2023 SENIOR MASTER PLAN

Temple City - Progress Report



MISSION STATEMENT

The mission statement of the Temple City Committee on Aging (CoA) is to advocate for seniors and facilitate their access to a full range of programs, activities, and services that enrich their lives, and to actively promote a just and equitable intercultural society that fosters positive human relations.

TEMPLE CITY SENIOR MASTER PLAN

Purpose & Goals

Purpose: To provide resources to mature adult members (50 years and older) to sustain an active quality of life.

Goals:

- To develop partnerships with community resources including public, non-profit, and private agencies.
- To encourage outreach by developing strategies to remove cultural and language barriers.
- To promote life-long education for mature adults through collaboration with resources such as local colleges and high schools, other intergenerational opportunities, private vocational/technical colleges, adult continuing education programs, youth groups and organizations, and public/private schools.
- To enhance the physical health, mental health, and well-being of mature adults through services, events, and collaborations with healthcare providers, and by developing programs to promote an active fitness-focused lifestyle.
- To promote effective local and regional transportation services among public and private providers that improve access to services and the quality of life for mature adults.
- To increase access to technology by mature adults and to assist them to prepare for future technological changes.
- To support a full-service, mature adult center that provides a comprehensive range of services.
- To advocate and ensure compliance with the Americans with Disabilities Act (ADA) city-wide.

Action Steps

The Senior Master Plan includes 24 Action Steps to guide the City and community in building an older adult-friendly community. Each Action Step includes a priority rating referencing a timeline for implementation which are immediate (within 1 year), short-term (within 2-3 years), or long-term (within 4-10 years).

COMMITTEE MEMBERS

Nine community members and three non-voting members serve on the CoA. Members are selected from the community, professionals in the field of aging, non-profit leaders, faith-based representatives, program participants, and persons representing the business community. For the year of 2023, they are as follows:

2023

COMMITEE MEMBERS	DATE OF APPOINTMENT	DATE TERM EXPIRES
JUDITH GUNTHER	JULY 1, 2023	JUNE 30, 2025
JERRY JAMBAZIAN	JULY 1, 2023	JUNE 30, 2025
LUCY LIOU	JULY 1, 2023	JUNE 30, 2025
ELIZABETH POWELL	JULY 1, 2022	JUNE 30, 2024
CAROLE RODENBUCHER	JULY 1, 2023	JUNE 30, 2025
ANN SEITZ	JULY 1, 2022	JUNE 30, 2024
MICHAEL WINTERCORN	JULY 1, 2022	JUNE 30, 2024

NON-VOTING MEMBERS

MARY SNEED TEMPLE CITY UNIFIED SCHOOL DISTRICT BOARD MEMBER
JOANNE ROSSO, PARKS AND RECREATION COMMISSIONER
FERNANDO VIZCARRA, CITY COUNCILMEMBER

TEMPLE CITY STAFF LIAISONS

ADAM MATSUMOTO, DIRECTOR OF PARKS AND RECREATION
RUBI RAMOS-RUIZ, PARKS AND RECREATION COORDINATOR
JENNIFER VENTERS, SECRETARY

ACCOMPLISHMENTS OF THE COMMITTEE ON AGING

The following are accomplishments based on the goals the Committee had for the year of 2023. These accomplishments are on par with the goals of the Senior Master Plan (SMP).

Immediate Action Steps (WITHIN 1 YEAR)

- **The Senior Program will conduct ongoing community workshops on access to transportation to assist residents in understanding how to access local transportation options (MTA, Uber, Lyft, Dial-A-Ride, etc.)**
  - The City offered:
    - Metro Ride Workshop with Metro
    - Offers Dial a Ride - 105 participants for the year

- **The Senior Program should provide expanded opportunities for older adults to volunteer. This should include volunteering within the senior program activities, as well as with community partners.**
  - The Senior Meal program had 20 volunteers
    - Assisted with serving meals, checking in seniors, selling coffee, rolling utensils

- **The Senior Program should implement additional socialization activities (dances, movie outings, friendly visitor programs, etc.) to reduce isolation among seniors.**
  - The City offered two excursions per month to different locations



The Grand Show



Temecula Winery

ACCOMPLISHMENTS OF THE COMMITTEE ON AGING

Short-Term Action Steps (WITHIN 2-3 YEARS)

- **The City and Senior Programs should explore developing a focused communications strategy for older adults. This might include a special senior program newsletter or email blast.**
  - This year 121 seniors enrolled and 1,452 seniors in total received the monthly newsletter

- **The City should explore obtaining an older adult database so that it can provide direct information regarding programs, services, alerts, etc.**
  - There are 154 Temple City residents enrolled

- **The City and the Senior Program should explore ways to provide subsidies for, and educate seniors on, obtaining safety alert systems (for falls or health issues). This could include collaborating with a community partner(s).**
  - WelbeHealth hosted a Fall Prevention Seminar with physical therapists.

- **The Senior Program, partnering with community resources, should identify and implement additional fitness and exercise programs for older adults. This should include fitness and exercise classes, workshops, etc.**
  - The City hosted two Senior classes:
    - Zumba Gold - 22 participants
    - Line Dance - 403 participants



ACCOMPLISHMENTS OF THE COMMITTEE ON AGING

Long-Term Action Steps (WITHIN 4-10 YEARS)

- **The City should explore expanding the existing community center or building a free-standing senior center to serve the increasing older adult population. The facility should operate as a site for enhanced programming and services and as a resource and educational center for seniors.**
  - The City offered monthly programs for Seniors
    - Arts & Crafts, Bingo, Bunco, Chess, Mahjong, Movies
    - Began a pilot program for Pickleball
      - Had 3,866 participants
  - YWCA Partnership
    - Provide meals for the Seniors
      - Delivery (January - June) - 32,620 meals distributed
      - In-Person (July - December) - 11,443 meals served
    - Game Day - to have Seniors socialize; in August
    - Technology Help; in December
    - Music Appreciation Seminar
  - Garfield Medical Hospital
    - Hepatitis B Seminar
    - Monthly Health Screenings - check cholesterol, glucose, and blood pressure
  - LA Public Health Department
    - COVID Vaccine Clinic; in February and July
  - WelbeHealth
    - Medi-Cal application assistance

- **The City should install traffic audio alerts at key intersections to assist seniors and disabled persons in crossing streets. Also, the City should examine the time allocated to cross a street at all existing crosswalks to ensure it's adequate.**
  - The City extended the duration of the following crosswalks
    - Las Tunas & Golden West
    - Las Tunas & Kauffman

- **The Senior Program should build on its existing community agency partnerships to include additional social services for older adults.**
  - iPros (Insurance Professionals)
    - Hosted Informational Medical Bingo
  - Optum
    - Hosted informational Medical Bingo
  - Parks and Recreation Department
    - What I Need Seminar



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