

City of Long Beach

Senior Citizen Advisory Commission Annual Report

January 2004 through December 2004



*Department of Parks,
Recreation & Marine
Long Beach Senior Center
1150 E. 4th Street
Long Beach California*



**SENIOR CITIZEN ADVISORY COMMISSION
ANNUAL REPORT
January 1, 2004 - December 31, 2004**

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SENIOR CITIZEN ADVISORY COMMISSION ANNUAL REPORT January 1, 2004 - December 31, 2004

MEMBERSHIP

City Ordinance C-5709, Chapter 2.57, established the Senior Citizen Advisory Commission in 1974. Members serving January 1, 2004 to December 31, 2004, were:

Executive Officers

Nancy Higginson	3 rd District	Chairperson
Berry Yolken	3 rd District	Vice-Chairperson
Lu Wall	3 rd District	Secretary
Rose Cabanban	6 th District	Parliamentarian

Standing Committees

Betty Davenport	Community Relations
Pat Bergendahl	Crime and Safety
Berry Yolken	Health
Teodoro Felix	Housing
Teresa Munoz	Legislative
Florence Dodge	Quality of Life
Nancy Higginson	Transportation

Members at Large

January 2004 – June 2004

Patricia Bergendahl	6 th District
Barbara J. Bolin	9 th District
Betty Davenport	5 th District
Florence Dodge	3 rd District
Teodoro Felix	1 st District
Harold Goetz	5 th District
Rabbi Sidney Guthman	3 rd District
Candido Manal	7 th District
Teresa Munoz	2 nd District
Debra Teofilo	3 rd District
Robert Wenke	3 rd District

July 2004 – December 2004

Patricia Bergendahl	6 th District
Barbara J. Bolin	9 th District
Henry Brunner	7 th District
Betty Davenport	5 th District
Florence Dodge	3 rd District
Rita Ellner	2 nd District
Teodoro Felix	1 st District
Rabbi Sidney Guthman	3 rd District
Mary Hernandez	7 th District
Vivian Linderman	8 th District
Teresa Munoz	2 nd District

City Staff (Department of Parks, Recreation and Marine)

Bert A. Srack, Acting Manager of Community Recreation Services
 Belem Solis, Superintendent of Senior Services and Special Programs
 Shelley Hellen, Community Services Supervisor

Del Ransom, Secretary

GUESTS AND PUBLIC DISCUSSION

JANUARY

There were no Guest Speakers or Public Discussion in the month of January.

FEBRUARY

David Wodynski, Financial Management Department – Voice Your Choice II

MARCH

Theresa Marino, Health Department

APRIL

There were no Guest Speakers or Public Discussion in the month of April.

MAY

Tom Giles, Sound Energy Solutions – Liquid Natural Gas

William Britt, Association of Patients Advocates

Diana Lejins, Advocates for Disability Rights

JUNE

There were no Guest Speakers or Public Discussion in the month of June.

JULY

There were no Guest Speakers or Public Discussion in the month of July.

AUGUST

There were no Guest Speakers or Public Discussion in the month of August.

SEPTEMBER

There were no Guest Speakers or Public Discussion in the month of September.

OCTOBER

Rachel Price, California State University of Long Beach – Proposed DMV License Renewal System

Martha Vang, Carmelitos Community Housing Units - Senior Programming

NOVEMBER

Barbara Mc Phearson of the Belmont Shore Mobile Estates Trailer Homes

DECEMBER

Chrissy Marshall, General Superintendent of Community Recreation Programs

OBJECTIVES AND FUNCTIONS OF THE COMMISSION

The duties and functions of the Commission, as stated by the City of Long Beach Charter, are as follows:

- To act in an advisory capacity to any City Department or City Council Committee concerned with senior problems on all matters pertaining to Older Americans and their needs.
- To assemble information on problems and their solutions for Older Americans through all available means, including public hearings.
- To be empowered on its own initiative to make recommendations to senior citizen service agencies on matters within its purview.
- To act to facilitate coordination between existing and proposed programs for the elderly.
- To carry out such studies as may be assigned to it by the City Council.
- To report to the Mayor and City Council its findings from time to time.

City Ordinance 2.57.030

STRUCTURE OF THE COMMISSION

The Commission is comprised of 15 citizens of the City of Long Beach over the age of 55 years who are appointed for a two-year term and for a maximum of four terms. The regular meetings of the Commission are held on the third Thursday of each month from 9:00 to 11:00 a.m., at the Long Beach Senior Center and other Parks, Recreation and Marine senior facilities. The Executive Committee meets on the first Thursday of the month at 9:30 a.m., to develop the Commission agenda and respond to any emergency business.

SENIOR FACILITIES

Long Beach is a commercial City, a shipping-port, an oil City, a City of homes, shopping center for a wide area - it is all of these and more. Beyond these important material developments, Long Beach stresses the cultural, educational and recreational values for which it is famous. Primarily, the plan of supervised senior recreation was designed to meet the needs of all seniors living in the City.

The purpose of Long Beach Senior Centers is to promote the most enriching quality of life for Long Beach seniors. Long Beach Senior Centers are a community focal point where older persons can gather-together for activities and services, which supports their independence and encourages involvement in and with the community. Long Beach Senior Centers have developed and implemented programs and activities in the areas of health & fitness, education, recreation, socialization and volunteerism. The Department's goal is to increase public awareness and promote active participation of our senior population.

Senior Citizen Sites

The Department of Parks, Recreation and Marine operate five senior centers that offer activities and services tailored to the interests and needs of adults age 50 and over. Additionally, other facilities offer senior activities and classes.

California Recreation Center
1550 Martin Luther King Jr. Avenue
(562) 570-1605
Hours: M-F, 8:30 a.m. to 2:00 p.m.

Long Beach Senior Center
1150 E. 4th Street
(562) 570-3500
Hours: M-F, 8:00 a.m. to 4:30 p.m.
Sa 10:00 a.m. to 4:00 p.m.

El Dorado Park West
2800 Studebaker Road
(562) 570-3227
Hours: M-F, 9:00 a.m. to 3:00 p.m.

