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Direct questions or concerns to the Commission Liaison at (310) 618-2935, or individual department head prior to submission to the Commission. Parties will be notified if the complaint will be included on a subsequent agenda.

Security procedures: Members of the public will be directed to enter City Hall on the East side of the building through the sliding door. All other entrances will remain locked for entry. Oversized bags or backpacks will not be allowed in the Council Chamber or Commission meeting room. All bags are subject to search.

Any correspondence received after 2:00 p.m. on TUESDAY on any item on the agenda will be provided to the Commission electronically and available for public inspection in the City Clerk's Office. A copy of the correspondence will be available for public inspection in a binder at the back of the Council Chamber or Commission Meeting room.

**TORRANCE COMMISSION ON AGING AGENDA
TUESDAY, FEBRUARY 4, 2025
REGULAR MEETING
9:30 A.M. IN THE WEST ANNEX COMMISSION MEETING ROOM
AT 3031 TORRANCE BL.**

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

1. CALL MEETING TO ORDER

ROLL CALL: Commission members: Davis, Grundhaus, Hileman, Dojiri, and Chair Mayfield

2. FLAG SALUTE

WORDS OF INSPIRATION

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, January 30, 2025.

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 ANNOUNCEMENT OF WITHDRAWN, DEFERRED, AND/OR SUPPLEMENTAL ITEMS

5. ORAL COMMUNICATIONS (Limited up 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: January 7, 2025

7. ADMINISTRATIVE MATTERS

7A. ACCEPT AND FILE PRESENTATION ON THE UPSIDE OF AGING

Presentation by Helen Dennis, Daily Breeze columnist on Aging.

7B. DISCUSS AND PROVIDE DIRECTION ON 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) **March 4, meeting** – Comfort Keepers, presentation by Crystal Seddon, MBA, General Manager. Comfort Keepers is a homecare company based in Torrance, serving the South Bay area. Comfort Keepers provides caregivers who assist elderly clients at home with services tailored to their needs, including laundry, meal prep, medication reminders, light housekeeping, transportation, companionship, dementia care, and mobility assistance.
- 2) **April 1, meeting** – WelbeHealth, Presentation by Joan Perkins on the services provided by WelbeHealth, offering full-service healthcare and personalized support to help you age well at home and in your community. Their Program of All-Inclusive Care for the Elderly (PACE) meets the changing needs of seniors, often at no cost.
- 3) **May 7, meeting** – City of Torrance Emergency Services, Presentation by Tadashi Masumoto, Management Assistant, on Emergency and Disaster Preparedness.
- 4) **July 1, meeting** - Heartford Hospice, Presentation by Suzie Castillo on the differences between hospice and palliative care and hospice myths.

7C. RECEIVE AND DISCUSS UPDATES ON OLDER AMERICANS AWARD

Recommendation of the Community Services Director that the Commission on Aging discuss the 2025 Older Americans Award and receive an update from staff.

7D. RECEIVE 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 & Community Programs - Commissioner Grundhaus
- Health - Commissioner Mayfield
- Transportation - Commissioner Davis
- Focal Point Programs & Elder Abuse/Fraud - Commissioner Dojiri

8. ORAL COMMUNICATIONS

9. ADJOURNMENT

9A. Adjournment of Commission on Aging Meeting to Tuesday, March 4, 2025, at 9:30 a.m. located in the West Annex Commission Meeting Room.



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

1. CALL TO ORDER

The meeting convened on Tuesday, January 7, 2025 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 Dojiri, Grundhaus, Hileman and Chair Mayfield

Absent: Commissioner Davis

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

MOTION: Commissioner Mayfield moved to approve the excused absence of Commissioner Davis; motion was seconded by Commissioner Grundhaus. The motion passed by a roll call vote. (Absent Commissioner Davis)

2. FLAG SALUTE

Chair Mayfield led the Pledge of Allegiance and Commissioner Hileman provided words of inspiration.

