

South Bay Cities Council of Governments

Services for Seniors Working Group

Tuesday, January 27, 2015 Meeting Minutes

By Grace Farwell

In Attendance: Patti Wood, City of El Segundo; Shaunna Donahue, City of El Segundo; Diane T. Brown, City of Hawthorne; Brenda Williams, City of Hawthorne; Kristy Morris, City of Hermosa Beach; Isabel Rodriguez, City of Hermosa Beach Resident; Michelle Jordan, City of Inglewood; Jan Buike, City of Manhattan Beach; Alexa Davis, City of Rolling Hills Estates; Britt Huff, City of Rolling Hills Estates Council Member, H.E.L.P.; Cindy Snodgrass, City of Torrance; Bea Virobik, City of Torrance Commission on Aging, South Bay Village; Ghislaine (Ges) Davis, City of Torrance Commission on Aging, South Bay Village; Sylvia Richardson, Palos Verdes Library District; Tara Guden, Beach Cities Health District; Sherry May, Palos Verdes Peninsula Village; Dr. Barbara White, CSULB, Beach Village; Stan Myles, AQMD; Jacki Bacharach, SBCCOG; Grace Farwell, SBCCOG; Steve Lantz, SBCCOG

1. Welcome and Self Introductions
2. Jacki Bacharach recapped highlights from previous meeting.
3. Update on Village Movement in the South Bay
 - Sherry May, PVP Village
 - provided an overview of what is going on nationally, globally in terms of aging.
 - two revolutions of aging (Barry Rand, former CEO of AARP)
 - **first revolution:** post great depression, the focus was on **security** as previously there was no Social Security (passed in 1935), no pensions, etc. At the time, the idea was that when someone retired at age 65, they would have approximately 2 years to live (based on life expectancy); this was the “Golden Age”.
 - **second revolution** of aging finds people healthier, living longer, better financial security; the focus is now on **purpose and meaning**.
 - The Village Movement, as part of its purpose, is to develop purposeful, quality lives as we age.
 - PVP Village had 3 informational meetings in May 2014 that attracted over 300 people; had a development meeting in September 2014 with over 100 people in attendance; set up teams: Finance/Governance, Marketing/Outreach, Resources; in the Palos Verdes area, 1 in 4 people are 65+
 - Concern was voiced about coordination with Sheriff’s Dept. and PVE Police Dept. related to elder abuse
 - Question was asked about duplication of already existing services
 - There will be coordination of services
 - Residents will be informed about available services
 - Villages can combat social isolation; need human connection as we age; villages provide newly retired with an outlet for intellect and energy

- PVP Village plans to open in late 2015; has filed 501c(3); will be housed with the Peninsula Seniors
- Cost: \$650 per year for individual and \$1,050 per year for household
- Working with the PV library to determine how many people live below poverty level; scholarships may be available
- Ges Davis, South Bay Village
 - Focus group in May 2014; started moving on Village concept in September 2014; received 501c(3) status in 3 weeks
 - Provided over 10 presentations since May
 - Formed steering committee of 14 people
 - Currently have already developed brochures, business cards, website, ongoing meetings
 - Ges shared a Torrance Tribune article about the South Bay Village
 - May need to create different villages due to the size of the city and surrounding areas (Torrance, Lomita, Carson, Hawthorne)
 - Members define services provided
 - Sandwich generation – don't feel so guilty when Village is available to provide services and/or outlet for connection
 - Ges gave an example of a woman who called and indicated she was so lonely. The Village provides an opportunity to get out to meet new friends, especially after loss of partner; research has shown that health will improve when not stuck in your home
 - Cost: \$500 per year for individual; \$750 per year for couple
- Dr. Barbara White, Beach Village
 - University-affiliated Village
 - Faculty and students in the various colleges, departments of CSULB will provide some services
 - CSULB will be hub with community spokes
 - Soft opening in September 2015
 - Advertise Beach Village with magnetic signs on vehicles
 - Target group: multi-ethnic, low income residents in downtown Long Beach
 - Provide transportation, support groups, navigation of social service resources
 - Cost: monthly dues of \$5
 - Need to integrate therapeutic recreation and leisure

4. “Best Cities for Successful Aging” Mayor’s Pledge...Congratulations to the City of Torrance

- Ges Davis provided an overview of the Mayor’s Pledge
 - In 2012, the Milken Institute put together a groundbreaking database of cities throughout the country that will pledge to enhance services for older adults that will improve quality of life.
 - Database will be updated every 2 years
 - Each city that participates will be provided with a “report” card that indicates what the city is doing right and where improvement is needed
- Ges shared Best Cities for Successful Aging Pledge signed by Patrick Furey, Mayor of Torrance

- To make our city work for older adults, I will take steps to:
 - Ensure that the well-being of our aging population is addressed by each department, agency and division in our city government.
 - Make our city safe, affordable and comfortable of our older residents.
 - Provide older adults access to resources promoting health and wellness.
 - Support employment, entrepreneurship, education and other services to make our older residents more financially secure.
 - Offer housing options that suit the varied needs of our older population.
 - Improve access to transportation and mobility options for our older adults.
- To provide opportunities for older adults to work for our city, I will:
 - Promote the engagement of older residents in volunteer and paid roles that serve the needs of our city and its residents.
 - Call upon higher education and workforce development programs to help older adults refresh their skills, train, and transition to a new stage of work focused on strengthening our city.
 - Recognize older residents as an asset for our city and celebrate their contributions to improving lives for all generations.
- The SBCCOG will provide information to each of its member cities regarding the Mayor's Pledge and encourage each Mayor to take action.

5. Overview of Lift Hero rideshare program

- Grace Farwell provided an overview of the Lift Hero program
 - Currently beta testing in San Francisco area
 - Door through door transportation program
 - Friendships being developed between driver and passenger
 - Drivers are often health professionals or pre-health students
 - Receive training specific to the aging population

6. Further Discussion of Service Coordination in the South Bay

- Update on LA County RFP – no date on release of RFP
- Possible need for evening information sessions/programs for adult children
- Develop network of speakers and topics for sandwich generation
- What type of transportation services are provided by health care providers
 - Invite for an upcoming meeting
 - Health Care Partners
 - CareMore
 - SCAN
- Dispatch programs/systems used by transportation programs
 - Dial-A-Ride
 - Gardena and Torrance Transit
 - Jewish Family Service in San Diego
- Agency spotlight/resource sharing in recognition of Older Americans Month

7. Next meeting – Tuesday, March 24, 2015 @ 9:30 am