

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Clerk's office at (310) 618-2780. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. [28CFR35.102-35.104 ADA Title II] Direct questions or concerns to the Commission Liaison at (310) 618-2935 prior to submission to the Commission. Parties will be notified if the complaint will be included on a subsequent agenda. The Commission on Aging is an advisory body to the City Council that meets the first Tuesday of each month at 9:30 a.m. in the West Annex Commission Meeting Room. All meetings are open to the public.

**TORRANCE COMMISSION ON AGING AGENDA
TUESDAY, NOVEMBER 7, 2023
REGULAR MEETING
9:30 A.M. IN THE WEST ANNEX COMMISSION MEETING ROOM
AT CITY HALL, 3031 TORRANCE BL.**

**COMMISSION ON AGING MAY TAKE ACTION ON ANY ITEM
LISTED ON THE AGENDA**

1. CALL MEETING TO ORDER

ROLL CALL: Commissioners Davis___, Grundhaus___, Hileman___, Mayfield___,
Dojiri ___, Snyder___, Chairperson Pryor___

2. FLAG SALUTE: Commissioner Mayfield

WORDS OF INSPIRATION: Commissioner Hileman

3. REPORT OF THE STAFF ON THE POSTING OF THE AGENDA

The agenda was posted on the Public Notice Board at 3031 Torrance Blvd. and on the City's Website on Thursday, November 2, 2023.

4. ANNOUNCEMENT OF WITHDRAWN, DEFERRED, AND/OR SUPPLEMENTAL ITEMS

5. ORAL COMMUNICATIONS (Limited to a 15 minute period)

*This portion of the meeting is reserved for comment on items on the Consent Calendar or not on the agenda. Under the Ralph M. Brown Act, the Commission cannot act on items raised during public comment, but may respond briefly to statements made or questions posed; request clarification; or refer the item to staff. **No longer than 1 minute per speaker**. If presenting handout material to Commission, please provide 10 copies to staff before speaking.*

6. CONSENT CALENDAR

Matters listed under the Consent Calendar are considered routine and will be enacted by one motion and one vote. There will be no separate discussion of these items. If discussion is desired, that item will be removed by a Councilmember from the Consent Calendar and considered separately.

6A. APPROVE COMMISSION MINUTES: OCTOBER 3, 2023

7. ADMINISTRATIVE MATTERS

7A. PRESENTATION: "PALLIATIVE CARE"

Presentation by Ujjwala Dheeriya, MD, FACP Medical Director and Kristel Quinto, MSW, LCSW Program Director.

7B. DISCUSSION: TORRANCE CENTENARIAN PROGRAM

Recommendation of the Community Services Director that the Commission on Aging discuss a Centenarian nominee and receive an update from staff.

- 1) Centenarian Award applicant, Mrs. Margaret H. Partsch. City Council Meeting Ceremony scheduled for Tuesday, January 9, 2024.
- 2) Centenarian Award applicant, Mrs. Catherine Uchenwa Ogbuka. City Council Meeting Ceremony TBD.

7C. DISCUSSION: SPEAKERS FOR UPCOMING MEETINGS

Recommendation of the Community Services Director that the Commission on Aging discuss and decide on speakers relevant to the senior population.

- 1) **December 5, 2023 meeting** – Michele Nadeau, Outreach and Volunteer Coordinator for 1735 Family Crisis Center.
- 2) **February 6, 2024 meeting** – City of Torrance Home Improvement Program (HIP), presentation by Shawn Plunkett, HIP Supervisor.

7D. ORAL REPORTS ON SENIOR CITIZEN CONCERNS

Recommendation of the Community Services Director that the Commission on Aging report on:

- City Council Activities - Commissioner Hileman
- Housing - Chairperson Pryor
- Health - Commissioner Mayfield
- Transportation - Vice-Chairperson Snyder
- Community Programs - Commissioner Grundhaus
- Focal Point Programs - Commissioner Dojiri
- Elder Abuse/Fraud - Commissioner Davis

8. COMMISSION ORAL COMMUNICATIONS

9. ADJOURNMENT

- 9A.** To the regular meeting of the Commission on Aging on Tuesday, December 5, 2023 at 9:30 a.m. located in the West Annex Commission Meeting Room at City Hall, 3031 Torrance Blvd.



