

# South Bay Cities Council of Governments

## Senior Services Working Group Meeting Notes

Tuesday, September 27, 2022 @ 9:30 am, Zoom Meeting

Link to Meeting Video: [9.27.22 Senior Services Meeting Video](#)

### **Elected officials/representatives in attendance:**

Chair & Mayor Pro Tem Huff, Chair (Rolling Hills Estates, H.E.L.P); Assemblymember Muratsuchi and Erick Ponce (Representative); Councilmember Uphoff (Lomita); Kasie Hervey, Vanessa Cruz (Representative Congressmember Barragan); Janet Turner (Representative Congressmember Lieu)

**Others in attendance:** Helen Dennis (Columnist & Lecturer); Rosalie Rapas (Beach Cities Health District); Amanda Valorosi, Dani Cook (Carson); Diane Brown (Hawthorne); Christina Theobald, Linda Barentine (Gardena); Kambria Vint (Hermosa Beach); Thomas Uwal (Inglewood); Harriet Chase (League of Women Voters Beach Cities); Robert Broadstone (Palos Verdes Library District); Laura Diepenbrock, Fran Wielin (PVP Village); McKenzie Bright (Rancho Palos Verdes); Bea Virobik (Focal Point on Aging Torrance); Ghislaine Davis (Torrance Commission on Aging, South Bay Village); Ana Abril (PATH); Cathy Hetzer (Harbor Interfaith); Rosa Pineulas (Rolling Hills Estates); Karen Pryor (Mutual Mortgage); Laurie Jacobs, Jacki Bacharach (SBCCOG)

### 1. **Welcome and Introductions**

2. **Previous meeting notes** are posted on SBCCOG Senior Services Working Group webpage LINK: [July 26 Senior Services Meeting Notes](#)

### 3. **PATH Update for SPA 8**

#### **Ana Abril, PATH Program Manager**

PATH is starting their new fiscal year. They are still facing resource issues addressing seniors regarding housing and fixed incomes. They are exploring more options for shared housing however this is challenging for seniors as they are not used to sharing housing.

### 4. **Presentation on 5 Trends on Aging and Retirement**

Helen Dennis; Columnist, Author, Lecturer, Aging and the New Retirement

#### [5 Trends in Aging Presentation](#)

Helen shared a power point presentation reviewing 5 Trends in Aging, although she indicated there are many more trends. Please look at her presentation and/or listen to the meeting for a complete overview of her valuable and detailed trend information.

1. Life Expectancy and Life Span vs. Health Span with health span averaging 63 years and life span averaging 76 years. Our goal is to live longer but to live healthier.
2. Retirement and Work – The average retirement age is 65 for men and 62 for women. In general, people are working longer and retiring later.



<https://www.facebook.com/SBCCOG/>



<https://twitter.com/SouthBayCCOG>

3. Ageism – discrimination against older adults simply because they are older. Ageism is pervasive, begins at a young age, affects health and longevity, affects financial security, harms the economy, and wastes health dollars.
4. Consumers – Aging and retiring is big business. Older adults contribute 8 trillion dollars to the economy which translates into the world's third largest economy. We are not draining, we are contributing.
5. Technology – She reviewed several technology products geared towards older adults that contribute to the quality of life for older adults.

Q&A:

Britt commented that an important aspect is to encourage people to stay active.

Helen responded this is true. One frustrating aspect of retirees is that they have much to give but don't where to put it so important to share information.

Ghislaine commented that all of us need to speak up when an older person may be struggling and are not being treated properly.

Helen agreed and said we all can be "age missionaries" to address this.

Jacki asked about how the news portrays our very uncertain times and asked how that affects older adults.

Helen said stress does not extend longevity and this illustrates the importance of community to connect and reinforce with one another.

Harriet is looking at lifestyle medicines to be complete as well as family and nutrition.

Helen fully agrees. We need to maintain the dialogue on how to slow down the aging process.

Rosalie mentioned that there are now more online opportunities to help older adults thanks to COVID changes. Using new creative programming offers more help.

Laura mentioned the negative impact of the COVID isolation for older adults so we have to work even harder on this topic.

Helen confirmed this isolation has had a major impact on longevity, can be deadly.

## 5. **Presentation and Video of Gardena Senior Programs**

Linda Barentine, Chairperson of Gardena Senior Citizens Commission

Video Link: [Gardena Senior Programs Video](#)

Please watch this wonderful video highlighting the senior citizen programs offered in the City of Gardena. Linda also shared about these programs that are funded by the City along with grants and fund raising events.

## 6. **Presentation of Carson Senior Programs**

Dani Cook, Human Services Supervisor and Amanda Valorosi, Senior Assisted Living Coordinator

[Carson Senior Program Presentation](#)

Dani and Amanda presented a very comprehensive list of older adult programs in the City of Carson. This included information on: Early Childhood Education, Stroke Center, Senior Recreation, Therapeutic Recreation and Senior Independent Living. Please review the presentation link to learn about all of these programs.