Silverado Park Senior Center
1545 West 31st Street
(562) 570-1675
Hours: M-F, 8:30 a.m. to 2:00 p.m.

Houghton Park
6301 Myrtle Avenue
(562) 570-1640
Hours: M-F, 9:00 a.m. to 3:00 p.m.

SENIOR CLASSES, ACTIVITIES, CLUBS AND ORGANIZATIONS

In a report necessarily limited in size, it would be impossible to present a description of every activity promoted and supervised. In order to adequately cover the varied scope, a simple listing must be resorted to. As indicated by the heading, the list includes different types of classes, activities, clubs and organizations. These groups meet for instruction regularly at scheduled times and places, and there are activities other than instructional conducted at Senior Centers in Long Beach. There are organizations sponsored and directed in a general manner, which maintain their individual programs under their own leadership, and those, which are the result of close cooperation between Departmental staff and other civic groups.



CLASSES AND ACTIVITIES

Abs Plus Below the Belt	Income Tax Assistance
Adventure Club	Information, Assistance and Referral
Adventures in Photography	Language
Aerobics for Seniors	Lapidary
Arms, Legs & Abs/Chair	Legal Services
Asian Pacific Outreach	Library
Beading Group	Medical Equipment Loans
Bicycle Repair	Movies
Billiards	Needlework
Bingo	Notary Public Service
Blood Pressure and Diabetic Testing	Optelec Eye Wear
Bridge	Podiatry Exams
Brown Bag Food Distribution	Quilting Class
Bus Passes	Quilting/Sewing
Card Making	Safety Net Program
Crafts Unlimited	Seminars
Creative Wire Wrap	Senior Nutrition
Crochet/Knitting	Senior Strutters
Crochet Class (We Care)	Senior Swimmers 60+
Cards	Sing-A-Long
Chess	Strength Fitness
Computer Classes	Supplemental Food Program
Dances - Big Band	Table Tennis
Dances - Senior Dance Club	Tai Chi For Seniors
Dinner & A Movie	Tap Dance Class
Driving Course	Telephone Reassurance
Excursions	Themed Dinner Dances
Financial Advisor	Transportation
Fitness Rooms	Text Telephone Services (TTY)
Flu & Pneumonia Shot Clinic	Utility Users Tax Exemption
Friendly Cup Cafe	Utility Users Tax Refund
Gardening Center	Voter Services
Golden Tours	Volunteer Opportunities
Health Department Services	Weaving
Hearing Impaired Telephone	Wood Carving
Homeowner & Renter - Assistance	Work Experience Program
Health Insurance Counseling	
Horseshoes	
Housing Assistance Information	

CLUBS AND ORGANIZATIONS

Asian Pacific Older Adult Outreach
Bikes 90808
Brown Bag Food Dist.
Courage to Change
Council of the Blind
FAME Transportation
Golden Tours
Gray Panthers
H.I.C.A.P. - (Health Insurance Counseling
and Advocacy Program)
Have-A-Heart Performers
Hellman - Area Neighborhood Assoc.
Latino Club
Lithuanian Club

Mineral & Gem Society
Orange County Food Bank
PACE Class (People with Arthritis Can
Exercise)
Phillipino American Senior- Civic Club of
Long Beach
Poetry & Prose Club
Prime Time Players
Red Hat Society
Singles Club
Southeast Asian Task Force
Variety Band
Volunteers of America
Wood Carving Association



SOCIAL RECREATION

Arts & Crafts

There is a constantly growing consciousness on the part of the public as to the value and purpose of hobby interests. The Department of Parks, Recreation and Marine have promoted this interest among senior citizens of the community. A hobby interest is one, which is followed in spare time and as a recreation, aside from the interests of everyday and necessary tasks. Arts & crafts take the forms of collecting things, making things, and acquiring knowledge. They constitute a relaxation from the commonplace affairs and are broadening and entertaining. Craft classes are a regular feature and considerable interest is maintained in many lines, such as weaving, basketry, woodwork and modeling.

Card Playing

The world's most challenging mental sport, bridge is a game of skill, communication and infinite possibilities. Many advance to "duplicate" bridge to enjoy its social and competitive aspects.

Gardening

Community gardening is good for your health and well being, having a green thumb can also be very rewarding when you see the beautiful results of all your hard work. The hands-on process of growing plants involves tasks that stimulate thought, exercise the body, nourish the imagination, soothe the spirit, lowers your blood pressure, and reduces stress. Project gardening is designed to suit the season and the capabilities of the proposed participant. The program goals are: to stimulate the senses, especially touch and smell; to stimulate physically through the use of motor functioning; to stimulate cognitively through following step-by-step instructions; and to encourage intellectual processing.

Fitness

The purpose of senior fitness is to encourage fitness and a more active lifestyles for those who are fifty years or older. To show that misuse and disuse of the body and mind are more the cause of disability than chronological age alone. Exercise, nutrition, meditation and self-esteem are key to lowering the risk of major diseases, slowing and reversing the aging process and to provide a longer and more independent lifestyle for adults by expanding awareness and involvement in health and fitness activities.

Dramatics

Dramatic activities appeal to an instinct, it is a good for culture, self-confidence, grace and social fitness. It is an important part of the Long Beach recreation program. Drama is one of the oldest art forms known, and appears to have its origin in the impulse to imitate, symbolize and ritualize experiences in an attempt to understand and control them. Drama is a unique way for students to blend intellectual and emotional experiences. The wish is to encourage the aspiring as well as the established senior actor to higher levels of professionalism and to allow for continuing education and personal growth in theatre arts. It serves the community through the presentation of stage, productions designed to entertain and inform, particularly concerning the role of older and retired people in the social structure. The enjoyment found in such colorful presentations can be had by players and spectators alike.

SENIOR PARTICIPATION LEVELS

Year Round Programs Cover Many Activities

During the year covered by this report, 227,403 seniors in the City of Long Beach enjoyed recreational programs. This is the measure of service performed by the Department of Parks, Recreation and Marine.

On page, 6 and 7, an alphabetical list was presented, including most of the activities and organizations coming under the Senior Citizens Advisory Commission's observation. In the scope of this 32-page report, any activity, which interest people, is important even if it is not spectacular.