**MINUTES OF A REGULAR MEETING OF
THE TORRANCE COMMISSION ON AGING**

1. CALL TO ORDER

The meeting convened on Tuesday, October 3, 2023 at 9:30 a.m. at the West Annex Commission Meeting Room at City Hall, 3031 Torrance Boulevard.

ROLL CALL/MOTIONS FOR EXCUSED ABSENCE

Present: Commissioners Davis, Dojiri, Grundhaus, Hileman, Mayfield, Snyder and Chairperson Pryor

Absent: None.

Also Present: Recreation Services Manager Craig and Senior Recreation Supervisor Jesus Castro.

2. FLAG SALUTE

Commissioner Hileman led the Pledge of Allegiance and read inspirations provided by Irene Griffith.

3. REPORT OF THE CITY CLERK ON THE POSTING OF THE AGENDA

Chairperson Pryor reported that the agenda was posted on the Public Notice Board at 3031 Torrance Boulevard and on the City's website on Thursday, September 28, 2023 by City Clerk Poirier.

4. ANNOUNCEMENT OF WITHDRAWN, DEFERRED, AND/OR SUPPLEMENTAL ITEMS

No items.

5. ORAL COMMUNICATIONS

None.

6. CONSENT CALENDAR

6A. APPROVAL OF MINUTES – August 1, 2023 Commission of Aging

MOTION: Commissioner Snyder moved and Commissioner Mayfield seconded, to approve the minutes of the Commission on Aging meeting of August 1, 2023, as submitted. The motion passed by a voice vote.

7. ADMINISTRATIVE MATTERS

7A. PRESENTATION: “Senior Food Insecurity”

Laura Hernandez, from New Challenge Ministries, Inc., presented information on Fresh Rescue Food Bank services provided to seniors and others who were experiencing food insecurity in the South Bay. She defined food insecurity as limited or uncertain access to adequate food. She added that young children and seniors were particularly vulnerable to hunger and food insecurity, which could lead to additional health related issues. She noted that new Challenge Food Rescue Food Bank was the only food bank chosen to team up with the Los Angeles Unified School District to provide food to identified homeless children in the district. She discussed the funding for New Challenge Ministries, Inc., their partners, the types of foods that the Food Bank received and how the food was sorted and distributed. She reviewed various resources for food in Torrance: Barlett Center Café, Torrance-Lomita Meals on Wheels Program and the Torrance YMCA Senior nutrition program.

Ms. Hernandez distributed flyers for a Thanksgiving Dinner Giveaway, with a list of possible food donations and the types of monetary donations requested.

7B. DISCUSSION: TORRANCE CENTENARIAN PROGRAM

Chairperson Pryor stated that she and Commissioners Dojiri and Hileman had attended the Council meeting at which the third Centenarian had been honored.

Senior Recreation Supervisor Castro announced that Margaret H. Partsch would be the fourth centenarian to be honored, at a 2024 date to be determined.

7C. DISCUSSION: SPEAKERS FOR UPCOMING MEETINGS:

Chairperson Pryor stated that the speaker from the palliative care program through Torrance Memorial was confirmed to speak on November 7, 2023.

Senior Recreation Supervisor Castro stated he could schedule the January 2024 meeting with Cathy Hetzer from the South Bay Cities Council of Governments to discuss senior housing, Aging in Place and senior homelessness and displacement.

Chairperson Pryor requested that the Commission consider having a December meeting and going dark for the January 2024 meeting.

7D. Oral Reports on Senior Citizens Concerns

1. City Council Activities

Commissioner Hileman reported that at the August 8 Council meeting, the Council had agreed to study ideas from various artists on suggestions for art to decorate public utility boxes. She added that the Council had adopted an ordinance to ban smoking in multi-family dwellings. She noted that six memorial trees had been donated by the public in the last year to be planted in parks and added that Councilmember Kaji had offered to donate his Asian artifacts collection to Cal State Dominguez Hills. She discussed the gateway archway sign that had been approved for Sartori Avenue and the overnight security services in the parks.

