2:00 p.m. on TUESDAY on any item on the agenda will be provided to the Commission electronically and available for public inspection in the City Clerk's Office. A copy of the correspondence will be available for public inspection in a binder at the back of the Council Chamber or Commission Meeting room.

**TORRANCE COMMISSION ON AGING AGENDA  
TUESDAY, SEPTEMBER 3, 2024  
REGULAR MEETING  
9:30 A.M. IN THE WEST ANNEX COMMISSION MEETING ROOM  
AT 3031 TORRANCE BL.**

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

**1. CALL MEETING TO ORDER**

**ROLL CALL:** Commission members: Davis, Grundhaus, Hileman, Dojiri, and Chair Mayfield

**2. FLAG SALUTE**

**WORDS OF INSPIRATION**

**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, August 29, 2024.

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 ANNOUNCEMENT OF WITHDRAWN, DEFERRED, AND/OR SUPPLEMENTAL ITEMS**

**5. ORAL COMMUNICATIONS (Limited up 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 6, 2024**

**7. ADMINISTRATIVE MATTERS**

**7A. PRESENTATION: H.E.L.P, Helping Elders Live Productively**

Presentation by Grace Farwell, Program Coordinator. H.E.L.P. provides free resources, services, and referrals to help older adults who live in the South Bay make informed decisions.

**7B. DISCUSSION: ELECTION OF OFFICERS**

Recommendation of the Community Services Director that the Commission on Aging nominate and elect a Vice Chair for the 2024-2025 fiscal year.

### **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) **October 1, meeting** – The Volunteer Center South Bay/Harbor/Long Beach, Presentation by Josh Gezahegn, President/CEO, on activities, services and overview of The Volunteer Center.
- 2) **November 5, meeting** – City of Torrance Transit Department, Presentation by David Mach, Transit Planning Manager, on transit program available to the senior community.
- 3) **December 3, meeting** – City of Torrance Emergency Services, Presentation by Tadashi Masumoto, Management Assistant, on Emergency and Disaster Preparedness.

### **7D. DISCUSSION: REASSIGN THE ORAL REPORTS ON SENIOR CITIZEN CONCERNS**

Recommendation of the Community Services Director that the Commission on Aging discuss and reassign The Oral Reports on Senior Citizen topics for the 2024-2025 fiscal year.

### **7E. ORAL REPORTS ON SENIOR CITIZEN CONCERNS**

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

- City Council Activities -
- Housing -
- Health -
- Transportation -
- Community Programs -
- Focal Point Programs -
- Elder Abuse/Fraud -

### **8. COMMISSION ORAL COMMUNICATIONS**

### **9. ADJOURNMENT**

- 9A.** Adjournment of Commission on Aging Meeting to Tuesday, October 1, 2024, at 9:30 a.m. located in the West Annex Commission Meeting Room.



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

**1. CALL TO ORDER**

The meeting convened on Tuesday, August 6, 2024 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, Grundhaus and Mayfield

Absent: Commissioner Hileman

Also Present: Recreation Services Manager Craig and  
Senior Recreation Supervisor Castro

**MOTION:** Commissioner Mayfield moved to approve the excused absence of Commissioner Hileman; motion was seconded by Commissioner Dojiri. The motion passed by a roll call vote. (Absent Commissioner Hileman)

**2. FLAG SALUTE**

Commissioner Dojiri led the Pledge of Allegiance.

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

Acting Chair Mayfield reported that the agenda was posted on the Public Notice Board at 3031 Torrance Boulevard and on the City's website on Thursday, August 1, 2024 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 – July 2, 2024 Commission on Aging**

**MOTION:** Acting Chair Mayfield moved and Commissioner Grundhaus seconded, to approve the minutes of the Commission on Aging meeting of July 2, 2024, as submitted. The motion passed by a 4 to 0 vote. (Absent: Commissioner Hileman)

**7. ADMINISTRATIVE MATTERS**

## **7A. PRESENTATION: COGIR OF SOUTH BAY**

Jill Allen, Community Relations Director of Cogir of South Bay presented information on the recently opened facility in Torrance which provided resort style living for Active Seniors. She detailed the property features: 158 units, full-sized kitchens, salon and spa, movie theater, fitness studio, club room, outdoor deck with pool as well as multiple dining venues. She listed the amenities at Cogir: concierge services, social events, scheduled transportation and weekly housekeeping as well as routine maintenance. She noted that 90% of the residents at Cogir were independent and added that tours of the facility were available. She explained that everything was included in the price: with an average of \$7000 per month for a studio or \$8500 per month for 1 bedroom and explained that care was not included in the price.

