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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, SEPTEMBER 2, 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, Ohno, Kraemer, Wang, Montoya, and Chair Hileman.

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, August 28, 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 ANNOUNCEMENT OF WITHDRAWN, DEFERRED, AND/OR SUPPLEMENTAL ITEMS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 Commissioner from the Consent Calendar and considered separately.

6A. Approve Commission Minutes: August 5, 2025

7. ADMINISTRATIVE MATTERS

7A. ACCEPT AND FILE PRESENTATION BY ALZHEIMER'S LOS ANGELES

Presentation by Natalie Rosemond, Director of Healthcare Services and Professional Training.

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) **October 7, meeting** – City of Torrance Emergency Services, Presentation by Tadashi Masumoto, Management Assistant, on Emergency and Disaster Preparedness.
- 2) **November 4, meeting** – Torrance Memorial Hospital's Caring Companions / No One Dies Alone Program. Presentation by Mary Matson, Director of Service Excellence.
- 3) **February 3, 2026** – USC's study on the Alzheimer's Savvy Caregivers Program. Presentation by Dr. Maria Aranda, PhD, Professor of Social Work and Gerontology, University of Southern California Edward R. Roybal Institute of Aging.

7C. 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 Kraemer |
| • Health | - | |
| • Transportation | - | Commissioner Montoya |
| • Focal Point Programs | - | Commissioner Wang |
| • Elder Abuse/Fraud | - | Commissioner Ohno |

8. COMMISSION ORAL COMMUNICATIONS

9. ADJOURNMENT

9A. Adjournment of Commission on Aging Meeting to Tuesday, October 7, 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, August 5, 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 Kraemer, Montoya, Ohno, Wang and Chair Hileman

Absent: Commissioner Davis

Also Present: Senior Recreation Supervisor Castro, Recreation Supervisor Garrett Craig, and City Clerk Rebecca Poirier

2. FLAG SALUTE

Commissioner Montoya led the Pledge of Allegiance and Chair 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 Thursday, July 31, 2025.

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 ANNOUNCEMENT OF WITHDRAWN, DEFERRED, AND/OR SUPPLEMENTAL ITEMS

None.

5. ORAL COMMUNICATIONS - None.

6. CONSENT CALENDAR

6A. APPROVAL OF MINUTES – May 6, 2025

MOTION: Commissioner Ohno moved to approve the minutes of May 6, 2025 seconded by Commissioner Montoya. The motion passed by a 5-0 with Commissioner Davis absent.

7. ADMINISTRATIVE MATTERS

7A. ACCEPT AND FILE PRESENTATION BY HEARTFORD HOSPICE

Vice President of Community Relations Khyka Inman gave a presentation on the difference between hospice and palliative care and hospice myths.

MOTION: Commissioner Ohno moved, Commissioner Wang seconded, to accept and file the presentation by Heartford Hospice. The motion passed by a 5 to 0 with Commissioner Davis absent.

7B. ACCEPT AND FILE 2025 INTERNSHIP PROJECT PRESENTATION

City of Torrance Intern Linnett Azucar gave a presentation on renaming Senior Centers for the Next Generation.

MOTION: Commissioner Montoya moved, Commissioner Kraemer seconded, to accept and file the presentation by Linnett Azucar. The motion passed by a 5 to 0 with Commissioner Davis absent.

7C. DISCUSS AND PROVIDE DIRECTION ON SPEAKERS FOR UPCOMING MEETINGS.

September 2 meeting – Presentation by Alzheimer’s Los Angeles

October 7 meeting – Presentation by City of Torrance Emergency Services

November 4 meeting – Presentation by Torrance Memorial Hospital’s Caring Companions / No One Dies Alone Program.

Commissioner Ohno requested a presentation by the UCLA School of Gerontology.

No action taken by the commission.

7D. DISCUSS A TORRANCE CENTENARIAN APPLICATION

Senior Recreation Supervisor stated that they had received an application from Billy R. Hoyt who is a retired City of Torrance Fire Chief. He stated that the Centenarian Award would be presented at the City Council meeting on Tuesday, August 19, 2025 and encouraged commissioners to attend.

No action was taken by the Commission.