2. Housing

Chairperson Pryor noted that the senior housing at the Torrance Crossing would be open for tours of the facility.

Chairperson Pryor noted that at the last report, at least half of the people living in the Tiny Homes were 50 years and over, and requested that staff investigate to determine if there was something that the Commission could offer the residents.

3. Health

Commissioner Dojiri reported that Torrance Memorial Medical Center would offer free flu shots at the Torrance Memorial Hoffman Health Conference Center on Sunday, October 8, 2023 from 9:30 a.m. to 11:30 a.m.

4. Transportation

No report.

5. Community Programs

Commissioner Grundhaus noted that on October 8 the Green Hills Harvest Festival would take place and on October 14 the following events would be held: Scaredown in downtown Torrance, the Sunnyvale Homecoming at Torrance High School, and the paper shredding and e-waste collection at Torrance City Hall. She added that on November 4 at the Ken Miller Center there would be the Senior Citizen Holiday Arts and Craft Show. She announced that there would be educational health classes starting October 27 at the Bartlett Center.

6. Focal Point Program

Commissioner Dojiri reported the following statistics for the months of:

August 2023

Total number of documented calls: 35	Web Inquiries: 114
Miscellaneous calls: 42	Total number of calls received: 77

Of the documented calls there were the following requests:

Requests for transportation 28%	requests for housing 26%
requests for legal help 9%	

September 2023

Total number of documented calls: 20	Web Inquiries: 73
Miscellaneous calls: 35	Total number of calls received: 55

Of the documented calls there were the following requests:

Requests for transportation 10%	requests for housing 25%
requests for legal help 15%	

7. Elder Abuse/Fraud

Commissioner Davis reported that some seniors don't lock their doors.

8. ORAL COMMUNICATIONS #2 Commissioners/Staff

Senior Recreation Supervisor Castro announced that Halloween Movie night from 5:00 p.m. to 9 p.m. would take place on October 28 at Wilson Park, with food and game booths and a costume parade.

Senior Recreation Supervisor Castro stated that he would forward a report from the AARP on the possible effects if there was a Federal Government shutdown.

Commissioner Hileman reported that she had placed an article about the upcoming Commission meeting in the Torrance Women Club newsletter and noted that two members attended the meeting today. There was a discussion to set up a schedule for Commission members to announce upcoming meetings at Council meetings and to include the Commission meeting dates on the City official calendar and e-newsletter. Staff would reach out to the Library to see if a Commission meeting announcement flyer could be placed at the library.

9. ADJOURNMENT

9A. At 10:13 a.m., Commissioner Snyder moved to adjourn the meeting to the regular meeting on Tuesday, November 7, 2023, at 9:30 a.m. at the West Annex Commission Meeting Room at City Hall, 3031 Torrance Boulevard. The motion was seconded by Commissioner Hileman and a roll call vote reflected unanimous approval.

####

PALLIATIVE CARE

Ujjwala Dheeriya, MD, FACP
Medical Director, TMHS Palliative Care

Kristel Quinto, MSW, LCSW, APHSW-C
Program Director, TMHS Palliative Care

Disclaimer: Information on this presentation must be considered with guidance and interpretation from a Palliative Care expert.

What is Palliative Care?