Accurate attendance figures are kept in all Senior Centers, and from these, the following table has been made. Whether a million seniors enjoyed ten activities of recreation each, or a hundred thousand enjoyed them, a hundred times each is not important. The fact that the facilities were maintained and the programs arranged to instruct and entertain a great many seniors.



ARTS & CULTURAL

Arts & Crafts	512
Card Making	1,055
Crochet/Knitting	1,332
Flower Arranging	422
Lapidary	960
Quilting	1,360
Themed Events	355
Weaving	208
Wood Carving	192

DANCE

Dances - Big Band	17,120
Dances - Senior Dance Club	480
Tap Dance Class	672

DRAMATIC ACTIVITIES

Have A Hearts	200
Prime Time Players	45

ENRICHMENT

Adventures in Photography	720
Computer Classes	3,357
Driving Course	328
Language	1,824
Library	6,276
Seminars	914
Sing A Long	480
Volunteer Opportunities	526

FITNESS

Aerobics for Seniors	10,635
Fitness Rooms	20,078
Strength Fitness	2,160
Senior Strutters	1,320
Senior Swimmers 60+	1,530
Tai Chi For Seniors	765

SERVICES - HEALTH

Blood Pressure and Diabetic	1,695
Flu & Pneumonia Shot Clinic	1,060
Health Department Services	2,334
Health Insurance Counseling	143
Health Screening	10,144
Mammograms	47
Medical Equipment Loans	15
Optelec Eye Care	120
Podiatry Exams	102

SERVICES - NUTRITION

Brown Bag Food Distribution	9,208
Friendly Cup Cafe	15,600
Supplemental Food Program	9,568
V. O. A. Senior Nutrition	46,524

SERVICES - SOCIAL

Asian Pacific Outreach	
Financial Advisor	1,194
Homeowner & Renter - Assistance	1,406
Income Tax Assistance	810
Information, Assistance and Referral	21,765
Notary Public Service	144
Safety Net Program	60
South Asian Task Force	180
Transportation-Vouchers & Tokens	130
Utility Users Tax Exemption	1,168
Utility Users Tax Refund	1,511
Work Experience Program	12

SOCIAL

Billiards	4,404
Bingo	1,040
Bridge	1,200
Cards	5,848
Dinner & A Movie	240
Excursions	1,435
Golden Tours	
Game Room	1,992
Movies	2,304
Pinochle	1,200
Table Tennis	480

SOCIAL CLUBS & GROUPS

Courage to Change	477
Council of the Blind	180
Gray Panthers	240
H.I.C.A.P. - (Health Insurance Counseling and Advocacy Program)	489
Have-A-Heart Performers	200
Latino Club	342
Lithuanian Club	462
Mineral & Gem Society	52
Phillipino American Senior- Civic Club of Long Beach	600
Poetry & Prose Club	480
Red Hat Society	300
Singles Club	480
Variety Band	1,040
Wood Carving Association	1,152

Grand Total 227,403

SUMMARY OF SIGNIFICANT ACHIEVEMENTS

- The Commission's 2004 Annual Report was prepared and submitted.
- The Commission took an active role in the City's ongoing effort to lease property to address the shortage of parking at the Long Beach Senior Center.
- Participated in the writing and review of the Senior Strategic Plan for Older Adults.
- The Commission held "Senior Briefings" to present information on issues of concern to seniors. The topics of information were:
 - New Medicare Changes
 - Voting Preparation

LEGISLATIVE COMMITTEE

PURPOSE

The purpose of the Legislative Committee is to provide information to the Senior Citizen Advisory Commission and the City Council regarding federal, state, and local legislation that would affect the senior population of the City of Long Beach and to make appropriate recommendations for Commission action.

ISSUES ADDRESSED BY THE COMMISSION

- Commissioner Munoz reported on the opposed suspension of the 35-year old landmark Lanterman Act, which opposed massive cuts to services needed by people with disabilities and seniors.
- Commissioner Munoz distributed flyers on the USA Patriot Act, which was signed into Federal Law by President Bush, in the name of national security on October 26, 2001, just weeks after 911. Commissioner Munoz also distributed flyers on Stop! "Patriot II." This draft contained a multitude of new and sweeping law enforcement and intelligence gathering powers, many of which are not related to terrorism.
- Commissioner Munoz informed the Commission concerning the California United for Nursing Home Care. This group is comprised of nursing home operators, employees, residents, their family members, seniors, people with disabilities, elected officials, clergy and representatives of the community organizations. This organization is seeking to establish a new Medi-Cal funding system that reimburses the costs necessary to improve the quality of life for nursing home residents, while ensuring the accountability of nursing home operators for the care they provide.
- Commissioner Munoz updated the Commission on the SB-921 Bill (Single Payer Health Care). This bill would establish a California Health Care System to be administered by the newly created California Health Care Agency, under the control of an elected Health Care Commission.
- Commissioner Munoz distributed information on "How to Hire and Supervise In-home Help." In this brochure, it is explained how to find help, conduct a home interviews and how to terminate. Healthy Democracy, tells of how California State Governor, Arnold Schwarzenegger proposed drastic cuts to the In-Home Supportive Services, which is a program that serves over 75,000 seniors and persons with disabilities in California: Nursing Home Watch, this flyer told of S&F putting senior lives at risk. Commissioner Munoz also updated the Commission on the SB-921 Bill (Single Payer Health Care). This bill would establish a California Health Care System to be administered by the newly created California Health Care Agency, under the control of an elected Health Care Commission.