7E. RECEIVE AND FILE 2024/25 COA AND FOCAL POINT MONTHLY REPORT

May 2025:

Total number of documented calls: 16	Web Inquiries: Not listed
Miscellaneous calls: 31	Total number of calls received: 47

Of the documented calls there were the following requests:

Requests for transportation 31%	Requests for nutrition Not listed
Requests for housing 50%	Requests for in home services 19%

MOTION: Commissioner Kraemer moved, Commissioner Ohno seconded, to approve the Commission on Aging Annual Report and accept and file Focal Point monthly report. The motion passed by a 5 to 0 with Commissioner Davis absent.

7F. REASSIGN ORAL REPORTS ON SENIOR CITIZENS CONCERNS

Council Activities	Chair Hileman
Housing	No commissioner assigned
Health	No commissioner assigned
Transportation	Commissioner Montoya
Focal Point Programs	Commissioner Wang
Elder Abuse/Fraud	Commissioner Ohno
Community Programs	Commissioner Kraemer

MOTION: Commissioner Kraemer moved, Commissioner Wang seconded, to approve the reassignment of Oral Reports. The motion passed by a 5 to 0 with Commissioner Davis absent.

7G. RECEIVE ORAL REPORTS ON SENIOR CITIZEN CONCERNS

No reports were given.

7H. ELECT CHAIR AND VICE CHAIR FOR FISCAL YEAR 2025/26

Montoya stated his preference on having the longevity/seniority
Wang agreed

Commissioner Hileman was nominated Chair. No other nominations were made.

MOTION: Commissioner Wang moved, Commissioner Kraemer seconded, to approve the appointment of Commissioner Hileman as Chair. The motion passed by a 5 to 0 with Commissioner Davis absent.

Commissioner Montoya was nominated Vice-Chair. No other nominations were made.

MOTION: Commissioner Kraemer moved, Commissioner Wang seconded, to approve the appointment of Commissioner Montoya as Vice-Chair for the Fiscal Year 2025/26. The motion passed by a 5 to 0 with Commissioner Davis absent.

8. COMMISSION ORAL COMMUNICATIONS

Commissioners Kraemer and Ohno and Chair Hileman spoke.

Senior Recreation Supervisor Castro announced....

9. ADJOURNMENT

At 10:42 a.m., Commissioner Kraemer moved to adjourn the meeting the regular meeting on Tuesday, September 2, 2025, at 9:30 a.m. at the West Annex Commission Meeting Room at City Hall, 3031 Torrance Boulevard. The motion was seconded by Commissioner Wang. The motion passed by a 5-0 with Commissioner Davis absent.



Alzheimer's Los Angeles Programs and Services

Natalie Rosemond, LCSW, MSW

Director, Healthcare Services & Professional Training

nrosemond@alzla.org

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Alzheimer's Los Angeles

- Serving diverse communities
- Multilingual services
- Culturally competent services
- Free of charge for families
- Philanthropy, community partnerships, and healthcare collaborations

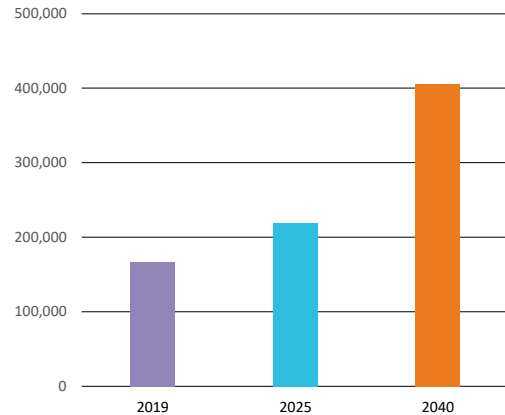


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Dementia Impact

There are an estimated **190,300** people living with Alzheimer's and other dementias in Los Angeles County alone

Number of People age 65+ in Los Angeles County with Alzheimer's Disease



Dhana et al (2023). Prevalence of Alzheimer's disease dementia in the 50 US states and 3142 counties. <https://doi.org/10.1002/alz.13081>

Source: Ross, L, Beld, M, and Yeh, J. (2021). Alzheimer's Disease and Related Dementias Facts and Figures in California: Current Status and Future Projections. Report prepared for the California Department of Public Health, Sacramento, CA at the Institute for Health and Aging, University of California, San Francisco, CA.



