2025
Senior Master Plan

Temple City - Progress Report



TEMPLE CITY

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.

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 2025, they are as follows:

2025

COMMITEE MEMBERS	DATE OF APPOINTMENT	DATE TERM EXPIRES
ANNETTE COSTANTINO	OCTOBER 22, 2024	JUNE 30, 2026
JUDITH GUNTHER	FEBRUARY 9, 2019	JUNE 30, 2027
JERRY JAMBAZIAN	FEBRUARY 9, 2019	JUNE 30, 2027
LUCY LIOU	FEBRUARY 9, 2019	JUNE 30, 2027
ELIZABETH POWELL	JULY 1, 2022	JUNE 30, 2026
JAN ROBERTSON	OCTOBER 22, 2024	JUNE 30, 2026
CAROLE RODENBUCHER	FEBRUARY 9, 2019	JUNE 30, 2027
ANN SEITZ	JULY 1, 2022	JUNE 30, 2026
MICHAEL WINTERCORN	JULY 1, 2022	JUNE 30, 2026

NON-VOTING MEMBERS

MARY SNEED, 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

2025 Highlights

1 Overnight Trips

- 2 Extended Trips
  - Laughlin
  - Hearst Castle
- 88 participants





2 Volunteers

- 13 Senior Volunteers
  - Senior Lunch
  - Senior Activites
- 2,248 hours



3 Lunch & Learns

- 34 presentations
- 10 organizations



Accomplishments of the Committee on Aging

THE FOLLOWING ARE ACCOMPLISHMENTS BASED ON THE GOALS THE COMMITTEE SET FOR THE YEAR 2025. 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 - 107 new participants for the year
  - LA Metro - On the Move Riders Program
  - International Group of LA - Assistance with TAP Cards

- **THE SENIOR PROGRAM SHOULD IMPLEMENT ADDITIONAL SOCIALIZATION ACTIVITIES (DANCES, MOVIE OUTINGS, FRIENDLY VISITOR PROGRAMS, ETC.) TO REDUCE ISOLATION AMONG SENIORS.**
  - Held Annual Luau - 108 seniors participated
  - YWCA - Game Days



Accomplishments of the Committee on Aging

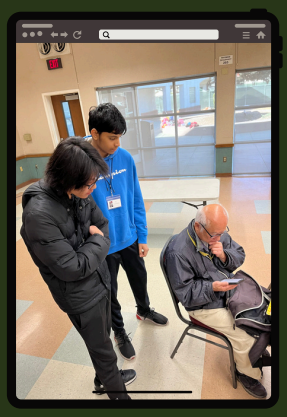
SHORT-TERM ACTION STEPS (WITHIN 2-3 YEARS)

- **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).**
  - Seen Health hosted a Fall Prevention seminar
  - YWCA with other organizations held an Emergency Preparedness Roadshow and gave out emergency backpacks to all seniors
  - Tzu Chi Foundation had Fire Emergency and Emergency Planning seminars
  - American Red Cross hosted a Sound-the-Alarm event where they replaced and installed smoke detectors for seniors

- **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 Recreation Department offered Folk Dancing, Line Dance, Yoga, and Zumba as recreational classes

- **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
    - The Recreation Department hosted 6 workshops at Live Oak Park, with at least 4 student volunteers at each workshop
  - Partnership with Temple City Unified School District
    - Adult Transition program with 9 volunteers
      - Assist with Senior meal serving and cleaning

- **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.**
  - The Recreation Department sent a monthly newsletter to 150 seniors





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 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, Guitar, Mahjong, Movies, Ping-Pong, Ukelele
  - Garfield Medical Hospital
    - Monthly Health Screenings - check cholesterol, glucose, and blood pressure
  - International Group of LA
    - Assistance with TAP Card applications
  - LA County Department of Mental Health
    - Bullying
    - Managing your Medication
    - Holiday Blues
  - LA County Library
    - Reviewing library apps
  - National Financial Literacy Program
    - Q & A Financial Literacy
  - Seen Health Monthly Seminars
    - Medicare Assistance
    - Nutrition
    - UV Safety
    - Heat Stroke
    - A Glass of Water a Day
    - Aging with Joy
  - Tzu Chi Foundation
    - Emergency Planning
    - Fire Emergency Planning
  - Welbe Health Seminars
    - Coping with Diabetes
    - Medi - Cal Q&A
  - YWCA Seminars
    - Hoarding
    - Emotional Intelligence
    - Good Sleep
    - Emergency Preparedness Roadshow



International Group of LA - TAP Card



Tzu Chi Foundation - Emergency Prepardness

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