- ▶ A specialized medical care for people living with a **serious illness**
- ▶ This type of care is focused on providing **relief from the symptoms and stress** of a serious illness
- ▶ The **goal is to improve quality of life** for both the patient and the caregiver/family
- ▶ **Act as a consultant** and collaborates with primary care, hospitalists and other specialists

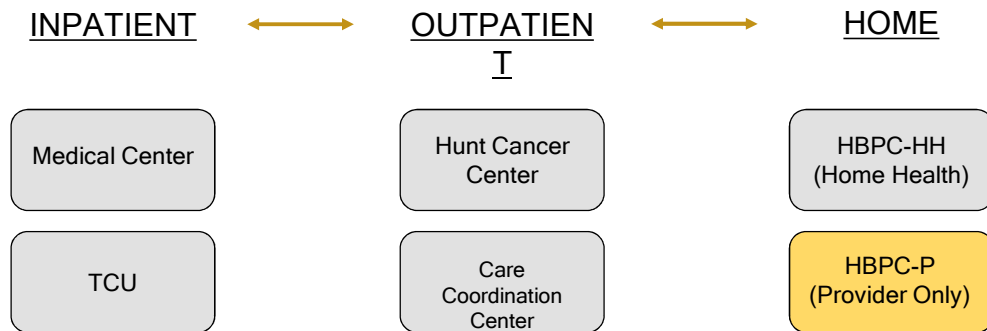


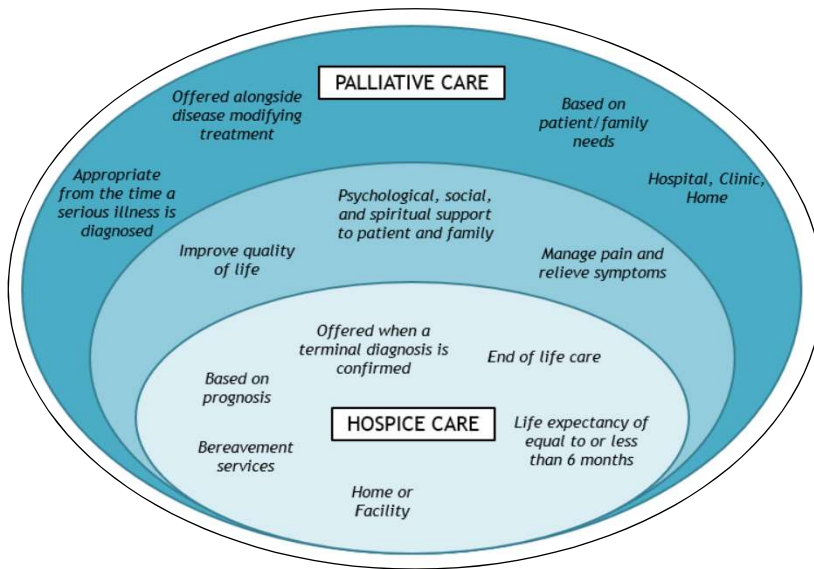
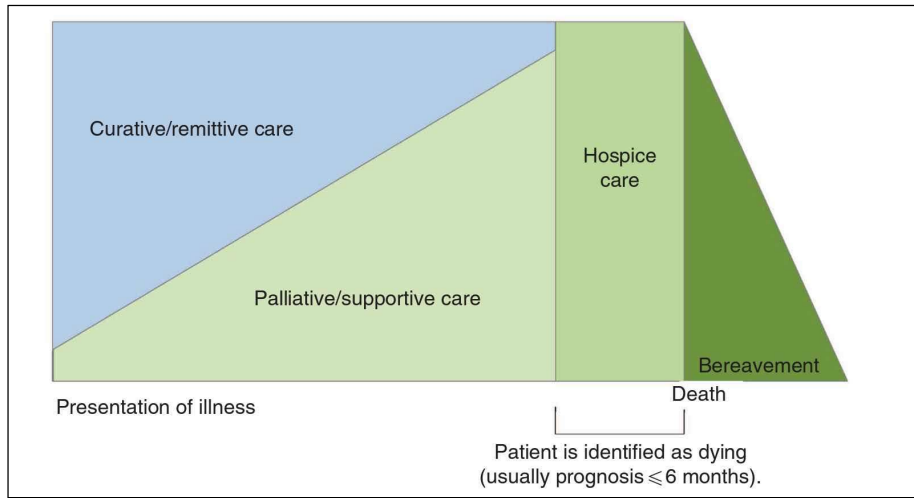
Myths Debunked

