

# South Bay Cities Council of Governments

## Services for Seniors Working Group

### Meeting Notes

Tuesday, July 24, 2018 @ 9:30 am

SBCCOG

20285 Western Avenue, Suite 100

Torrance

1. Welcome and Self Introductions – in attendance:  
Britt Huff, Chair, Rolling Hills Estates Mayor, H.E.L.P.; Donna Benton, USC Family Caregiver Support Center; Diane Brown, Hawthorne; Jan Buike, Manhattan Beach; Kristy Huang, COVIA/Casa de Los Amigos; Courtney Reed, PATH; Isabel Rodriguez, Hermosa Beach resident; Hilary Thayer, Torrance Public Library; Fatima Vergara, COVIA/Affordable Housing; Kambria Vint, Hermosa Beach; Fran Wielin, Palos Verdes Peninsula Village; Jacki Bacharach, Aaron Baum, Grace Farwell, Steve Lantz, SBCCOG
2. PATH Homeless Update and Update on Regional Coordination Activities
  - Courtney Reed, Associate Director of South County, PATH
    - Between 2/18/2016 and 6/30/2018, there are **359** South Bay Cities clients registered who are 55+
      - Carson – 69
      - El Segundo – 1
      - Gardena – 9
      - Harbor City – 20
      - Harbor Gateway – 0
      - Hawthorne – 13
      - Hermosa Beach – 1
      - Inglewood – 48
      - Lawndale – 5
      - Lomita – 3
      - Manhattan Beach – 3
      - Redondo Beach – 107
      - San Pedro – 5
      - Torrance – 38
      - Wilmington - 37
    - 51 clients 55+ are permanently housed
      - 31 clients housed through Shared Housing
    - As of August 1<sup>st</sup>, PATH phone number is phasing out; new system in place: LA-HOP, an online portal for making referrals
  - Grace Farwell, SBCCOG



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- Grace is the new SBCCOG Homeless Services Coordinator, replacing Jennifer LaMarque who is now with Supervisor Hahn's office as the South Bay Deputy.
- Greater LA Homeless Count results are in: For the first time in 4 years, homelessness decreased countywide. It is down 3%. Veteran homelessness decreased by 18% and chronic homelessness decreased by 16%. **There was a 22% increase in people age 62 and older.** More people are falling into homelessness for the first time. 46% of the 9,322 people who experienced homelessness for the first time said it was due to job loss or other financial reasons. LA County needs over 565,000 for affordable units for low-income renters.
- SPA 8 homelessness increased by 4%. 3.5 billion in County Measure H funds and 1.2 billion LA City Prop HHH will be invested in addressing homelessness over the next 10 years.
- The SBCCOG is again involved, along with Harbor Interfaith Services, in the planning of a Housing and Health Resources Fair in Harbor City on August 22 from 10:00 a.m. until 3:00 p.m.

### 3. LACRC CareJourney

- Donna Benton, PhD, Director of the USC Family Caregiver Support Center provided an overview of the CareJourney online support program:
  - CareJourney, a program of the Los Angeles Caregiver Resources Center (LACRC)/USC Family Caregiver Support Center is an online support tool available 24/7; currently in beta testing
  - Caregiving is a journey
  - Secure, confidential online program that provides personalized information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions, such as Alzheimer's or other types of dementias, stroke, Parkinson's, traumatic brain injury (TBI), and other illnesses
  - Access information matching unique caregiving needs and situations
    - Fact sheets, videos, online classes, pod casts, support, etc.
  - Begin assessment online; allows LACRC family care navigators to get into the hard issues at family consultation
  - Program designed for middle-income families who must balance life, family, work, and caregiving responsibility
  - Average age of family caregiver is 49 years
  - Caregivers provide care, on average, 4-6 years
  - Caregiving is a public health issue
  - Services are focused on caregivers
  - Evidence-based classes are offered
    - Powerful Tools for Caregivers
    - Stress Busters for Caregivers
  - Research has shown caregivers experience higher rates of depression, immune problems, blood pressure problems, heart problems, and strokes
  - For more information, visit <https://www.fcscgero.org/>

#### 4. Update on Measure M

- Steve Lantz, SBCCOG provided an update on Measure M:
  - There are now multiple alternatives (11) being reviewed on the proposed Green Line/Crenshaw-LAX operating plan
  - Metro staff had proposed 2 potential operating plans that will take away direct Green Line Service into the South Bay from Norwalk or Expo; riders would have to ride into the LAX station and then transfer to a shuttle train to the South Bay Green Line stops
  - There is a Measure M Task Force that meets every month on the 3<sup>rd</sup> Wednesday from 2:30-4:30pm; task force comprised of public works and transit personnel; need senior services representation to help develop rules
  - Workshop on Thursday, July 26<sup>th</sup> at 4pm at the SBCCOG office to go through 11 Metro alternatives for the Green Line

#### 5. Update on Metro's Senior TAP cards

- Jacob Lopez, Metro
  - Transfers from Metro to Muni buses are now through the TAP card
  - Metro day passes have been discontinued on buses
  - TAP cards are \$2 at all locations – retail or through Metro
  - Special TAP cards: seniors, students
    - Senior TAP cards last 10 years
    - If have current TAP card, must renew when 65 years old
    - Embedded in senior TAP card is senior rate
  - Stored value on card until card expires
  - Good resource for all things Metro: <http://thesource.metro.net/>

#### 6. Legislative Update

- Update from Assembly Member Mike Gipson's Office – Kyle Lee, Field Representative
  - Elected Officials offer Senior Scam Stoppers seminars through the CA Contractors State License Board
- A handout on 2018 legislation was provided by State Senator Bradford's office (on file)

#### 7. Announcements and Follow-up Actions

- Torrance Library – Mental Health First Aid Trainers includes a module on the older adult population within the adult curriculum
- City of Torrance Stay Fit program – Building a Healthy Torrance: One Person at a Time!

#### 8. Next meeting – Tuesday, September 25, 2018

Submitted by Grace Farwell