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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 3, 2026
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: Ohno, Kraemer, Wang, Montoya, Bisenieks, 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, January 29, 2026.

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 ANNOUNCEMENT OF WITHDRAWN, DEFERRED, AND/OR SUPPLEMENTAL ITEMS

5. ORAL COMMUNICATIONS (Limited up to a 30-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 2 minutes per speaker**. If presenting handout material to the 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: January 6, 2026

7. ADMINISTRATIVE MATTERS

7A. ACCEPT AND FILE PRESENTATION BY THE UNIVERSITY OF SOUTHERN CALIFORNIA STUDY ON THE ALZHEIMER'S SAVVY CAREGIVERS PROGRAM

Presentation by Yvette I. Cordero, B.S., Edward R. Roybal Institute 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 3** – John W. Chang, Partner at Patinelli & Chang, LLP, presentation on trusts and wills.
- 2) **April 7** – Christina Szczypkowski, Torrance PD, presenting on the Return Home Registry program, which helps support members of our senior community.
- 3) **May 5** – Wise & Healthy Aging is a nonprofit social services organization formed through the 2007 merger of WISE Senior Services and the Center for Healthy Aging, both of which served the community for more than three decades and earned national recognition for innovative and effective programs. Headquartered in Santa Monica, Wise & Healthy Aging serves over 20,000 older adults annually across the Los Angeles Westside and surrounding communities, supporting older adults at all stages of aging, caregivers, and families, with funding from public agencies and generous corporate and private philanthropic partners.

7C. TORRANCE CENTENARIAN RECIPIENT

Recommendation of the Community Services Director that the Commission on Aging receive an update on a Torrance Centenarian.

- 1) Julia C. Blake – Ceremony scheduled for the Tuesday, February 10, Council Meeting at 6:30pm.

7D. DISCUSSION OF THE 2026 OLDER AMERICANS AWARD PROGRAM

Recommendation of the Community Services Director that the Commission on Aging discuss the 2026 Older Americans Award application process, including application deadline.

7E. 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 |
| • Community Programs | - | Commissioner Kraemer |
| • Health | - | Commissioner Wang |
| • Transportation | - | Commissioner Montoya |
| • Focal Point Programs & Housing | - | Commissioner Bisenieks |
| • Elder Abuse/Fraud | - | Commissioner Ohno |

7F. ACCEPT AND FILE SENIOR SERVICES MONTHLY REPORT

Recommendation of the Community Services Director that the Commission accept and file the senior services division report.

8. COMMISSION ORAL COMMUNICATIONS

9. ADJOURNMENT

- 9A.** Adjournment of Commission on Aging Meeting to Tuesday, March 3, 2026, 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 6, 2026 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 Bisenieks, Kraemer, Montoya, Ohno, Wang and Chair Hileman

Absent: None

Also Present: Senior Recreation Supervisor Castro and Recreation Supervisor Campos

2. FLAG SALUTE

Commissioner Wang 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 Tuesday, December 30, 2025 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 – December 2, 2025 Commission on Aging

MOTION: Commissioner Montoya moved to approve the minutes of December 2, 2025 of the Commission on Aging meeting and Commissioner Wang seconded. The motion passed by a 6-0 vote.

7. ADMINISTRATIVE MATTERS

7A. ACCEPT AND FILE PRESENTATION BY HABITAT FOR HUMANITY OF GREATER LOS ANGELES

Melissa Morales, Associate Director of Community Impact, presented the report for the item and reviewed the mission statement, the impact of the program and discussed the different areas in the program's portfolio. She provided an overview of the homeownership program and discussed the eligibility requirements and household income levels for home ownership. She described the Pathways to Ownership Program, which provided homebuyer education and counseling and presented an overview of the home-buying process and crucial skills needed to help participants move toward their goal of homeownership. She noted that the program could

also provide low-income homeowners with low-cost home repairs and discussed the eligibility requirements. She presented information on the Older Adults Home Modification Grant Program, listed the repairs and upgrades available as well as the volunteer opportunities.

