

South Bay Cities Council of Governments

Senior Services Working Group Meeting Notes

Tuesday, March 28, 2023 @ 9:30 am, Zoom Meeting

Link to Meeting Video: [March 28 Senior Services Meeting Video](#)

Elected officials/representatives in attendance:

Chair and Mayor Huff, Chair (Rolling Hills Estates); Mayor Pro Tem Uphoff (Lomita);

Others in attendance: Nani Sinha (Songs by Heart); Sandy Risdon (Health Care Rights); Jimmy Kirby Jr., Melody Carter, Amanda Valorosi (Carson); Diane Brown (Hawthorne); Thomas Uwal (Inglewood); Harriet Chase (League of Women Voters Beach Cities); Kathy Hilberg (Manhattan Beach); Emily Brosius (Beach Cities Health District); Lessa Pelayo-Lozada (Palos Verdes Library District); Ana Abril (PATH); Laura Diepenbrock (Peninsula Village); Frances Wielin (Palos Verdes Village); Matt Morrow (Rolling Hills Estates); Anita Chun (Torrance); Connie Hay (H.E.L.P); Marcia Salvary (Westside Pacific Village); Brooke McIntyre Tuley (Mednet-UCLA); Isabelle Rodriguez (USC) (Ronson Chu, Laurie Jacobs, Jacki Bacharach, (SBCCOG)

The following meeting notes are a summary. Please watch the video and/or click on the presentation links for more specific details and information.

1. **Welcome and Introductions**

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

3. **PATH Update for SPA 8**

Ana Abril-Urias, Program Manager, PATH,
Phone -747-263-5083, Email: anaau@epath.org
Presentation Link: [PATH Presentation](#)

PATH is a street based intensive engagement outreach team. They are finally fully staffed with 2 people in SD2 and SD4 respectively. Their goal is to connect seniors experiencing homelessness to permanent supportive housing.

The current case load for seniors (adults over 50), is 14 in SD2 and 10 in SD4. See the presentation link for details.

4. **Presentation Memory Care and Dementia Support**

Nindani Maria Sinha, Songs by Heart, provides singers to memory care units in LA.
nandani.sinha@gmail.com, www.mhmla.org
Presentation Link: [No Mind Left Behind](#)

Nandani Sinha is an opera singer who works in the space of music and medicine with LA Opera, UCLA Health, City of Hope, and many other health and arts



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organizations. She presented No Mind Left Behind - The Brain and Music Connection, Music Heals Minds - Reducing Anxiety and Increasing Cognitive Function.

She shared her personal story about her father's battle with dementia which led her to research how playing music might make dementia symptoms more manageable, decrease the cost of care, and improve a patient's quality of life. Please watch the video to learn more.

5. Presentation Health Insurance Counseling and Advocacy Program (HICAP)

Sandy Risdon, Senior Case Supervisor, The Center for Health Care Rights

www.healthcarerights.org

Presentation Link: [CHCR - HICAP Overview](#)

Sandy presented information on various free resources to help people navigate signing up for Medicare and related health programs. Please click on the presentation for details and contact information.

The Center for Health Care Rights (CHCRA) is a non-profit advocacy organization that provides free education and help with Medicare and other health insurance for Medicare beneficiaries in LA County. Funding for services is provided by the California Department of Aging Health Insurance Counseling and Advocacy Program, via the City and County of Los Angeles Area Agencies on Aging.

The Health Insurance Counseling and Advocacy Program (HICAP) is California's SHIP program. Administration for Community Living (ACL) oversees the State Health Insurance Program (SHIP) which is a national program that offers one-on-one assistance, counseling, and education to Medicare beneficiaries, their families, and caregivers to help them make informed decisions about their care and benefits.

6. Update from Legislative Offices

None

7. SBCCOG Updates

Jacki Bacharach, Executive Director, South Bay Cities Council of Governments

Jacki shared about the success of last week's General Assembly event that was well attended and well received. The event was recorded and the link to the recording will be posted soon on the SBCCOG website.

8. Round-robin member updates and announcements

- Anita Chun mentioned she used to work with Sandy's organization. Currently Torrance Memorial has a volunteer counselor, Doris Herzog, who is doing telephoning counseling right now as the hospital is not allowing in-person groups presently, but this may change this summer. She also counsels at the Bartlett Center.
- Harriet Chase inquired if any cities had applied for the recent CDA grants for senior programs. She believes the Westside Village may have applied. Laurie will research.

- Emily Brosius with the Beach Cities Health District shared upcoming events:
 - Link: [April 6 Treating Dementia](#)
 - Link: [April 15 Power Purpose Workshop Manhattan Beach](#)
 - Link: [April Mental Health Awareness](#)

- Brooke McIntyre Tuley and Kathy Heilberg shared a May 19th event OLDER ADULT HEALTH FAIR 8:30am to 12:00pm, 1601 Valley Drive, Manhattan Beach. Joslyn Center. Free screenings: Lung Capacity, Derm Scan, Doppler Stroke, Thyroid Screening, Cholesterol, Vision, Oral Health etc. They also have a HICAP representative that will see people by appointment.

- Amanda Valorosi from the City of Carson shared this event:
 - Link: [April 15 Earth Day Kid Fest event](#)

- Thomas Uwal shared updates with Inglewood programs. The senior center program activities attendance is increasing with 30 different programs. They are still requiring masks and social distancing. They are back to serving meals morning and lunchtime meals.
 - Link: <https://www.cityofinglewood.org/788/Senior-Services>

- Lessa Pelayo-Lozada with the PV Library District announced the SilverSpot tablet program for seniors to borrow a tablet for 8 weeks and includes tech support. Call (310) 377-9584 ext. 601.for more information.
 - Link: [SilverSpot Tablet Program](#)

9. Adjournment to May 23.

2023 Meeting Schedule – Jan 24, Mar 28, May 23, Jul 25, Sep 26

Notes submitted by Laurie Jacobs