- ▶ Palliative Care is Hospice Care
- ▶ Palliative Care is only for people who are dying
- ▶ Palliative Care hastens death
- ▶ Palliative Care is only for pain management
- ▶ Palliative Care is only for the elderly
- ▶ Palliative Care will replace my doctor.
- ▶ It's only provided in the hospital



Continuum of Care





All hospice care is palliative but not all palliative care is hospice

Interdisciplinary Team



Interdisciplinary Palliative Care Team

- Registered Nurses
- Licensed Clinical Social Workers
- Licensed Vocational Nurses
- Chaplains
- Medical Assistants

We work closely with:

- Cancer Resource Center
- Case Management/Social Services
- Case Management (THIPA)
- Bioethics
- Dietitians
- Home Health
- Hospice
- House Call
- Pharmacy
- Many more...

Referral Indicators

Palliative Care

SERIOUS ILLNESS DIAGNOSIS

Cancer	<ul style="list-style-type: none"> ✓ Advance stage or recurrent cancer ✓ Too frail for treatment or doesn't desire treatment ✓ Treatment is palliative ✓ Treatment is causing distress and need symptom management
Dementia	<ul style="list-style-type: none"> ✓ Unable to dress, walk or eat without help, fecal or urinary incontinence, decreased speech and social interaction ✓ Frequent falls ✓ Eating or drinking less, signs of swallowing difficulty ✓ Infection and wounds
Neurologic Disease (Parkinson's, ALS, CVA)	<ul style="list-style-type: none"> ✓ Progressive deterioration in physical and/or cognitive function ✓ Recurrent infection ✓ Increased respiratory symptoms, dyspnea ✓ Post stroke functional impairment without likelihood of improvement

Referral Indicators

Palliative Care

SERIOUS ILLNESS DIAGNOSIS

Heart/Vascular Disease (CHF, CAD, inoperable PVD)	<ul style="list-style-type: none"> ✓ Chest pain or dyspnea at rest or with minimal effort ✓ Other distress symptoms such as pain in extremities at rest, non-healing wounds with functional decline
Respiratory Disease (COPD, pulmonary fibrosis)	<ul style="list-style-type: none"> ✓ DOE with minimal effort ✓ Long-term O2 need, increased requirement
Kidney Disease	<ul style="list-style-type: none"> ✓ Stage 4-5 CKD with worsening health ✓ CKD/ART complicating other life-limiting conditions or treatment ✓ Stopping or not starting dialysis
Liver Disease	<ul style="list-style-type: none"> ✓ Cirrhosis with one or more complications in last 1 year (diuretic resistant ascites, hepatic encephalopathy, hepatorenal syndrome, SBP, recurrent variceal bleeds)
Other Conditions	<ul style="list-style-type: none"> ✓ Declining function ✓ Risk of dying with complications that are not reversible ✓ Available treatment likely to have poor outcome



Referral Indicators

Palliative Care

GENERAL INDICATORS OF DECLINING HEALTH

Unplanned hospital admissions, 2 or more in last 6 months, or increased clinic visit need
Performance status is poor or deteriorating, with limited reversibility (in bed or chair for more than half the day)
Dependent on others for most care needs due to physical and/or mental health problems
Caregiver needs more help and support
Progressive weight loss (5-10% over the past 6 months), persistent low body mass index or low muscle mass
Persistent, troublesome symptoms despite optimal treatment of underlying condition
Patient or family asks for Palliative Care or treatment withdrawal
Qualifies for hospice care but declines



Benefits To The Patients

- ▶ Pain and symptom relief
- ▶ Emotional, social and spiritual support
- ▶ Discussion on your healthcare wishes are
- ▶ Planning on future healthcare decisions
- ▶ Continuity of care
- ▶ Care coordination



Advance Care Planning Services

Advance Care Planning Workshop

Open to community and staff

Offered via ZOOM

(310) 784-4880

One-on-One Advance Care Planning

Individual appointment

Offered at
Care Coordination Center

(310) 784-8713

Contact Us

Palliative Care

Torrance Memorial Health System - Palliative Care

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Palliative Care

QUESTIONS?