Kathia Rodriguez presented further information on the Older Adults Home Modification Grant Program.

There was public comment.

MOTION: Commissioner Montoya moved and Commissioner Wang seconded, to accept and file the presentation by Habitat for Humanity of Greater Los Angeles. The motion passed by a 6-0 vote.

7B. DISCUSS AND PROVIDE DIRECTION ON SPEAKERS FOR UPCOMING MEETINGS:

Chair Hileman announced the upcoming speakers:

February 3, 2026 – USC’s study on the Alzheimer’s Savvy Caregivers Program. Presentation by Dr. Maria Arand, PhD, Professor of Social Work and Gerontology, University of Southern California Edward R. Roybal Institute of Aging.

March 3, 2026 – John W. Chang, Partner at Patinelli & Chang presentation on trusts and wills.

April 7, 2026 – Christina Szczypkowski, Torrance PD, presenting on their Return to Home Registry, which helped to support members of our senior community.

Commissioner Wang suggested a presentation from the AARP.

Senior Recreation Supervisor Castro stated that he would contact AARP to see if they had lecture topics that could be presented within a 20-minute time frame and report back to the Commission. He added that a longer presentation could take place at the Senior centers.

Chair Hileman requested a presentation on GUIDE (Guiding an Improved Dementia Experience).

7C. UPDATE ON A TORRANCE CENTENARIAN RECIPIENT

Senior Recreation Supervisor Castro reported that there were two possible recipients for the award: Julia C. Blake and Rebecca Romero. He noted that he would forward the applications and any other recipients’ information to the Commission.

Chair Hileman requested that copies of all of the Centenarians certificates issued be kept in the Commission file.

7D. DISCUSS COMMISSION PROGRAM PARTICIPATION AND DUTIES

Chair Hileman reported that the Commission did participate in:

- selecting members for the the Youth Council, by reviewing applications
- reviewing applications for the Beat the Odds scholarship with the Youth Council
- attending the Beat the Odds scholarship award dinner
- Older American Awards

Commissioner Kraemer suggested that the Commission meet at the Senior Centers periodically and that upcoming Commission agendas be posted at the Senior Centers.

Senior Recreation Supervisor Castro noted that any change in the meeting location would need to be per-approved by the City Council.

7E. RECEIVE ORAL REPORTS ON SENIOR CITIZENS CONCERNS

1. City Council Activities

Commissioner Hileman noted that Ted Stevens was the new Community Services Director. She announced that: the Armed Forces Day Parade would still take place on Torrance Boulevard, Snow Day at Wilson Park had had 7000 attendees, and the Parks and Recreation Committee would conduct surveys on the possible re-naming of Columbia Park. She added that the issue of the possible combining or elimination of some Commissions had been sent back to the City Clerk for further study. She reported that Attorney General had issued a Policing Agreement between the California Department of Justice, the Torrance Police Department and the City of Torrance.

2. Community Programs

Commissioner Kraemer announced that City was requesting sign ups for the Homeless Count on January 22, discussed available library programs and noted that the next production by the Torrance Theater Company would be *Frozen*.

3. Health

Commissioner Wang presented information on problems with Medicare in over- ordering of drugs.

4. Transportation

Commissioner Montoya reported that Transit Department had won a California transit innovation award for their micro transit program “Connect Micro Transit Program”, added that the new trolley program would begin in the fall of this year and noted that a survey was available on the transit center website.

5. Focal Point Programs and Housing

Commissioner Bisenieks reported the following statistics for the month of:

November 2025:

Total number of documented calls: 14	Web Inquiries: 142
Miscellaneous calls: 12	Total number of calls received: 26

Of the documented calls there were the following requests:

Requests for transportation 14%	Requests for in home services 14%
	Requests for employment 7%

6. Elder Abuse/Fraud

Commissioner Ohno discussed a State Program called DROP, which allowed one to request the removal of their personal information from online.

7F. ACCEPT AND FILE SENIOR SERVICES MONTHLY REPORT

Senior Recreation Supervisor Castro presented the Senior Services report for the month of December.