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

Senior Recreation Supervisor Castro reported that the agenda was posted on the Public Notice Board at 3031 Torrance Boulevard and on the City's website on Monday, December 30, 2024 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 – October 1, 2024 Commission on Aging

MOTION: Commissioner Mayfield moved and Commissioner Hileman seconded, to approve the minutes of the Commission on Aging meeting of October 1, 2024. The motion passed by a 4 to 0 vote. (Absent Commissioner Davis)

7. ADMINISTRATIVE MATTERS

7A. PRESENTATION: THE CONNECT TORRANCE MICROTRANSIT DEMONSTRATION PILOT PROGRAM

Transit Planning Manager David Mach provided information and the history on the “Connect Torrance” Microtransit Demonstration Pilot Program, and noted that the yearlong pilot Program was funded by LA County Measure N sales tax and LA Metro Visionary Seed Funds and would supplement the current Senior Taxi Program. He explained that the pilot program had begun on December 11, 2024 and discussed the types of vehicles and vans in the program.

He explained that the program was on-demand transit and a hybrid model between individual private transportation, like Uber or Lyft, with the ride arriving directly at the rider’s location and dropping off at the rider’s designated location. He noted that this service was in addition to the senior taxi program. He added that there would be a call-in center with representatives to assist in booking rides and noted that the service would be able to provide the first/last mile connections to transit and the regional transit center.

He reviewed the details of the microtransit program: the service area was split into two different zones, depending on whether the rider was a Torrance resident or not, there were eight branded dedicated vehicles in service with four of the vehicles wheel chair accessible. He noted that the service would be free until January 11, 2025 and after that date, the service would be \$3 per trip. He listed the service hours for the seven days a week service and noted that there would be late service hours for special events. He added that the average wait time for a ride was nine minutes, the average distance was three miles and the average ride time was 10-12 minutes. He added that 97.9% of the riders had given their ride a five-star rating.

Transit Planning Manager David Mach discussed the Red Car Rubber Wheel Trolley Project and noted that the hope was that the project would improve traffic congestion and the local economy and connect key hotels, cultural and entertainment destinations. He explained the plan was to have up to 10 trolleys with two service areas: the Beach trolley and the Torrance trolley and noted that public outreach was being conducted to present to the Council for approval.

He discussed additional projects: the Mary K. Giordano Regional Transit Center Parking Structure Project, the Transit Fleet Modernization Plan and digital signage at bus shelters and the Transit Center.

7B. DISCUSSION: SPEAKERS FOR UPCOMING MEETINGS:

Chair Mayfield announced the upcoming speakers:

February 4, 2025 – Presentation by Helen Dennis, Daily Breeze columnist on Aging.

March 4, 2025 – Comfort Keepers, presentation by Crystal Seddon, MBA, General Manager.

April 1, 2025 – WelbeHealth, Presentation by Joan Perkins on the services provided by WelbeHealth

May 7, 2025 – City of Torrance Emergency Services, Presentation by Tadashi Masumoto, Management Assistant, on Emergency and Disaster Preparedness.

7C. DISCUSSION: OLDER AMERICANS AWARD:

The Commission discussed the revised application form and confirmed that:

- Award must be given to a Torrance resident
- Award could not be given to the same person more than once
- Due date for applications was March 20, 2025

The Commission approved the revised application and requested that the application be sent out as soon as possible.

Senior Recreation Supervisor Castro confirmed that he would send the Commission the list of organizations as well as the mailing and email addresses to which he would send the application, for the Commission to review and add to, if needed. He added that Commissioners could also forward applications to anyone that they wished and noted that the application would also be available on the City's website. He stated that the Commission could reach out to the City Clerk, if they wished to announce the application availability at an upcoming Council meeting.