## **7B. PRESENTATION: TORRANCE TRANSIT UPDATE**

Transit Planning Manager David Mach provided information on the “Connect Torrance” Microtransit Demonstration Pilot Program, which would supplement the current Senior Taxi Program, Transit program (TCTP) Taxi and the existing bus service. He explained that the program was on-demand transit and a hybrid model between individual private transportation, like Uber or Lyft, and public transit. He added that the service would be more flexible than traditional fixed route bus service and appointment-based paratransit. He noted that there would be a call-in center with representatives to assist in booking rides and the service would be able to provide the first/last mile connections to transit and the regional transit center. He reviewed the details of the Microtransit program: the service area, eight branded dedicated vehicles in service with four of the vehicles being wheelchair accessible, seven days a week service, expected wait times of less than 15 minutes, contact through a Torrance Rider app or through a call to the call center. He noted that the differences between the Senior Taxi Program, the fixed route bus services and the “Connect Torrance” Microtransit Demonstration Pilot Program. He confirmed that once the Pilot Program had been approved by City Council, the department would begin to market the program with outreach to the City, community organizations, local businesses and residents within the Microtransit zone.

Members of the public spoke of the current problems with the current Senior Taxi Program.

## **7C. DISCUSSION: ELECTION OF OFFICERS**

Commissioner Dojiri nominated Commissioner Mayfield to be Chair.

Commissioner Mayfield accepted the nomination.

**MOTION:** Commissioner Davis moved and Commissioner Grundhaus seconded, to nominate Commissioner Mayfield to be Chair. The motion passed by a 4 to 0 vote. (Absent: Commissioner Hileman)

Commissioner Davis nominated Commissioner Hileman to be Vice Chair.

**MOTION:** Commissioner Mayfield moved and Commissioner Dojiri seconded, to postpone the nomination of Commissioner Hileman to be Vice Chair to the next meeting, The motion passed by a 4 to 0 vote. (Absent: Commissioner Hileman)

**7D. DISCUSSION: TORRANCE CENTENARIAN PROGRAM**

Senior Recreation Supervisor Castro noted that the presentation for the Centenarian Award for Joseph Gerson would take place on Tuesday, August 20 at the City Council meeting at 6:30 p.m. and requested that the Commissioner confirm with him by August 12, whether or not they planned on attending the event.

Chair Mayfield confirmed that she would attend.

**7E. DISCUSSION: 2023-2024 COA AND FOCAL POINT ANNUAL REPORTS**

Commissioner Grundhaus moved and Commissioner Mayfield seconded to approve the 2023-2024 Commission on Aging and Focal Point Annual Reports. The motion passed by a 4 to 0 vote. (Absent: Commissioner Hileman)

**7F. DISCUSSION: REASSIGN THE ORAL REPORTS ON SENIOR CITIZENS CONCERNS**

Commissioner Dojiri moved and Commissioner Mayfield seconded to table the reassignment of Oral Reports on Senior Citizens concerns to the September meeting. The motion passed by a 4 to 0 vote. (Absent: Commissioner Hileman)

**7G. Oral Reports on Senior Citizens Concerns**

**1. City Council Activities**

No report.

**2. Housing**

No report.

**3. Health**

Acting Chair Mayfield discussed a new blood test to screen for colon cancer.

**4. Transportation**

No report.

**5. Community Programs**

Commissioner Grundhaus reported the following activities for August: National Farmer's Market Week, August 4 – 10, new pickle ball courts would be installed in Wilson Park, a Live City Cam had been installed at Rocket Ship Park, the Torrance Police Department was hiring, Summer Nights at Wilson Park, Torrance Art Exhibit, Little Mermaid show, and the 50<sup>th</sup> Anniversary of the Madrona Marsh. She noted that the list of events was available on the Torrance e-newsletter.