- Commissioner Munoz reported on AB.1915 - Vehicles: driver's license: identification card: disabled persons. This bill would require the department to design and issue driver's licenses and identification cards containing the International Symbol of Access, commonly known as the "wheelchair symbol." The bill would require the Department to establish procedures for the issuance of the specified driver's license or identification card to disabled persons or disabled veterans. It would also include a requirement that the applicant submit a certificate, as specified, that is signed by a physician, surgeon, licensed chiropractor, or licensed optometrist and substantiates the applicant's disability, unless the disability is readily observable and uncontested.
- Commissioner Munoz reported on AB.2357 - Taxation: homeowners' property tax exemption: Senior citizens. This bill consists of existing property tax law that provides, pursuant to a specified provision of the California Constitution, for a homeowners' exemption in the amount of \$ 7,000 of the full value of a "dwelling" as defined. This bill would, for assessment years beginning on or after January 1, 2005, pursuant to the Legislature's authority under the California Constitution, increase the amount of this exemption to \$ 10,000 for assesses that are age 62 years or older. This bill, for assessment years beginning on or after January 1, 2005, also would, for assesses age 62 or older, who do not claim the exemption before a specified date, allow an exemption of the lesser of \$ 8,000 or 80% of the full value of the dwelling. This bill contains other related provisions and other existing laws.
- Commissioner Wall distributed information on Free Credit Reports. This letter informed consumers that they could receive a credit report through the consumer privacy legislation.
- Commissioner Munoz updated the Commission on Homeowner and Renters rebates, in which seniors and legally disabled citizens could receive a rebate on taxes and rent paid during the year.

TRANSPORTATION COMMITTEE

PURPOSE

The purpose of the Transportation Committee is to provide information to the Senior Citizen Advisory Commission and the City Council regarding public and private transportation opportunities for seniors within the City of Long Beach and to make appropriate recommendations for Commission action.

ISSUES ADDRESSED BY THE COMMISSION

- Recreation Assistant, Pam Hobson of the Long Beach Senior Center read a Memorandum from Jo Wales, Coordinator of Information and Referral Services at the Long Beach Senior Center. This Memorandum spoke of a disabled and elderly woman, who had a complaint about Long Beach Transit bus drivers and how they do not lower the bus for her to enter and exit safely.
- Commissioner Higginson sent a letter to Laurence W. Jackson of the Long Beach Transit, regarding the complaint about bus drivers not lowering the buses for elderly clients.
- Commissioner Higginson informed the Commission, that the Los Angeles Metro System has All-Day passes available to seniors for \$ 1.50.
- Commissioner Higginson distributed her report on Reducing Fuel Consumption by 50% from an article in the Long Beach Transit Newsletter, which explained how 27 new Hybrid busses would be 50% more fuel efficient, dramatically reducing air emissions.
- Recreation Supervisor, Shelley Hellen and Senior Coordinator, Eileen Ludlam spoke to the Commission about the possible cancellation of FAME Renaissance Taxi Voucher Program. This program provides transportation services to senior citizens and the general public, who are in need of transportation to the doctors, supermarkets and general errands. The Commission decided to send a letter to the Metropolitan Transportation Authority (MTA), Board of Directors to encourage them to continue the current program.
- Commissioner Higginson distributed a report on the Long Beach Transportation Company. In this report, it discussed how the General Manager would be authorized to enter into an agreement with Taxi Systems Inc. for a five year period (three year base with two, one year options) for the provision of Dial a Lift Services, at a cost not to exceed \$ 1,115,000, for a the first year of the contract term.
- Commissioner Bolin informed the Commission that she and Councilman, Val Lerch tried to implement a program with the Long Beach Transit to permit senior citizens to ride the bus for free during off hours, but with no success.

- Commissioner Linderman informed the Committee that she has been communicating with Long Beach Transit personnel and she met with their representatives in October.
- Transportation Committee Chair Vivian Linderman met with Dick Stillwell, LB Transit Manager of Service Development and members of his staff on Tuesday, October 05, 2004. Staff members present included Dick Stillwell; Rhea Mealey, Marketing Manager; Denise Hayes, Special Services Assistant; Dan Rosenfeld, Local Government/Community Relations Representative, and the Dial-a-Ride Coordinator. At the meeting, Commissioner Linderman was introduced to all aspects of LB Transit and toured one of their low-floor buses. Services offered include: Aqua Link, Aqua Bus, The Passport, Dial-a-Lift (Yellow Cab), Pine Ave. Link, Tour d'Art, Museum and Garden Tour, bus routes (Access services is available, but part of a county agreement). Dial-a-Lift and Access are curb-to-curb services based on RSVP's. Access is complimentary. All coaches now have "low-floors" which meet the curb when the bus "kneels." There is no longer a need to climb steps to get into or off the bus. All coaches now have wheelchair access from the front door. Chairs are strapped into position towards the front. Priority seating is available to the elderly and the disabled.
- Commissioner Linderman updated the commission on the status of the bus bench located at 23rd and Santa Fe. In the October 21 meeting of the Senior Citizen Advisory Commission, a bus bench was needed at that location. Commissioner Linderman spoke to a representative at the Long Beach Transit Company and on October 23, a bench was installed at the 23rd and Santa Fe location.
- Commissioner Linderman informed the Commission that additional copies of the Gray Book could be obtained from the County of Los Angeles by contacting the office described in the book under the topic, How to Get Additional Copies of the Gray Book. The latest edition is the 1999-2000 version. The Gray Book lists all transportation services and contacts in Los Angeles County.
- Commissioner Linderman informed the Commission that tobacco settlement money is not received by Long Beach Transit and is not available to them.
- Commissioner Linderman informed the Commission that a dedicated bus line for holiday shopping is not within the mission of Long Beach Transit. This type of line is too specialized and too expensive. In year's past, there was a "Holly Trolley," which did offer open-air trolley rides from shopping centers to fixed locales in Long Beach. Although it was utilized, costs were too prohibitive to continue the service. Long Beach Transit is interested in making a presentation to the Senior Citizen Advisory Commission.
- Commissioner Linderman reported that the average U.S. consumer spends nearly 18% of his/her income on transportation. By contrast, only 13% of an average consumer's income is spent on food. Commissioner Linderman went on to report on the average total cost of driving a mid-size car 15,000 miles per year is approximately \$ 6,795.00, including operation and maintenance costs. An SUV (Sports Utility Vehicle) would cost approximately \$ 8,000 per year. Carpooling just 3 days a week, an individual could save approximately \$ 1,100 in annual car costs.