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Impact on Patients and Families

Consider:

- Californians provide an estimated **1.8 billion** hours of unpaid caregiving, valued at over **\$44 billion**
- **59%** of family caregivers of people with dementia rated the emotional stress as high or very high compared to 38% percent of non-dementia caregivers
- Caregivers of people living with Alzheimer's in California had over **\$1.1 billion** dollars in higher healthcare costs

National Research Council. (2000). *The role of human factors in home health care: Workshop summary*. The National Academies Press. <https://nap.nationalacademies.org/read/9611/chapter/8>



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Alzheimer's LA Programs

Free support & services to individuals & families



Helpline: 844.435.7259
available for information, emotional support, resources, and referrals



Caregiver Workshops
classes about Alzheimer's disease, dementia, brain health, and caregiving in English Spanish and Mandarin Chinese



Caregiver Tip Sheets
Written education on Common dementia topic that are written at a lower literacy level and offered in multiple languages



Ongoing Support and Services
guidance, support, and dementia expertise from experienced social workers



Activity Programs
Activities that focus on art, music, cognitive stimulation, and socialization including art4ALZ and Memory Mornings



Support Groups
share information and understanding with other caregivers or others living with dementia Offered for different groups & in different languages



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Helpline & Ongoing Wraparound Support



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Helpline

Care Counseling and Early Memory Loss Program

A Care Counselor is available to provide information, support, guidance, and resources.

- Answer questions, including those about early-stage memory loss/dementia
- Provide referrals to other services and supportive programs in the community
- Provide appropriate educational materials and event information
- Availability for follow-up and early memory loss support



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Enhanced Care Management

A Medi-Cal Wraparound Program

Designed to support individuals and their care partners so they can stay safe and comfortable at home

This program helps individuals who:

- Have memory problems or dementia (no diagnosis needed)
- Need help with daily activities like bathing, dressing, or remembering to take medicine
- Have Medi-Cal and live at home in Los Angeles County
- Have a care partner who is able to be involved in the program



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Community Education & Tipsheets

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Caregiver Workshops

Educational workshops are offered to family caregivers:

- In-person, virtual, and on-demand
- English and Spanish – some in Chinese

Workshops include:

- Memory, Graduation, and Alumni Club
- Making Home Safe
- Alzheimer's & Behaviors: The *IDEA!* Approach
- Communication & Dementia
- Savvy Caregiver / *Unidos en el cuidado*
- Lost Memories / *Recuerdos perdidos* telenovela



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Caregiver Tip Sheets

- Accessible language
- Multiple topics
- English, Spanish, Chinese, Tagalog, Vietnamese, Korean, and Japanese
- Free to download

www.alzheimersla.org/professionals

Caregiver Tip Sheets

Driving



WHY DOES THIS HAPPEN?

People with Alzheimer's or dementia may be unsafe when they:

- don't follow traffic signs
- go too fast or too slow
- become angry at others in the car or other drivers
- hit curbs
- cross over lanes
- confuse the brake and gas pedals
- forget where they are going
- get lost going places they know

Over time, driving gets harder for people with Alzheimer's or dementia. At some point they will need to stop driving and this can be very hard for them. It feels like a loss of freedom for both drivers and family members, yet SAFETY is most important.

WHAT CAN YOU DO?

KEEP AN EYE OUT

- watch for parking or traffic tickets
- look for new scratches, marks, or dents on the car
- listen for complaints about other drivers or how the car operates

HELP THEM STOP DRIVING


- ask the doctor to tell them they can no longer drive
- make sure the doctor files a report to alert the Department of Motor Vehicles (DMV) of the dementia diagnosis
- have a close friend or a minister, priest, or rabbi ask your person to stop driving
- sell them someone else will drive them to the store or appointments
- ask others for help, deliver meals, pick up prescriptions, or just to visit

BE CREATIVE

- hide the keys
- park the car out of sight
- remove the battery or starter wire
- say the car is in the shop
- get in the car first so you can be the driver
- give a set of keys that look like the old keys but won't start the car
- make having someone else drive sound like fun

FINALLY

- sell the car... It saves money on gas, insurance, and repairs that can be used for taxis, Uber, Lyft, or paying someone to drive



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Activity Programs and Support Groups



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Activity Programs

- Memories in the Making
- LACMA "Personal Connections" Program
- LA Opera " Music to Remember" Workshop
- BasebALZ Program
- TimeSlips Creative Storytelling
- Online Activity Hour



Support Groups

- Caregivers and family members
- Virtual, telephonic, and in-person
- Safe place to talk, share, and learn
- Grouped by dementia type, disease stage, racial/ethnic groups, language, sexual orientation, etc.