MOTION: Commissioner Kraemer moved and Commissioner Montoya seconded, to accept and file the Senior Services monthly report. The motion passed by a 6-0 vote.

8. ORAL COMMUNICATIONS #2 Commissioners/Staff

Recreation Supervisor Campos discussed upcoming activities, tours and presentations at the Senior Centers.

Senior Recreation Supervisor Castro announced that senior tech day would take place at the Bartlett Senior Center on January 24.

Senior Recreation Supervisor Castro discussed the changes to Los Angeles Older American Award program and explained that the County nominee information was now needed by January 31, although the presentation would still take place in May. He recommended that Ron, one of the City's long-time volunteers at the Bartlett Center, be submitted for the County award.

The Commission voiced support for Senior Recreation Supervisor Castro to speak to Ron about the nomination for the County award.

Commissioner Montoya discussed the proposed changes to the Commissions and added that he would send his questions and concerns to City Clerk Poirier.

9. ADJOURNMENT

9A. At 10:49 a.m., Commissioner Ohno moved to adjourn the meeting to the regular meeting on Tuesday, February 3, 2026, 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 6-0 vote.

Caregiver Wellness: Stress Management 101

Yvette I. Cordero, B.S.
Special Projects Manager
USC Edward R. Roybal Institute on Aging

Torrance Commission on Aging
 Commission Meeting Room
 City Hall-West Annex, Torrance CA
 February 3, 2026 9:30 am

USC Suzanne Dworak-Peck
 School of Social Work
 Edward R. Roybal Institute on Aging

María P. Aranda, PhD, MSW, MPA, LCSW



- Professor of Social Work with a joint appointment in Gerontology and Neurology at the University of Southern California
- Specializes in the area of medical and psychiatric comorbidity in adult and older adult populations, specifically in the areas of Alzheimer's disease, depression, psychosocial interventions for individuals and family caregivers, and health disparities.
- Executive Director of the USC Edward R. Roybal Institute on Aging, and Co-Lead of the Outreach, Recruitment and Engagement Core of the Alzheimer's Disease Research Center at the University of Southern California.

USC Suzanne Dworak-Peck
 School of Social Work
 Edward R. Roybal Institute on Aging



“I like to say that there are only four kinds of people in the world- those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.”

Former First Lady Rosalynn Carter (2011)

USC Suzanne Dworak-Peck
School of Social Work
Edward R. Roybal Institute on Aging

The Carter Center. Photo Gallery.
<https://www.cartercenter.org/news/photos/rosalynn-carter-photos/index.html>

What does “family caregiver” mean?

FAMILY CAREGIVER

“an adult family member or other individual who has a significant relationship with, and who provides a broad range of assistance to an individual with a chronic or other health condition, disability or functional limitation”

DEMENTIA CAREGIVER

“a caregiver or care partner that provides help or assistance to a family member with personal care needs due to impairment in cognitive functioning:

- memory loss, dementia, mild cognitive impairment
- Alzheimer’s disease
- other dementias

Source: RAISE Family Caregivers Act, Public Law 115-119 (2018), <https://acl.gov/sites/default/files/about-acl/2018-10/PLAW-115publ119%20-%20RAISE.pdf>

Thus, you have a **new role** on top of other roles you may have in life. This role of dementia family caregiver one is based on. . .