QUALITY OF LIFE COMMITTEE

PURPOSE

The purpose of the Quality of Life Committee is to provide information to the Senior Citizen Advisory Commission and the City Council regarding recreation programs and facilities offered by the Department of Parks, Recreation and Marine for the senior population of Long Beach and to make appropriate recommendations for Commission action.

ISSUES ADDRESSED BY THE COMMISSION

- Commissioner Dodge informed the Commission that four new classes for seniors have been added to the Parks, Recreation and Marine winter brochure. These are Advanced Chair Aerobics and Flexibility Stretching at Houghton Park, Tai Chi at Club on the Green, and Adventures in Photography at the Long Beach Senior Center.
- Commissioner Dodge reported on the Long Beach Parks, Recreation and Marine's spring activities in the quarterly schedule. She informed the Commission that two new classes have been added to the schedule: Yoga for seniors and Drawing & Painting classes at the Long Beach Senior Center. Commissioner Dodge also spoke of volunteer opportunities within the City of Long Beach.
- Commissioner Davenport informed the Commission that Partners of Parks has free sponsorships for contract classes offered in the Long Beach Parks, Recreation and Marine's quarterly schedule. Classes will be available to children 2 – 17 years of age. Commissioner Davenport encouraged Commissioners, staff, and grandparents to submit applications.
- Commissioner Dodge informed the Commission that she has received program information from Fred Towns of Silverado Park for senior participants in the Long Beach Parks, Recreation and Marine's senior programming.
- Commissioner Dodge informed the Commission that three programs/classes were eliminated, but four new programs/classes were added.
- Commissioner Dodge informed the Commission that Vocalist, C.C. Julian is interested in lending her vocal talents to the Senior Centers.

HOUSING COMMITTEE

PURPOSE

The purpose of the Housing Committee is to provide information to the Senior Citizen Advisory Commission and City Council regarding the availability of affordable housing for seniors and to make appropriate recommendations for Commission action.

ISSUES ADDRESSED BY THE COMMISSION

- Commissioner Felix read an article, as reported by the Press Telegram entitled, "Homeless Shelter, OK Still Tentative." This article spoke of how the opening of the homeless shelter located on 14th Street could be delayed, or even put off entirely, if a local property owner exercises his or her right to appeal the permit decision.
- Commissioner Felix informed the Commission that Congresswoman, Juanita Millender-McDonald was the keynote speaker at the groundbreaking for Grisham Community Housing in Long Beach, the largest affordable housing rehabilitation project to be undertaken in Long Beach.
- Commissioner Felix read an article as published in the Press Telegram entitled, "Orders for Homes from Ryland Fall." The article spoke of how orders for Ryland's new homes slumped 9% in the fourth quarter, causing its shares to plunge 12% and dragging down other home building stocks, as well. The company still expects to reach its 2003 profit goal.
- Commissioner Felix read an article, as published in the Press Telegram entitled, "California in Housing Crisis." The article spoke of how California's affordable housing has reached "emergency status" and homeownership is becoming for millions, "the impossible dream." This article was written by the California Budget project, a nonprofit group that analyzes economic trends affecting moderate and low-income people. Commissioner Felix also read an article, as published in the Long Beach Journal, entitled, "City Officials Present Housing Action Plan." The article spoke of how the City is trying to address affordable housing needs where 23 percent of the residents live below the poverty line. On February 3, City officials presented a five-year, \$ 74 million housing action plan. Despite the large sum of funding, City officials said, "That it will not completely take care of the need for affordable housing and that further options would be considered."
- Commissioner Felix read an article, as published in the Press Telegram entitled, "Affordable Housing – Re-zoning to Bring down Prices." The article spoke of how re-zoning could bring down the prices of homes in Long Beach.
- Commissioner Wall informed the Commission, as of April 5, the Legal Aid Foundation would have a Housing Attorney who specializes in evictions.
- Commissioner Bergendahl informed the Commission, that the Housing Development Company (HDC) would give tours of affordable housing sites.

- Commissioner Felix informed the Commission of the article, "Deal will fix 300 units," in the Press Telegram, which explained how a \$ 28.7 million deal to refinance and rehabilitate more than 300 existing affordable homes housing units in dozen apartment projects across the City. Commissioner Felix also informed the Commission of the article, "Home prices continue climb," in the Press Telegram, which explained that housing affordability in California fell an annual 6 percentage points during February, but improved slightly from the prior month.
- Commissioner Felix informed the Commission of the article, "L.B. May Cut Housing Subsidies." It told of how the City may be forced to reduce rental assistance to low-income residents to deal with a \$ 700,000 shortfall in Housing and Urban Development funding, a move that could raise the rents of more than 6,000 Long Beach residents by as much as 15 percent.
- Commissioner Wall spoke to the Commission regarding the permanent homeless shelter at 1368 Oregon Avenue.
- Commissioner Felix attended a meeting entitled, "Save Section 8 in Long Beach." Commissioner Felix informed the Commission of the proposed changes by the Housing Authority. The proposed changes would be an increase in rent from \$25 to \$50 per month, a decrease in the voucher search from 120 days to 60 days, a restriction of Section 8 tenants from moving to units that charge more than their current rent, and restrict Section 8 tenants from using their vouchers to move into other cities where rents are more expensive.
- Commissioner Felix updated the Commission on the Long Beach Coalition to Save Section 8. In his report, he told how the Long Beach Housing Authority would not increase rents, restrict moves to higher cost units, restrict moves to higher rent cities, and would not propose policy changes at this time.
- Commissioner Felix read an article from the Press Telegram entitled, "Housing Remedies Disputed." This article told of how nearly 200 state and local policy makers confronted Southern California's growing housing crisis.
- Commissioner Felix informed the Commission of the "Re-Thinking Greater Long Beach" conference, in which a panel of scholars, authors and community members discussed demographic and economic trends that will shape the face of the City and surrounding areas.
- Commissioner Felix informed the Commission of the "Appetite for Housing." In his report, he spoke of how the many Californians are considering moving out of state due to high price's of homes. Commissioner Felix went in to say that the City Council and the Redevelopment Agency is poised to consider dissolution of the RDA, but held abeyance to know more about the controversial issue.