**6. Focal Point Program**

Commissioner Dojiri reported the following statistics for the months of:

**May 2024:**

Total number of documented calls: 10	Web Inquiries: 122
Miscellaneous calls: 40	Total number of calls received: 50
Callbacks: 7	

Of the documented calls there were the following requests:

Requests for legal 30 %	requests for food 50%
Requests for housing 20%	

**July 2024:**

Total number of documented calls: 18	Web Inquiries: 174
Miscellaneous calls: 24	Total number of calls received: 42

Of the documented calls there were the following requests:

Requests for health care 11 %	requests for transportation 25%
Requests for in-home services 66%	

Commissioner Dojiri thanked Sylvia Perry for her assistance in compiling the data during Bea Virobik’s absence.

**7. Elder Abuse/Fraud**

No report.

**8. ORAL COMMUNICATIONS #2 Commissioners/Staff**

Commissioner Grundhaus requested that Senior Recreation Supervisor Castro inquire if the Commission could tour Cogir as a group.

**9. ADJOURNMENT**

At 10:59 a.m., Commissioner Mayfield moved to adjourn the meeting to the regular meeting on Tuesday, September 3, 2024, at 9:30 a.m. at the West Annex Commission Meeting Room at City Hall, 3031 Torrance Boulevard. The motion was seconded by Commissioner Grundhaus. The motion passed by a 4-0 vote. (Absent: Commissioner Hileman)

####



## Overview of H.E.L.P. Programs

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- H.E.L.P.'s Mission:  
To provide FREE education, counseling, and resources to older adults and their families so they can live their best lives!
- H.E.L.P. is located at 23001 Hawthorne Blvd., Suite 203,  
Torrance, CA 90505 (upstairs in the AAA Auto Club Building)
- Telephone #: (310) 533-1996
- Website: [www.Help4Srs.org](http://www.Help4Srs.org)

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## Today's Presenter

### Grace Farwell, MSG/MPA

- *Program Coordinator, H.E.L.P.*
- *Master of Science in Gerontology and Master of Public Administration degrees from USC*
- *Over 30 years of experience working with older adults and their families in a variety of capacities*
- *Fun facts: I'm a long time Parrothead and a college football fanatic (favorite teams: USC, LSU, Tulane)*

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## H.E.L.P. Program Highlights



- Services are FREE
- **ENGAGE** program (friendly calls, friendly visits, free technology help desk)
- Family caregiving resources
- Phone hotline and in person counseling
  - Active listening
- Classes and information

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## ENGAGE Program



- Weekly
  - Friendly phone calls
  
- Monthly
  - Friendly visits
  - Light chores
  - Tech assistance
  - Non-perishable groceries



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## Why the ENGAGE Program



- Combat social isolation and loneliness
- Research looking at older adults and social isolation/loneliness
  - 2023 University of MI study
    - 1 in 3 adults aged 50 to 80 (34%) reported feeling isolated from others
    - 33% reported having infrequent contact (1x/week or less) with people from outside their home
    - 37% reported they felt a lack of companionship during past year

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## Why the ENGAGE Program



- Causes of social isolation include:
  - Chronic diseases and conditions
  - Dementia
  - Mobility challenges
  - Sensory impairment (e.g. hearing loss)
  - Depression & anxiety
  - Low-quality relationships
  - Disruptive life events (e.g. loss of spouse)
  - Poverty
  - Language barriers
  - Lack of transportation
  - Lack of family nearby
  - Rural location

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## Why the ENGAGE Program



- What does social isolation do to a person?
  - Studies have linked being socially isolated with a 29% higher all-cause risk for mortality and 25% greater risk for cancer mortality
  - Social isolation and loneliness have also been associated with higher rates of
    - High blood pressure
    - Heart disease
    - Weakened immune system
    - Dementia, especially Alzheimer's disease
    - Functional decline (e.g. inability to drive, cook meals, pay bills, etc)

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## Who is involved in ENGAGE Program?



- Volunteers
- Interns
  - Student interns
    - Cal State Long Beach
    - USC School of Occupational Therapy
    - USC School of Gerontology
- Evidence to support positive effects of intergenerational programs
  - Reducing loneliness
  - Decreasing ageism
  - Strengthening ties across generations

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# THANK YOU!!

**H.E.L.P.**

Telephone: (310) 533-1996 Website: [www.Help4Srs.org](http://www.Help4Srs.org)

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