7D. Oral Reports on Senior Citizens Concerns

1. City Council Activities

Commissioner Hileman reported that the cost of building additional pickle ball courts would be \$1,250,000. She noted that the Council had approved a digital billboard ordinance for businesses and freeways. She announced that a traffic light would be installed at the corner of Lomita Boulevard and Anza and added that the City had contracted with an outside company to enforce parking regulations on street sweeping days. She noted that the City of Torrance Rose Parade float had won the Princess Award. She explained that Council had again discussed the rent stabilization ordinance in regard to mobile homes, but noted that the Council did not approve the ordinance.

2. Housing and Community Programs

Commissioner Grundhaus discussed the construction of the new housing project at the former Gable Bowl site and announced that condominiums would be built in the area now occupied by Black Angus. She noted that the Christmas tree curbside recycling program would continue until January 16 and applications were being accepted for the Hometown Heroes program. She noted that Madrona Marsh had been featured on CBS news in December. She announced that the Homeless Count would take place on January 23 and on January 31 there would be a faith-based community breakfast with Mayor Chen. She announced that the Torrance Adult School would open for registration on January 31.

3. Health

Chair Mayfield discussed the Internet of Medical Things (IoMT), a network of interconnected medical devices, software and applications that communicate with systems to collect, store and analyze health data.

4. Transportation

No report.

5. Focal Point Programs and Elder Abuse/Fraud

Commissioner Dojiri reported the following statistics for the months of:

November 2024:

Total number of documented calls: 14	Web Inquiries: 123
Miscellaneous calls: 30	Total number of calls received: 44

Of the documented calls there were the following requests:

Requests for transportation 14%	Requests for legal 7%
Requests for housing 14%	

December 2024:

Total number of documented calls: 8	Web Inquiries: N/A
Miscellaneous calls: 34	Total number of calls received: 42

Of the documented calls there were the following requests:

Requests for in home services 7%	Requests for Transportation 2%
Requests for housing 9%	

Commissioner Dojiri noted that Focal Point continued to have difficulties with lost phone calls, due to the static on the phone lines. She added that the building was in the process of being re-roofed, but remained open and added that the AARP would begin to offer tax preparation assistance in February.

Elder Abuse/Fraud

Commissioner Dojiri discussed credit card decline scams and noted that individuals should report the incidences to the police.

8. ORAL COMMUNICATIONS #2 Commissioners/Staff

Chair Mayfield reported that Commissioner Synder had passed away and noted that there would be a memorial service for her on January 26 at 12:30 p.m. at the Toyota Meeting Hall.

9. ADJOURNMENT

9A. At 10:53 a.m., Chair Mayfield moved to adjourn the meeting in honor of Caroline Synder to the regular meeting on Tuesday, February 4, 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. The motion passed by a 4-0 vote. (Absent: Commissioner Davis)

####



Commission on Aging

The Upside of Aging

February 4, 2025

Helen Dennis
Columnist, author & lecturer
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1

What do we know?

1. Slow the aging process
2. Friendships
3. Community
4. Technology

2

Life expectancy

1900- 47 years

1935 – 61.7 years

2000 – 78.8 years

2023 – 78.4 years



3

Life span vs health span

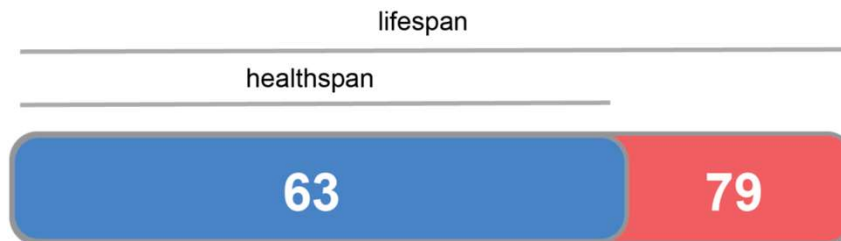


Figure 1: average healthspan vs. average lifespan in the US (in years)

4

A new life stage...



“We’ve had 20 years added not to the end of life but to the **middle** of life.”