Relationship

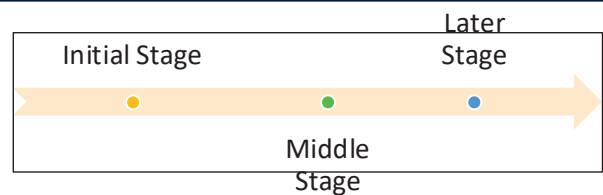
$$1+1=2$$

Giving / Caring

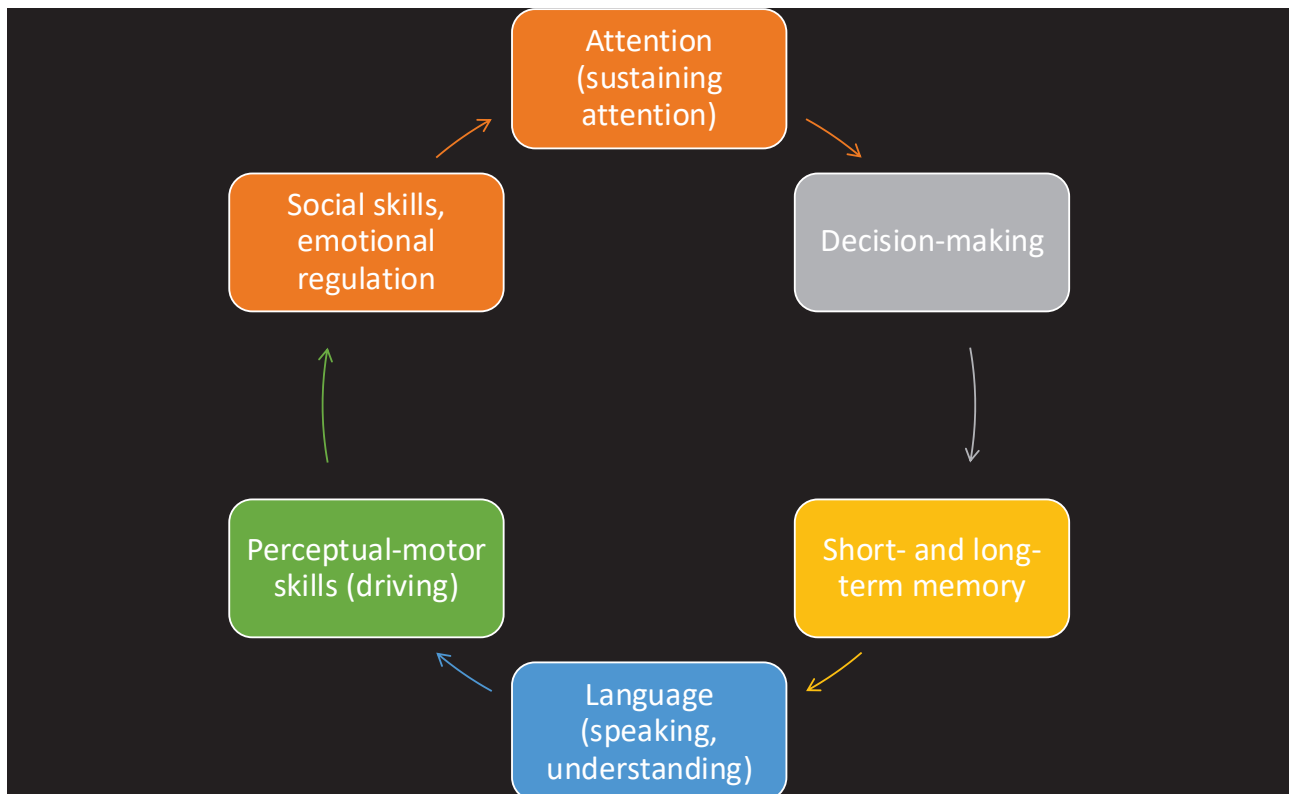
To

From

Cognitive-related
Illness



Dementia affects daily functioning.



You are part of a special group of people . . .

11+ million caregivers of persons living with dementia

18 billion hours of unpaid help or care
\$340 billion economic value to our economy

