

South Bay Cities Council of Governments

Services for Seniors Working Group Meeting Notes

Tuesday, December 4, 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.; Theresa Babiari, Torrance Public Library; Jan Buike, Manhattan Beach; Elizabeth Chesney, Casa de Los Amigos HUD Housing; Mayra Gomez, Redondo Beach; Jason Jo, Carson; Eve Kelso, Manhattan Beach; Brittany Mello, Monrovia (Guest Speaker);Carolynn Petru, PVP Village; Courtney Reed, PATH; Cindy Snodgrass, Torrance; Hillary Theyer, Torrance Public Library; Giovanni Zuniga, Assembly Member Mike Gipson’s office; Jacki Bacharach, Aaron Baum, Grace Farwell, Steve Lantz, Wally Siembab, SBCCOG
2. Meeting notes from September 25, 2018 meeting received and filed
3. PATH Homeless Update and Update on Regional Coordination Activities
 - Courtney Reed provided an update on PATH activities as they relate to older adults. PATH staff has received training on Trauma Informed Care for the Elderly – look at challenges through trauma-informed lens. Prevention program – need to have a separate tool for screening prevention for seniors. Case Managing approximately 17, with 8 identified for housing vouchers.
 - Grace Farwell reported that the SBCCOG, along with Harbor Interfaith Services and the City of Redondo Beach, is hosting a Housing and Health Resources Fair on December 6th from 10:00 a.m. until 2:00 p.m. in Redondo Beach. The SBCCOG worked to secure the participation of the DMV (to process CA ID cards), the Public Defender Office’s Criminal Record Clearing Project, Cal Water Services, and a mobile shower organization.
4. Update from Legislative Offices
 - Giovanni Zuniga from Assembly Member Mike Gipson’s office shared the following:
 - Scams – brought to the attention of the Assembly Member; highlight some sort of legislation related to scams
 - Homeless issues – 64th district – bring together stakeholders in early 2019; no date scheduled yet
5. Broadband Technology and Older Adults: The Role of You and Your City
 - Wally Siembab discussed the following:
 - City Councils will be deciding within the next 3 months about joining a consumer consortium that will purchase large quantities of network capacity at lower costs. In early 2019, contracts will be reviewed by cities and the SBCCOG Board will recommend an award at the end of March
 - There are 2 opportunities for the senior service delivery community
 - Monitor cities joining the fiber consortium



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- Advocate for tele-health applications
- Fiber is future proof, has unlimited capacity, and is a 100-year asset, and provides infrastructure
- Goal is to develop a Fiber Optic Ring in the South Bay, connecting city halls and others (i.e. Beach Cities Health District, Harbor UCLA)
- Benefits of Tele-health
 - Supports aging-in-place (reduces nursing home placement by 12-20% of patients)
 - Reduce need for office visits
 - Reduces ER visits and hospitalizations
 - Develops constant feed of health status for medical record vs snapshot from in-person office visit
 - Improves access to specialists – without travel
 - Improves clinical outcomes
 - Reduces cost of treatment
 - Conditions covered include congestive heart failure, diabetes, COPD, depression (mild to medium), and chronic conditions
- Tele-health Delivers
 - Home
 - Retirement communities
 - Senior living centers
 - Skilled nursing facilities
 - Long-term care facilities
 - Nursing home to hospital transfers can be reduced by 70%
 - Kaiser reported that growth will depend on tele-health more than bricks and mortar
- Take-aways
 - Support your host city in joining fiber ring consortium
 - Work with providers on tele-health initiatives and pilots
 - Promote internet literacy for seniors (a potential role for our libraries)

6. GoMonrovia – A Multi-Modal Transportation Program

- Brittany Mello, Assistant to the City Manager, City of Monrovia provided an overview of the GoMonrovia program.
 - Monrovia offered the more traditional Dial-A-Ride for residents in the City of Monrovia, Bradbury, unincorporated areas adjacent to Monrovia, and with 24-hour notice for medical appointments at nearby physician’s offices and City of Hope.
 - Annual budget is ~\$1 million/year
 - Average monthly riders ~3,200; average annual riders ~38,000; average monthly disabled riders ~255
 - Average trip length 1.19 miles; average cost/passenger ~\$19.70
 - GoMonrovia consists of 2 programs: Lyft and LimeBike
 - Lyft serves as the City’s primary public transit provider for all non-ADA related services; passengers pay \$0.50 for a shared ride or \$3.00 for a classic ride
 - Initial program budget:
 - \$360,000/year for a scaled-back Dial-A-ride contracted services
 - \$640,000/year for Lyft services
 - Initial programmatic expectation at \$6.00 per ride, there was enough funding for ~107,000 Lyft rides/year
 - Benefits from Lyft partnership

- Bridges first/last mile connections between transit stops and origin/destination
- Resident behavioral changes related to mobility observed
- Substantial saving from prior dial-a-ride service model: previous subsidy amount ~\$19.70/ride; Lyft program subsidy amount ~\$5.80/ride; savings ~70%/ride
- More convenient, faster, and personalized public transportation
- Reduced parking demand and helped ease commuter parking shortages
- Addressed late-night and holiday service interruptions
- LimeBike offers bikeshare options utilizing GPS technology to offer dockless bike-sharing; rider pays \$1.00 per 30-minute ride.
- GoMonrovia began on March 17, 2018 with 4,921 rides and by August, ridership had increased to 67,134 rides per month
- City Council is now reviewing to make adjustments, with new price shifting to take effect in February 2019 - \$1.00 for shared ride and \$3.50 for classic ride

7. Announcements and Follow-up Actions

- Speaker for the January 2019 meeting will be Rafi Nazarians to discuss in detail how to become an Age-Friendly City/Community
- The SBCCOG is offering workshops on Responsible Cannabis Regulations in Jan. and Feb.
- Torrance is offering Fall Prevention classes for Seniors that are referred to Focal Point on Aging

8. Next meeting – Tuesday, January 22, 2019

Submitted by Grace Farwell