- Commissioner Wall stated that the lawmakers that put into effect in 2003, the California State Housing Laws regarding, Changing Eviction Notices, are now trying to reverse this ruling. This law would require tenants a 30 day notice, if a resident has lived at the residence for a year or less and a 60 day notice, if a resident has lived at the residence for a year or more.
- Field Representative Rick Mc Cabe of 2nd District Councilman Dan Baker informed the Commission that constituents should write a letter to their Councilperson asking for help with rent control in Long Beach.
- Commissioner Wall explained to the Commission that Section 8 tenants could not be evicted as easily as renters that are not on Section 8, due to guidelines made by the City.

SAFETY AND CRIME PREVENTION COMMITTEE

PURPOSE

The purpose of the Crime and Safety Committee is to provide information to the Senior Citizen Advisory Commission and City Council regarding issues that are critical to the safety of seniors within the City of Long Beach and to make appropriate recommendations for Commission action.

ISSUES ADDRESSED BY THE COMMISSION

- Commissioner Bergendahl read articles from the Press Telegram, dated December 17, 2003 entitled, Police: ID theft Case Shows Fraud Danger. This article spoke of identity theft and how it is flourishing in Long Beach and other Southern California cities, as well as the rest of the nation. It also, printed helpful hints on personal identification numbers (PIN), Social Security numbers, charities and shredding all personal and financial records. Commissioner Bergendahl also read the article entitled, "Swindled." This article spoke of Good Samaritans in North Long Beach who were helping a nice couple, but they turned out to be thieves who burglarized them.
- Commissioner Bergendahl informed the Commission that "Long Beach crime statistics are down, with the exception of gang related incidents, so they are asking for the community's assistance," according to Honorable Mayor, Beverly O'Neill and Chief of Police, Anthony Batts. Commissioner Bergendahl also distributed Child Identification Kits and "Protect your Privacy" pamphlets.
- Commissioner Bergendahl distributed Chief of Police, Anthony Batts' - Department Statistics on "Long Beach is Becoming Safer." This presentation told of various crime statistics in the City of Long Beach.
- Commissioner Bergendahl also informed the Commission of the Auto Theft Prevention program, which gives free car clubs to the communities with the highest auto theft. She also gave handy hints on how to protect your car.
- Commissioner Bergendahl informed the Commission that Betty Davenport and Bob Lamond of "Partners of Parks" were awarded a \$ 5,000.00 grant from the Employees Community Fund of the Boeing Company for the Senior Police Partners program.
- Commissioner Bergendahl attended the Long Beach Police Department, Leadership Forum. A presentation on graffiti was held and officers spoke of the growing problems in the community. The Long Beach Police Department will also give presentations on graffiti to various groups and organizations.

- Commissioner Bergendahl distributed the Long Beach Police Department's, Crime Watch News. She referred to the articles on the M-26 Taser - lethal device, graffiti, and the Long Beach robbery detail. Commissioner Bergendahl also distributed articles from the Press Telegram on "Partners on Crime," which discussed how participants are hoping to curb crime and gang violence, and "Stunning New Option" which discussed how taser guns could subdue dangerous people.
- Commissioner Bergendahl distributed the Long Beach Police Department crime statistics for 2003 and 2004. She also distributed articles from the Press Telegram entitled "Violence dips: property crime up," which explained how California preliminary report credits 3% drop to police; Long Beach homicides fell 27%, but property crimes rose by 2.8% in 2003 and "Crime drops 18.4 % in Long Beach," which explained how auto thefts and burglaries dropped, but homicides went up in comparison with the same time period in 2003.
- Commissioner Bergendahl's report dated May 19, 2004 was distributed to the Commission. The report spoke of a weaponless defense meeting held by defense instructors, Larry Jones and James Schlobohm, which explained how different holds, pressure points and leverage against attackers could be effective.
- Commissioner Bergendahl distributed information on community team building forums, Police recruitment and community crime prevention flyers and articles from the Crime Watch newsletter.
- Commissioner Bergendahl's report also contained the Long Beach Police Department's Crime Watch newsletter and community flyers.
- Commissioner Bergendahl informed the Commission that she attended the Long Beach Police Department, West Division Community Leadership Forum, in which they discussed robberies, problem areas, decrease in crime, code enforcement teams, prostitution and less serious crimes. Commissioner Bergendahl distributed information on "The Way to be Street Wise," "Street Sense," "Protect your Residence from Burglary," "Community Awareness Forum," home Security Guide" and "Police Chief for a Day Contest."
- Commissioner Bergendahl distributed booklets on identity theft and how to protect yourself. This booklet explained how identity theft claims an estimated 500,000 victims per year. It occurs when someone obtains and fraudulently uses another's personal information. Commissioner Bergendahl also distributed nomination forms for the Neighborhood Watch Advisory group's, Gold Shield Award. This form recognizes individuals and groups who, as participants in the Neighborhood Watch Program, have contributed to the improvement of their neighborhood.

HEALTH COMMITTEE

PURPOSE

The purpose of the Health Committee is to provide information to the Senior Citizen Advisory Commission and the City Council regarding federal, state, and local issues that would affect the health of seniors within the City of Long Beach and to make appropriate recommendations for Commission action.

ISSUES ADDRESSED BY THE COMMISSION

- Commissioner Yolken informed the commission that he spoke with several people at Veterans Hospital in Long Beach regarding veteran outpatients and their health coverage. Commissioner Yolken was told that the "rules and regulations differ for each individual and not by district, and they are screened carefully."
- Commissioner Teofilo distributed Governor Schwarzenegger's Aging and Long Term Care Budget Proposal Summary for the 2004-2005 fiscal year. In this proposed budget summary, 19% of the General Fund would face adjustments or "budget solutions" to Health & Human Services programs. She also provided the Commission with the "Budget Brief # 04-01" chart, which explained the programs that would be affected, the savings (in millions), and the impact.
- Commissioner Yolken spoke to the Commission on the Vial of Life program. This program helps seniors, in the event the paramedics are needed at their homes. The vials contain valuable information pertaining to the senior, which helps the paramedics assess the senior's medical needs. Seniors are instructed to place the vial of information in their refrigerator and place the Vial of Life label on the outer right-hand side of the refrigerator. If an emergency does occur, paramedics will check the refrigerator door for the Vial of Life label to better assist the patient.
- Commissioner Teofilo read an article, as published in the Los Angeles Times entitled, "Facing the New Medicare." The article spoke of meeting deadlines, drug discount cards, learning options, track current spending, re-think MediGap policies, and Medicare scams.
- Commissioner Felix informed the Commission of the article, "Best Laid Plans..." in the Press Telegram, which explained of how two new studies finds the strategy of delaying retirement to make up for saving shortfalls.
- Commissioner Yolken distributed a report on Medicare discount cards. Commissioner Yolken informed the Commission of fraudulent Medicare cards, the confusion of different suites of drugs, and problems with inflation of drug prices. Only 7 million of the 41 million seniors will be eligible to receive government funding with the new cards. Medicare is spending 18 million to advertise the program. Commissioner Yolken distributed Disaster Preparedness for Senior by Seniors brochures.