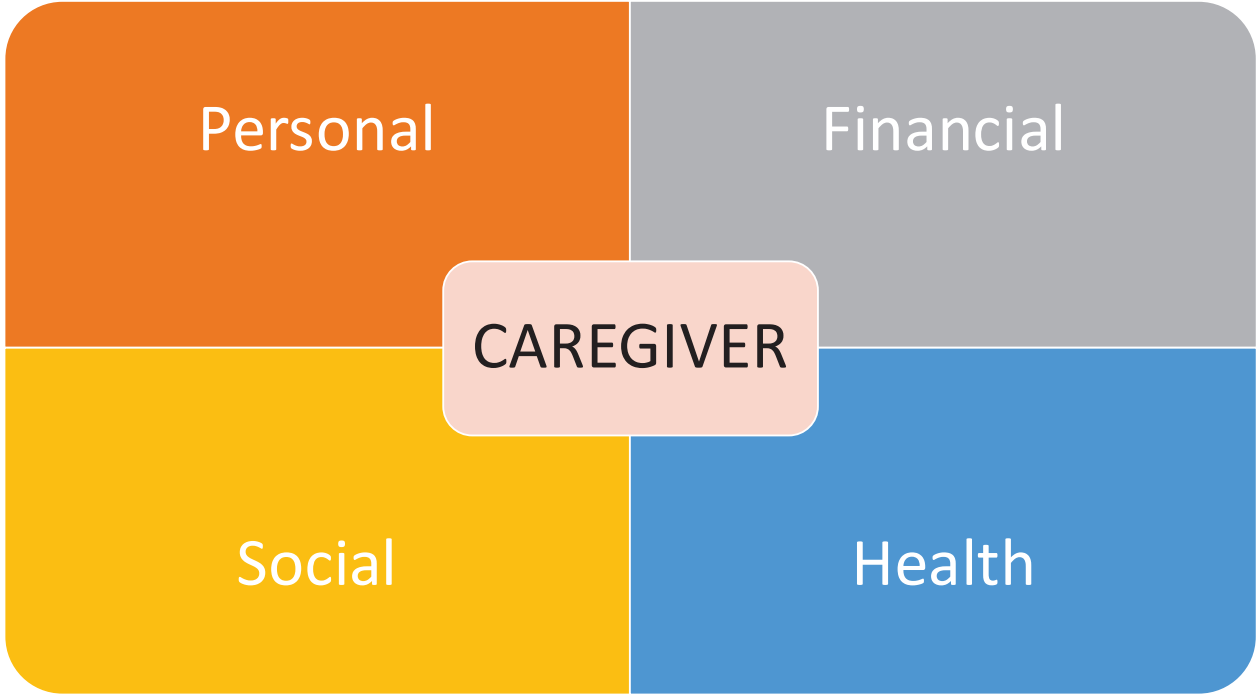
30 hours of care (per caregiver) each week
1,565 hours annually

70% of lifetime cost of providing care is borne by families

**YOU ARE THE BACKBONE
OF OUR COUNTRY'S
HEALTH AND LONG-TERM
CARE SERVICES**

https://www.caregiving.org/wp-content/uploads/2021/05/AARP1340_RR_Caregiving50Plus_508.pdf

What are the personal impacts to you?



So, what is STRESS?



“Stress can be defined as a state of worry or mental tension caused by a difficult situation.

Stress is a natural human response that prompts us to address challenges and threats in our lives.

Everyone experiences stress to some degree.

The way we respond to stress, however, makes a big difference to our overall well-being.”

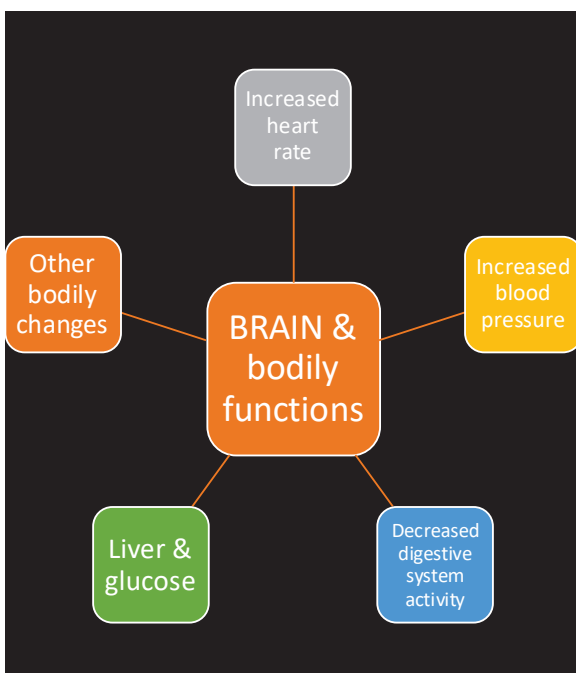


<https://www.who.int/news-room/questions-and-answers/item/stress>

Not all of us are alike, we have different responses.