Group Name	Day & Time	Contact
Adult Child Caregiver Support Group	Every Thursday, 1:00-2:30pm **GROUP IS FULL**	Anne Oh: aoh@alzila.org, 323-930-6271
Adult Children Caring for a Parent with Dementia Group	2nd & 4th Tuesday, 12:00-1:30pm	Monica Moore: NRM1moore@mednet.ucla.edu
After Dementia (Grief & Bereavement Support Group)	2nd & 4th Friday, 2:00-3:30pm	Anne Oh: aoh@alzila.org, 323-930-6271 or Veronica Sanders: vsanders@alzila.org, 323-930-6287
African American Men's Group - Brother to Brother	2nd & 4th Thursday, 6:30-7:30pm	Jim Kelly: jimkelly2373@gmail.com, 642-712-3284
Asian American & Pacific Islander (AAPI) Dementia Caregiver Support Group	1st & 3rd Thursday, 11:30am-12:30pm	Anne Oh: aoh@alzila.org, 323-930-6271
Caregiver Support Group	1st & 3rd Thursday, 10:30am-12:00pm	Hannah DeGiuseppe: Hannah@agingnext.org, 909-621-9900
Caregiver Support Group	2nd and 4th Wednesday, 6:00-7:30pm	Janice Masters: Janice@agingnext.org, 909-621-9900
Caring for the Caregivers (Faith Based Support Group)	1st & 3rd Thursday, 11:00am-12:30pm	Michelle Bracken: michelle@bracken.com
Cerritos Senior Center Dementia Caregiver Support Group (meeting in-person)	3rd Friday, 10:00am-12:00pm	Lisa Niyahata: cerritosalzheimer@gmail.com
Chinese (Mandarin) Speaking Dementia Support Group	2nd Wednesday, 9:00-6:00pm	Kristy Huang-Arai: kthuang@alzila.org, 323-930-6287
Connectional: Support Group for Individuals Living Alone with Early Memory Loss	Every Tuesday, 11:00am-12:00pm	Tori Boyer: tboyer@alzila.org, 323-930-6240
Dementia Caregiver Support Group	Every Tuesday, 9:30-6:30pm	Anne Oh: aoh@alzila.org, 323-930-6271
Dementia Caregiver Support Group	2nd Tuesday, 10:00-11:30am	Veronica Romo: memory@caba.edu, 310-428-9872
Dementia Caregiver Support Group	Every Wednesday, 7:00-8:00pm	Sid Adelman: sidadelman@gmail.com
Dementia Caregiver Support Group	Every Thursday, 10:00-11:30am	Barbara Hanson: Barbara@SeniorCareNavigatorLA.com, 310-423-8855





Professional Training & Dementia Friends

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Professional Training Services

Dementia Education for Healthcare Workers and Professionals

Build knowledge of Alzheimer's and related dementias while strengthening care practices for professionals who work with people affected by dementia and their families.

- The Fundamentals of Dementia & Supporting Caregivers
- Understanding Challenging Behaviors & Communication
- Safety & Wandering
- Coordination of Medical care and Community Services



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Dementia Friends

Building Dementia-Friendly Communities

A global movement to provide education, support, and develop action steps to make community spaces safe for individuals living with dementia

- One-hour session
- Learn five key messages about dementia
- Develop actionable steps to help your community
- In-person, virtual, and available in Spanish



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How to Connect Families



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ALZ Direct Connect® Referral Program



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ALZ DIRECT CONNECT REFERRAL PROGRAM

Partnering with healthcare and aging service providers to improve care and support for people with Alzheimer's or dementias & their families

ALZ DIRECT CONNECT allows healthcare and aging services providers to directly link patients/clients and families to Alzheimer's Los Angeles for:

- access to care coordination & psychosocial support
- referrals to supportive services
- help with understanding the disease & navigating its progression
- a 360 approach to care through feedback to the referring provider



844.HELP.ALZ • AlzheimerSLA.org

ALZ DIRECT CONNECT does not offer medical or legal advice. For more information, please contact your healthcare professional. Alzheimer's Los Angeles maintains high professional standards of care & safety and maintains reports and records in compliance with state or federal laws and regulations.

See reverse side for ALZ Direct Connect Referral Form 



www.alzheimersla.org/for-professionals



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Referral Tips

- Prepare the family
- Discuss long-standing partnership with Alzheimer's Los Angeles
- Share why referral is being made & benefit from working with Alzheimer's Los Angeles
- Follow up with family



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Additional Connection

Call or email us at:

844.435.7259

help@alzla.org



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Questions



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