- Commissioner Davenport distributed the Five Wishes booklet, which is the first living will that talks about personal, emotional, and spiritual needs, as well as your medical wishes.
- Commissioner Yolken informed the Commission that he has reviewed the final draft of the "Strategic Plan for Older Adults," and it will be presented to City Council in 2005.
- Commissioner Yolken read an article from the Los Angeles Times entitled, "Senior's Getting Risky Drugs." This article reported that many Older Americans are getting prescription drugs that could be particularly dangerous for them.
- Commissioner Higginson read an article from the Grunion Gazette entitled, "University, Community Hospital Partner to Help Seniors." This article spoke of how California State University, Long Beach, has signed up for yet another health related education partnership, this one with Community Hospital of Long Beach.
- Commissioner Yolken met with Theresa Marino, Manager of the Bureau of Public Health with the Long Beach Department of Health and Human Services, and Dr. Darryl M. Sexton, City Health Officer, also with the Department of Health and Human Services to discuss prescription medicine overdosing of seniors. Both agreed that this problem should be communicated to senior residents of Long Beach.
- Commissioner Higginson distributed an article from the Grunion Gazette entitled, "Plan Looks at Needs of Older Residents." This article reported on the Strategic Plan for Older Adults, which is a continuation of the process that created the City's Strategic Plan 2010. This addition will focus on specific needs of seniors. Commissioner Higginson also presented an article from the Beachcomber entitled, "Resource Center for Senior's at Community Hospital of Long Beach." This article reported on the Intergenerational Resource Center at Long Beach Community Hospital. This article told of how seniors and community members could find out about things concerning aging, chronic illness or care giving. It also stated that California State University Long Beach students, with an interest in academic programs concerning aging and disability, could use this center as a resource.
- Commissioner Munoz distributed information on the California Registry's Consumer's Guide for choosing Lifecare, Retirement, Assisted Living, Alzheimer Care Center's and Nursing Homes.

COMMUNITY RELATIONS

PURPOSE

The purpose of the Community Relations Committee is to disseminate to the public, the Senior Citizen Advisory Commission, and the City Council, information regarding issues relevant to seniors and to actively participate and advocate on behalf of the seniors at appropriate public functions.

ISSUES ADDRESSED BY THE COMMISSION

- The Community Relations Committee had nothing to report, but informed the Commission that she would be taking the Resource Directory to the Parks, Recreation and Marine's, Graphics Division in January.
- Commissioner Bergendahl distributed information on the "Five Wishes" program, offered by Long Beach Memorial Medical Center. Five Wishes is the first living will that talks about your personal, emotional, and spiritual needs, as well as your medical wishes. It lets you choose the person you want to make the decisions for you, if you are not able to make them yourself.
- Commissioner Teofilo distributed a draft of the cover letter for the Senior Directory.
- Commissioner Davenport stated she would have the introductory letter for the Senior Directory by the next meeting. Commissioner Davenport also informed the Commission that Partners of Parks has not purchased the equipment to move forward with Parks, Recreation and Marine's, Graphics Division in the development of the Senior Directory.
- Commissioner Bergendahl distributed pamphlets on the commemoration of Rotary International's 100th anniversary. The Rotary Club of Long Beach is raising funds for the creation of a new 1.2-acre park in the center of Long Beach.
- Commissioner Wall stated that she spoke with Commissioner Teofilo, in regards to the Senior Directory and she did not feel that Partners of Parks was going to purchase the binding equipment. She suggested that we contact St. Mary's Hospital to ask if they would be able to make 1,000 copies of the Senior Directory.
- Commissioner Davenport informed the Commission that Partners of Parks is in the process of purchasing the binding equipment to move forward with Parks, Recreation and Marine's Graphics, Division in the development of the Senior Directory.
- Commissioner Davenport distributed brochures on the Lone Sailor Memorial and informed the Commission that Partners of Parks is raising funds for this memorial.

- Commissioner Ellner informed the Commission that Bettye Little of Charter Televisions, Senior Style would like to do an interview with her to discuss Absentee Ballots for seniors and other senior issues.

- Commissioner Ellner informed the Commission that she has been walking the neighborhoods looking for street signs and potholes in need of repair and she referred to an article in the Long Beach Senior Center's, Senior Post entitled, "Tips for Preventing Check and I.D. Fraud."