Stress response is biological (fight/flight).

There are different types of responses.



You are calm, cool, go with the flow. . .

At first you experienced stress reactions initially (worry, changes in your daily patterns, etc.), but then it got better over time.

The stress reactions continue, and you experience changes in other areas (excessive worry, sleep and eating disturbance, alterations in energy level, headaches, irritability, hypervigilance, sad mood, medical issues, etc.).

How can you respond to
and
manage stress in the face of
caring for someone with
dementia?

Be smart, be prepared . . .

Reach out. Don't isolate.
Share your concerns. Get
professional help.

Get resources &
training. You can't do it
alone. Programs exist
but go unused!

Learn new strategies to
deal with problematic
behaviors. There are
programs to show how.

Schedule relaxation
activities. Use your
senses to break the
stress responses.
Breathe.

Get regular sleep. Practice
sensible eating, physical
activity.
Do incremental changes.

Be smart, be prepared . . .(cont.)


Challenge your negative thoughts. Be mindful of your stress triggers.

Check-in with your health provider. Don't miss out on your health.

Have a "good enough" attitude. Perfection is the enemy of good.

Find the gratitude, wherever it may be.

We have a study for Spanish-speaking caregivers



UNIDOS EN EL CUIDADO

USC
Suzanne Dworak-Peck
School of Social Work
Edward R. Roybal Institute on Aging

¿Cuida a un miembro de la familia con pérdida de memoria, demencia o Alzheimer's?

- Estamos llevando a cabo un estudio de investigación titulado "Unidos en el Cuidado" para examinar si 3 clases semanales son útiles para familiares de personas con pérdida de memoria. Su participación es voluntaria, sin costo, y no afectará los beneficios que recibe por otra parte.

Usted es elegible para este estudio si cumple con los siguientes criterios:

- Tiene 18 años de edad o más.
- Brinde atención o asistencia a un miembro de la familia con pérdida de memoria, demencia, enfermedad de Alzheimer u otro desorden.
- Es de descendencia latina/latino/hispana.
- Puede hablar y entender español.
- Puede participar en las clases por videoconferencia o presencialmente dependiendo de la disponibilidad.
- Usted o la persona a la que cuida vive en California (o ha vivido recientemente en California).

Su participación es voluntaria.

Para más información, contáctenos de cualquier manera siguiente:

- Llene nuestro formulario en línea y le contactaremos.
- Haga clic aquí: <https://tinyurl.com/5yu7fjhc>
- Llámenos a este número de teléfono: (213) 740-1887
- Mandenos un correo electrónico a: swunidos@usc.edu

Escanee el código QR con su teléfono:



USC IRB #: UP-24-00860

Thank you!

COMMISSION ON AGING OLDER AMERICAN AWARD NOMINATION FORM 2026

DUE DATE: by 5:00 p.m. Thursday, March 19, 2026

Nominee Information:

Name _____ Age _____

Address _____ City _____ Zip _____

Phone _____ Email _____

Nominator Information:

Name of Organization _____

Name of Contact Person _____

Phone _____ Email _____

Number of years served as a volunteer in your organization _____

List the volunteer work he/she is currently doing.

Describe the special contributions he/she has made to the community during the past 5 years.

For Commission Meeting
February 3, 2026

TO: COMMISSION ON AGING

FROM: JESUS CASTRO, SENIOR RECREATION SUPERVISOR

SUBJECT: SENIOR SERVICES MONTHLY REPORT FOR JANUARY 2026

The following is information regarding senior services programs for January 2026:

SENIOR SERVICES

Jesus Castro, Senior Recreation Supervisor; Sal Campos, Recreation Supervisor; Linda Wilson-Gray, Senior Program Specialist.

