



**CITY OF GLENDALE, CALIFORNIA  
REPORT TO THE SENIOR SERVICES COMMITTEE**

**AGENDA ITEM**

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Report: Senior Programs and Events Update (October 2024-December 2024)

**COMMISSION/COMMITTEE ACTION**

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**Item Type:** Report Only

**Approved for** February 12, 2025 **Calendar**

**ADMINISTRATIVE ACTION**

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## **RECOMMENDATION**

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This report is provided for information only.

## **BACKGROUND/ANALYSIS**

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The Community Services & Parks Department's (CSP) Senior Services Unit participates in and/or coordinates multiple programs and events each month essential to assisting the senior population in Glendale. This report provides a "Holiday Wrap Up" of events from October 2024 through December 2024.

### **Glendale Fire Department-Fire Prevention & Emergency Preparedness**

On October 7, 2024, the Adult Recreation Center (ARC) hosted a Fire and Emergency Preparedness presentation led by Tommy Nicola from the Glendale Fire Department. The session provided valuable insights on fire safety protocols, emergency evacuation procedures, and tips for disaster readiness tailored to our community members. Ten (10) participants actively engaged by asking questions and expressing appreciation for the practical guidance offered.

### **Wise & Healthy Aging**

#### ***Scam and Fraud Self-Defense***

On October 11, 2024, the ARC hosted a Scam and Fraud Self-Defense Presentation by Miles McNeely from Wise & Healthy Aging. The session, attended by seven (7) participants, focused on identifying common scams, protecting personal information, and strategies for safely navigating online and phone interactions. The presentation was highly engaging, with participants actively contributing to discussions and sharing personal experiences.

#### ***Online Dating***

On November 15, 2024, Wise & Healthy Aging held an Online Dating Safety Presentation designed to educate participants on navigating online dating platforms safely. Four (4) participants attended and gained valuable insights into online dating. The session covered key topics, including identifying and avoiding scams, recognizing red flags in online interactions, and practical tips for staying safe while connecting with others digitally. The presentation provided valuable insights and facilitated an open discussion about personal experiences and safety concerns.

### **Medicare 101**

On October 14, 2024, the ARC hosted a Medicare Open Enrollment 101 presentation led by JAR Insurance. Six (6) seniors attended, gaining valuable insight into the Medicare open enrollment process, including plan options, key dates, and steps for

making informed coverage decisions. The presentation aimed to simplify the often-complex enrollment procedures, empowering attendees to make choices best suited to their healthcare needs.

### **Tri-State – Podiatry**

On October 21, 2024, the ARC hosted a Podiatry event with Tri-State, offering seniors the opportunity to receive on-site foot care from a podiatrist. This well-attended event supported our community's health needs, with 60 food bags distributed to participants. Attendees expressed gratitude for the accessible and personalized care provided.

### **Los Angeles Regional Food Bank**

The City of Glendale has partnered with LA Regional Food Bank to provide shelf stable food supplies to seniors 60 years and older. Scheduled deliveries on the 4<sup>th</sup> Tuesday of each month began August 27, 2024. Seniors receive a variety of essential items to support nutritional needs as this program helps to promote food security.

October 22, 2024:	93 boxes distributed
November 19, 2024:	129 boxed distributed
December 17, 2024:	135 boxes distributed

### **ARC Movie Matinee**

ARC launched a Holiday Movie Matinee program to give a cozy theater experience to movie lovers who attend the center. Each attendee receives a themed movie ticket and snack box while enjoying a holiday movie. These events were lively and very well-received, with a total of 69 attendees.

#### **Halloween Themed Classic**

- October 30, 2024: *Hocus Pocus* - 30 participants

#### **Christmas Themed Classic**

- December 4, 2024: *Home Alone* – 18 participants
- December 11, 2024: *Elf* – 6 participants
- December 18, 2024: *How the Grinch Stole Christmas* – 15 participants

### **WelbeHealth – Nutrition Class**

On November 8, 2024, the ARC hosted a Nutrition Presentation led by WelbeHealth, focusing on practical dietary tips and strategies for healthier living. Twenty participants attended the session, engaging with topics such as balanced meal planning, portion control, and nutrient-dense food choices tailored to senior health needs.

### **USC Chan Division of Occupational Science and Occupational Therapy – Fall Prevention Presentation**

On November 12, 2024, our USC Occupational Therapy intern hosted a Fall Prevention Presentation at the ARC. The session focused on techniques to minimize injury during a fall and proactive strategies to reduce the risk of falling. Thirteen participants attended, engaging in discussions and learning practical tips for maintaining balance, creating safe environments, and responding effectively in case of a fall.

### **Connect Hearing – Hearing Test and Presentation**

On December 4, 2024, the ARC partnered with Connect Hearing to host an event focused on promoting hearing health and awareness among our community, particularly seniors. A total of 13 individuals attended and received complimentary hearing tests conducted by professional audiologists. In addition to the free testing, participants gained valuable information on ways to prevent hearing loss as they age.

### **Metro on the Move: Riders Programs**

On December 19, 2024, the ARC welcomed representatives from Metro to introduce Metro on the Move: Riders Program. This informative presentation provided an overview of the transportation system, and its resources tailored for seniors. Five participants attended and gained valuable insights into navigating Metro services, including tips for maximizing convenience and accessibility.

### **Elderly Nutrition Program (ENP) Congregate Meal Program**

The ENP Congregate Meals Program is currently available by reservation at the Adult Recreation Center and Sparr Heights Community Center.

- Adult Recreation Center - 201 E Colorado Street, Glendale, CA 91205

- Lunch served 7 days a week
- 11:30 a.m. - 12:30 p.m.
- Sparr Heights Community Center - 1613 Glencoe Way, Glendale, CA 91208
  - Lunch served Monday – Friday
  - 11:30 a.m.- 12:30 p.m.

A total of 11,850 congregate meals were served from October 2024-December 2024:

- October 2024            4,370 meals
- November 2024        3,567 meals
- December 2024        3,913 meals

### **Home Delivered Meals Program**

The Home Delivered Meals (HDM) program under the ENP is for homebound seniors who are shut in due to physical and other ailments. HDM program services include a weekly Telephone Reassurance phone call to clients and, each year, all clients receive three (3) days' worth of emergency meals, which include non-perishable food staples and water in case of fire, earthquake, or other disaster.

A total of 4,774 home delivered meals were delivered from October 2024-December 2024.

- October 2024            1,624 meals
- November 2024        1,505 meals
- December 2024        1,645 meals

### **Supportive Services Program**

The Supportive Services Program (SSP) provides comprehensive, long-term services to seniors 60 years and older. A case manager uses their professional skills and competence to serve senior clients and link them to a full range of appropriate services, including service coordination, care planning, purchase of services, benefits enrollment, and referral services. The primary goal is to assist the elderly in maintaining their independence and living in their own home. SSP is operated through the Senior Services Unit and is funded by LA County Aging and Disabilities Department. Each year, up to 80 unduplicated seniors are assisted in the program.

Below is a monthly breakdown of the number of unduplicated clients enrolled in SSP during the reporting period:

- October 2024            54

- November 2024 48
- December 2024 52

## **FISCAL IMPACT**

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Senior Recreation programs and events are budgeted in the General Fund (1010) and are part of the Facility Operations budget at each community center.

The Senior Services Program is primarily funded by a grant from the Los Angeles County Aging and Disabilities Department, with a small portion supplemented by the City's General Fund as cash match for the grant, along with participant donations. The funds are all budgeted in the Grant Fund (2700) as part of the City's annual budget.

## **ALTERNATIVES**

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N/A

## **EXHIBITS**

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N/A