COMMUNITY OUTREACH/COMMUNITY INVOLVEMENT

As a part of their responsibilities, Commissioners are involved in the community in a variety of ways. The following is a partial list of committees, agencies, and organizations that Commissioners are appointed to, serve on, or participate in:

- Agencies and Programs for the Aged (A.P.A.)
- Area Agencies on Aging
- Al Malaikah Masonic Shrine of Los Angeles
- Alzheimer's Association of Orange County
- American Association of Retired Persons
- American Red Cross of Greater Long Beach
- Apartment Association California Southern Cities
- Assemblymember Jenny Oropeza's Senior Advisory Committee
- Coordinators of Activities and Programming for Seniors (CAPS)
- Cal West Tariff Bureau
- Camp Fire Boys & Girls U.S.A.
- California Congress of Seniors
- California Senior Legislative Council
- County Health Advisory Board
- Department of Health and Human Services, Senior Strategic Planning Task Force
- Department of Health and Human Services, Strategic Plan on Family Violence
- Disabled Resource Center Board
- El Dorado Senior Center Advisory Board
- El Dorado Nature Center
- Episcopal Dioceses of Los Angeles, Commission on Affirmative Aging
- Executive Committee of the Area Agency on Aging, Advisory Commission of Los Angeles County

- Filipino/American Senior Civic Club of Long Beach
- Gray Panthers
- HAM Radio
- Interfaith Organizing Committee
- Jefferson Academy, Mentor Program
- Las Hermanas
- Latin American Heritage Association
- Latino Advisory Committee
- Leadership Long Beach
- Long Beach Area Council
- Long Beach Chamber of Commerce
- Long Beach City College, Health Advisory Committee
- Long Beach Parks, Recreation and Marine, Employee Recognition Committee
- Long Beach Legal Aid Council
- Long Beach Police Department Chaplin
- Long Beach Police Department, Community Relations
- Long Beach Police Department, Senior Advisory Committee to the Chief of Police
- Long Beach Memorial Medical Center
- Long Beach Redevelopment, Central Project Area Advisory Committee
- Long Beach Senior Center Advisory Council
- Long Beach Senior Center Latino Club
- Long Beach Senior Services, Fund Raising Committee
- Long Beach Police Department, Westside Leadership Forum
- Los Angeles Caregivers Resource Center
- Los Angeles County Area Agency on Aging Senior Strategic Plan

- Legal Aid Foundation of Los Angeles
- Meals On Wheels of Long Beach
- North Long Beach Neighborhood Association Executive Committee
- North Long Beach Redevelopment Project Area Committee
- PEO
- Rancho Los Alamitos
- RSVP Executive Board
- Salvation Army
- Senior Advisory Council, 54th Assembly District (Lowenthal)
- Senior University, CSULB
- Social Services for West Long Beach
- St. Lucy's Friendship Club
- St. Mary's Medical Center
- St. Mary's Foundation 21 Society
- St. Mary's Institutional Review Board
- St. Thomas of Canterbury Episcopal Church Vestry
- Temple Beth Zion-Sinai
- Unidad y Fuerza
- Volunteers in Public Schools (VIPS)
- Volunteers of America
- West Long Beach Association
- Westside Long Beach Blessed Hope Assembly
- Wrigley Community Organization

LONG BEACH SENIOR CITIZEN ADVISORY COMMISSION
ATTENDANCE RECORD
2004

MEMBERS	J	F	M	A	M	J	J	A	S	O	N	D
PATRICIA BERGENDAHL	X	X	X	X	E	E	E	E	E	X	X	X
BARBARA BOLIN	X	X	X	X	X	X	X	X	E	X	X	X
HENRY BRUNNER	-	-	-	-	-	-	X	X	X	E	X	X
ROSE CABANBAN	U	X	X	X	X	X	X	X	X	X	X	X
BETTY DAVENPORT	E	E	X	E	X	X	E	E	E	U	U	U
FLORENCE DODGE	E	X	X	X	E	X	E	E	X	X	X	X
RITA ELLNER	-	-	-	-	-	-	X	X	X	X	X	X
TEODORO FELIX	X	X	X	X	X	X	X	X	X	X	X	X
HAROLD GOETZ	X	X	X	E	X	X	T	-	-	-	-	-
RABBI SIDNEY GUTHMAN	U	X	X	X	X	X	X	X	X	E	X	X
MARY HERNANDEZ	-	-	-	-	-	-	X	X	X	X	X	X
NANCY HIGGINSON	X	X	X	X	X	X	X	X	X	X	X	X
VIVIAN LINDERMAN	-	-	-	-	-	-	A	X	X	X	X	X
CANDIDO MANAL	X	X	X	R	-	-	-	-	-	-	-	-
TERESA MUNOZ	E	X	E	X	E	X	E	X	X	E	X	X
DEBRA TEOFILO	X	X	E	E	R	-	-	-	-	-	-	-
LU WALL	X	X	X	X	X	X	X	X	E	X	X	X
ROBERT WENKE	X	X	X	X	E	R	-	-	-	-	-	-
BERRY YOLKEN	X	X	X	X	X	X	X	X	X	E	X	X

X = PRESENT
E = EXCUSED ABSENCE
U = UNEXCUSED ABSENT
R = RESIGNED
A = APPOINTED TO COMMISSION
T = END OF TERM
- = NOT IN OFFICE

The Senior Citizens advisory Commission meetings were held on the third Thursday of the month at 9:00 a.m. These meetings were held at various locations throughout the City and are open to the public.

**CITY PERSONNEL ASSISTING
SENIOR CITIZEN ADVISORY COMMISSION**

NUMBER OF MEETINGS HELD:

12 Regular Monthly Meetings
12 Executive Board Meetings

CITY PERSONEL ASSISTING THE COMMISSION:

Bert A. Srack, Acting Manager of Community Recreation Services
Belem Solis, Superintendent of Senior Services and Special Programs
Shelley Hellen, Community Services Supervisor
Del Ransom, Secretary

FUNDS EXPENDED IN SUPPORT OF THE COMMISSION:

PERSONNEL SERVICES

Executive Board Meetings:

Superintendent	\$ 1,112
Secretary	329

Regular Meetings:

Superintendent	\$ 1,390
Supervisor	780
Secretary	412

Meeting preparation and follow-up:

Superintendent	\$ 926
Secretary	275

TOTAL PERSONNEL SERVICES	\$ 5,224
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NON-PERSONNEL SERVICES

Postage	\$ 173
Office Supplies	231
Miscellaneous Supplies	274

TOTAL NON-PERSONNEL SERVICES	\$ 678
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TOTAL FUNDS EXPENDED	\$ 5,902
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"Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning."

Thomas Jefferson

"The master in the art of living makes little distinction between his work and his play, his labor and his leisure, his mind and his body, his information and his recreation, his love and his religion. He fully enjoys whatever he does and is equally unobtrusive and unassuming in whatever he does. He never leaves off to become what he is not, working or playing. To him, he is always doing both."

James M. Menard