## 7. **Report on AARP Livable Communities Workshops** (10:25)

Laurie Jacobs, South Bay Cities Council of Governments

### [AARP Livable Communities](#)

Laurie shared a recap of the recent AARP Livable Communities Workshops, and she announced the next wave of Community Grant Challenges will be announced on October 12<sup>th</sup>. She encouraged cities to look at the grant opportunities to start the Age-Friendly designation process. The workshops covered housing retrofits and new construction with older adults in mind to incorporate such features as wider doorways for wheelchairs, lower placed electrical outlets, walk-in showers, etc. The recap report includes links to past grant winners and presentations from the workshops.

## 8. **Update from Legislative Offices**

- Assemblymember Al Muratsuchi spoke about AB 1502 which is a bill about nursing home care oversight reform act that includes assuring that nursing homes are licensed and that they meet minimum standards. This bill would close an existing loophole that allows some nursing homes to operate while their license is pending, not yet approved. The Assemblymember also mentioned being contacted by mobile park residents in Torrance, many of whom are seniors who are experiencing rent increases because current legislation does not include rent stabilization for mobile home parks. He would welcome working with the communities on this issue.
- Janet Turner (Rep for Congressman Lieu)  
Janet shared she is very optimistic about [HR82](#) Social Security Fairness Act is on the calendar and Congressman Lieu is a sponsor of this bill. Link: <https://trackbill.com/bill/california-house-resolution-82-relative-to-school-choice-week/2199125/>  
Another bill is [HR5723](#), the Social Security Act Sacred Trust. Link: <https://www.congress.gov/bill/117th-congress/house-bill/5723>  
Please listen to the video to hear the details of these important bills.
- Kasie Hervey (Field Rep for Congresswomen Barragan)  
Kasie specializes in the health policy area. She mentioned a job fair which is listed below. Contact email: [kasie.hervey@mail.house.gov](mailto:kasie.hervey@mail.house.gov)

## 9. **SBCCOG Updates**

Jacki Bacharach, South Bay Cities Council of Governments

Jacki mentioned that Laurie continues to present information on home sharing and the SBCCOG has a very robust program offering client aid using the LA County Innovation funds as needed. To date, we have helped house 19 people. We plan to ask the County more funding for this program.

The SBCCOG has applied for two grants, one for digital access to mostly disadvantaged communities. We look to our cities for ideas for the next level of broadband to give more people access and education.

We continue to work on our Local Travel Network (LTN) addressing slow speed vehicles such as electric golf carts, scooters, etc. that are made for people who may be physically challenged and also for wheelchairs. We are hoping to get a network of safe streets in the south bay for these vehicles to provide more mobility for seniors.

We are waiting for the Governor to sign several bills which includes the South Bay Housing Trust to help our cities provide subsidies for affordable housing.

#### 10. Round-robin member updates and announcements

- Thomas Uwal shared updates on Inglewood programs. He invited Linda to visit the Inglewood Senior Center to see their state-of-the-art center to help with the development of the Gardena center. Inglewood has now opened their center for in-person lunches. They are averaging about 90 people for the lunches and are still enforcing COVID safety protocols. He shared on the all the other programs that are now open for in-person classes such as computers, Zumba, Yoga, Salsa, exercising, sewing, etc. Bingo is coming soon.
- Independence at Home Cyber Senior Program at the PVPLD on September 29 [Cyber Senior Program](#)
- Congresswoman Barragan – Job Fair in-person event October 14 [Job Fair](#)
- The Upside of Aging – Save the Date November 2 Virtual Event [Upside of Aging](#)
- Gardena Senior Citizen Health & Wellness Fair – November 4 in-person event [Health & Wellness Fair](#)
- Congressman Lieu – Conversations with the Military Family Appreciation in-person event and she is looking for speakers. [Military Event](#)
- Age Well Drive Smart – California Highway Patrol <https://www.chp.ca.gov/Programs-Services/Programs/Age-Well-Drive-Smart>
- Laurie shared about Home sharing with Affordable Living for the Aging – hands on for seniors on fixed incomes with rooms renting for \$600 - \$800. Seeking homeowners. <https://alaseniorliving.org/>
- Bea shared that Torrance has now opened two of their senior centers, Tillum and Walteria, with in-person programs. COVID Safety Protocols are still in place. Link for more information: <https://www.torranceca.gov/our-city/recreation/seniors>
- Harriet mentioned voter information can be found at <https://votersedge.org/ca>

#### 11. Adjournment to November 29th

**2022 Meeting Schedule – Jan 25, Mar 22, May 24, Jul 26, Sep 27, Nov 29**

*Notes submitted by Laurie Jacobs*