2024
SENIOR MASTER PLAN

Temple City - Progress Report

Mission

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.

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 to long term.





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 2024, they are as follows:

2024

COMMITEE MEMBERS	DATE OF APPOINTMENT	DATE TERM EXPIRES
ANNETTE COSTANTINO	OCTOBER 22, 2024	JUNE 30, 2026
JUDITH GUNTHER	FEBRUARY 9, 2019	JUNE 30, 2025
JERRY JAMBAZIAN	FEBRUARY 9, 2019	JUNE 30, 2025
LUCY LIOU	FEBRUARY 9, 2019	JUNE 30, 2025
ELIZABETH POWELL	JULY 1, 2022	JUNE 30, 2026
JAN ROBERTSON	OCTOBER 22, 2024	JUNE 30, 2026
CAROLE RODENBUCHER	FEBRUARY 9, 2019	JUNE 30, 2025
ANN SEITZ	JULY 1, 2022	JUNE 30, 2026
MICHAEL WINTERCORN	JULY 1, 2022	JUNE 30, 2026

NON-VOTING MEMBERS

MATT SMITH, TEMPLE CITY UNIFIED SCHOOL DISTRICT BOARD MEMBER
JOANNE ROSSO, PARKS AND RECREATION COMMISSIONER
TOM CHAVEZ, CITY COUNCILMEMBER

TEMPLE CITY STAFF LIAISONS

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

Highlights In 2024



1

Ukelele Club

- 504 participants for the year
- Free for attendees

2

Tech Hour - via Parks and Recreation Volunteers

- 20 participants for the year
- Topics covered: Smartphone 101 and Online Safety





3

YWCA - Mini Market

- 148 Senior participants
- Free fresh produce, beverages, baked goods

Accomplishments of the Committee on Aging

THE FOLLOWING ARE ACCOMPLISHMENTS BASED ON THE GOALS THE COMMITTEE HAD FOR THE YEAR 2024. 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 offers Dial a Ride - 96 new participants for the year

- **THE SENIOR PROGRAM SHOULD IMPLEMENT ADDITIONAL SOCIALIZATION ACTIVITIES (DANCES, MOVIE OUTINGS, FRIENDLY VISITOR PROGRAMS, ETC.) TO REDUCE ISOLATION AMONG SENIORS.**
  - The City partnered with the Music Center for four musical performances which encouraged dancing and interaction







Accomplishments of the Committee on Aging

SHORT-TERM ACTION STEPS (WITHIN 2-3 YEARS)

- **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).**
  - YWCA hosted a fall prevention seminar

- **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.**
  - YWCA hosted a Bollywood Laughter & Yoga class

- **THE SENIOR PROGRAM SHOULD WORK WITH THE TEMPLE CITY UNIFIED SCHOOL DISTRICT AND OTHER COMMUNITY PARTNERS TO CREATE AN INTERGENERATIONAL PROGRAM(S) THAT BRINGS OLDER ADULTS AND YOUTH TOGETHER.**
  - Tech hour
    - Volunteers began a Tech hour program with 20 participants
  - Partnership with Temple City Unified School District
    - Adult Transition program with 9 volunteers
      - Assist with Senior meal serving and cleaning



LONG-TERM ACTION STEPS (WITHIN 4-10 YEARS)

- **THE SENIOR PROGRAM SHOULD IDENTIFY A COMMUNITY PARTNER(S) WHO CAN PROVIDE ONGOING CASE MANAGEMENT SERVICES FOR OLDER ADULTS AT THE COMMUNITY CENTER.**
  - The City offered:
    - Assistance with low-income utility bill applications
    - YWCA Partnership - Case Management services

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Accomplishments of the Committee on Aging

- **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 THE 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, Mahjong, Movies, Ukelele
  - Clover Care Seminars
    - Pain Management
    - Cal-Fresh and Healthcare
  - Garfield Medical Hospital
    - Monthly Health Screenings - check cholesterol, glucose, and blood pressure
  - Ipro
    - Medicare seminar
  - LA County Department of Public Health
    - Mobile COVID and Flu vaccine
  - LA County Library - Monthly Programs
    - Reviewing library apps
  - National Financial Literacy Program
    - Retirement Workshop
  - Optum Seminars
    - Medicare application
    - Medicare 101
  - Welbe Health - Monthly Seminars
    - Medi-Cal application
    - Healthy Heart
    - Blood Pressure Awareness
    - Stress Management
    - Diabetes Awareness
    - Healthy Hydration
    - UV Protection
  - YWCA Seminars
    - Benefits of Drinking Water
    - Understanding Osteoporosis
    - Living Better with Arthritis
    - Fall Prevention





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