Focal Point on Aging

- The monthly meeting was held on Friday, January 16, 2026.
- Our guest speakers were Mary Brennen and Terry McGovern from A Peaceful Way- Home Care. They explained the caregiver services offered and the selective process used to hire caregivers. A Peaceful Way focuses more on a comfortable and trusting relationship between caregiver and client by giving the clients options until they are satisfied with the person who will provide care.
- The next meeting is scheduled for Friday, February 20, 2026.
- Volunteers: 8
- Volunteer Hours: 110

Senior Citizens Programs (Bartlett Center, Tillim, Waleria)

- Our membership program has begun renewals and emergency information is being updated for all seniors. The price remains \$5 for the year.
- Donation from the Hollywood Riviera Sportsman Club which were received in late December 2025, have been unpacked, built, and incorporated into our programs at Waleria. The donation received introduces the possibility for new activities like Mahjong, Karaoke, and Movie days.
- Registration for three upcoming Torrance Travelers excursion opened on Wednesday, January 21. The Getty Villa (2/25/2026) is full and there is a waitlist. The Huntington Library (4/22) and LACMA (6/25) are filling up fast and we anticipate a full trip.

Bartlett Center Activities:

- January 16, our monthly Karaoke activity saw continued success with its regular crowd.
- On Wednesday, January 21, the Foundation for Senior Services presented "*The Life-Changing Art of Letting Go: How to Create Space for What Matters*" to 15 attendees. The presentation explained how changing the way we think about our homes and the items in them can transform how we feel about ourselves and our lives. How thoughtful decluttering and downsizing can have one gain a fresh perspective on their belongings, keeping what truly matters while creating space for what's next.
- Movie Matinee continued after taking a three-week hiatus due to the Holidays in December and early January. The first movie shown this year was Roman Holiday (1953) starring Gregory Peck and Audrey Hepburn.

BARTLETT SENIOR CENTER PROGRAMS AND CLASS ATTENDANCE

PROGRAM	ATTENDANCE
Beading Workshop	51
Cards	53
Craft Workshop	16
Drop-ins	65
Table, Games, and Puzzles	0
Lapidary	29
Line Dancing	70
Paid Lunches	290
Pool	47
Senior Discussion (Friday afternoon)	20
Telephone Log	303
Television	0
OLEF Chair Fusion	25
OLEF Fitness Difference	55
OLEF Salsa for Seniors	10
OLEF Spanish Class	0
Walking Club	22
Gardening Club	0
Mini-Fitness Center	10
Coffee with Maxine	50
Meditation	20
English/Spanish Book Club	5
Volunteers	1
Radio Club	0
Karaoke	8
Movies	40
TOTALS:	1155

TILLIM SENIOR CENTER

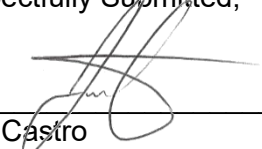
PROGRAM	ATTENDANCE
Bingo	5
Cards	26
Creative Crafters	63
Drop-ins	12
Games	34
Pool	3
Telephone	0
Volunteers	0
Watercolor workshop	29
We Empower One Another	0
TOTALS	172

WALTERIA SENIOR CENTER

PROGRAM	ATTENDANCE
Cards	0

Games	5
Ping Pong	77
Drop-ins	10
TOTALS	92

Respectfully Submitted,


 Jesus Castro
 Senior Recreation Supervisor

CONCUR:


 Garrett Craig
 Recreation Services Manager



Karaoke Fridays at the Bartlett Senior Center

CITY OF TORRANCE | COMMUNITY SERVICES DEPARTMENT
 RECREATION DIVISION

WALTERIA SENIOR CENTER
 3855 W. 242nd St.

Let's Laugh & Play with Friends

GAME DAYS

**EVERY MONDAY
 12 - 3 p.m.**

CARDS - BOARD GAMES - BINGO
 MAHJONG - DOMINOES - & MORE



City of TORRANCE
 Community Services Department | Recreation Services Division
 3031 Torrance Blvd., Torrance, CA 90503 • (310) 618-2930 • www.Recreation.TorranceCA.Gov
 "Creating and Enriching Community through People, Programs and Partnerships"

New activities offered at
 WALTERIA Senior Center