~ Mary Catherine Bateson,
cultural anthropologist

5

Language

Third age Generativity Encore years

Act IV X Revolution Middlescense

2nd adulthood Third act Bonus years

Renewment 3rd Chapter New life stage

6

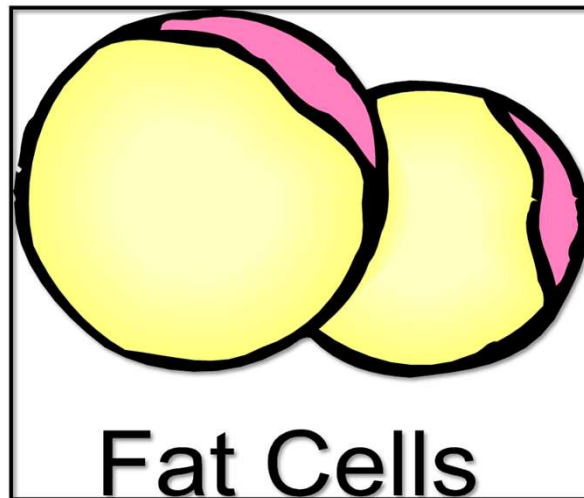
1. Slow the aging process

Bad news –
good news story



7

More of them...



Fat Cells

8

Dehydration



9

The brain



10

2. Friendships



11

Challenges & Opportunities

- Social isolation
- Deepen relationships
- Making new friends



12

3. Community

The Village Movement: Aging in place & the community



13

Services

A collage of four photographs illustrating community services. The top-left photo shows a man in a blue shirt and cap pruning a large bush of pink flowers for a woman in a pink and white striped shirt and a hat. The top-right photo shows a person's hands on a steering wheel inside a car. The middle-right photo shows a man in a grey shirt talking to a woman in a red shirt who is holding a clipboard. The bottom-right photo shows two women sitting on white chairs on a porch, one in a purple dress and the other in a black and white striped shirt.

14

Not a place to live...but a way to live



15

Renewment: Retirement + Renewal



16

Purpose



To inspire and support career women through transition and change....from work to retirement and beyond.

17

WHAT IS PRODUCTIVITY...anyway?



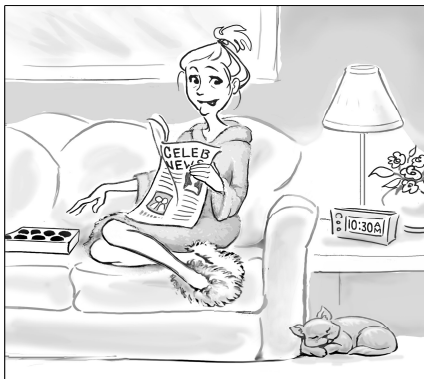
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I WON'T EARN ANOTHER \$



19

FOREVER GUILTY



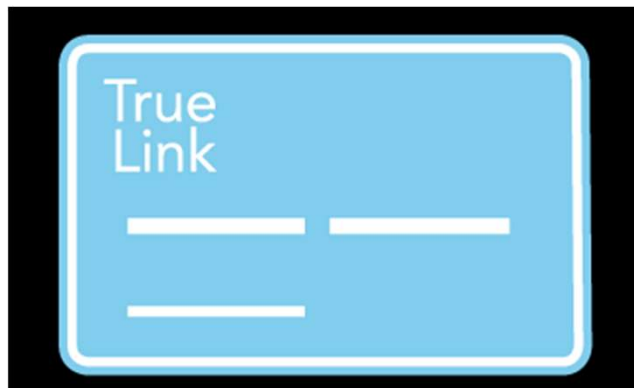
20

4. Technology: Liftware spoon



21

Fraud and financial protection



22

Robotic Dog



23

Transportation



24

I vote for the upside...



Slow the aging process
Friendships
Community
Technology

25

Charles Schultz
“Life is a 10-speed bicycle.
Most of us have gears we never use.”



26