



City of Hermosa Beach

Civic Center, 1315 Valley Drive, Hermosa Beach, CA 90254-3885

June 11, 2019

Mrs. McPherson
AARP California, Director
1415 L Street, Suite 960
Sacramento, CA 95814

RE: City of Hermosa Beach Commitment to AARP's Age-Friendly Network

Dear Mrs. McPherson:

On behalf of the City of Hermosa Beach, I am honored to provide this letter expressing our City's commitment to actively create a livable community for people of all ages and pursue membership in AARP's Network of Age-Friendly Communities.

While Hermosa Beach has traditionally been comprised of a younger demographic, the community has a growing population of seniors and older adults, with the 65+ age group nearly doubling between 2000 and 2018 from 6.8% to 11.4%. With this segment of the community expected to grow further in the coming years, community leaders and elected officials in Hermosa Beach and the South Bay Beach Cities have taken steps to identify opportunities to help people live easily and comfortably in their homes and communities as they age.

Through partnerships with the community, and organizations like the Beach Cities Health District, Hermosa Beach has made recent strides to improve the health and well-being of older adults in the areas of caregiving, accessibility, transportation, community engagement, volunteering, and social inclusion. These current program offerings are described briefly below.

Caregiving and Assistive Services –

- *Homeward Bound Program:* Seniors with Alzheimer's can provide, via family members, the Hermosa Beach Police Department with their personal and family contact information. This information is vital in contacting family members in the event a senior is located away from their home/care facility. The Beach Cities Health District also offers various resources related to health and wellness that are available to local seniors, special populations and residents of all ages.
- *In-Home Services + Care Management:* Beach Cities Health District offers a suite of care management programs to older adults (age 60 and above) and disabled adults (ages 18-59) including: Conversation Companions, Errand Assistance, and In-Home Exercise programs. Attachment 3 provides a summary of BCHD programs available to seniors and disabled adults.
- *Home Check Program:* Hermosa Beach residents who are leaving town for a period of time or are having their homes fumigated can have Hermosa Beach Police Department Volunteers (VIPS) and/or Police Officers conduct daily/weekly exterior checks of their homes. Residents can provide contact information while they are away in the event of any remarkable occurrences.



- *You are Not Alone Program:* Family members can receive help from the Hermosa Beach Police Department to check on their senior citizen family members who live alone in Hermosa Beach. Hermosa Beach Police Department Volunteers (VIPS) and/or Police Officers, upon request, can conduct weekly visits with identified senior citizens. During the visit, the Volunteer and/or Police Officer will document: medications taken by the senior, doctor contact information, physical condition of the senior, and general living conditions (available food, cleanliness, etc.).
- *Housing:* Private facilities, such as Sunrise Senior Living, provide living arrangements for older residents ranging from independent housing to assisted medical care for persons with Alzheimer's disease.

Accessibility and Transportation –

- *Access Hermosa Working Group:* The City of Hermosa Beach currently has an Access Hermosa Working Group composed of stakeholders including residents, City officials, City staff and outside agency representatives. This working group has recently been tasked with assisting the Public Works Department with the development of the City's ADA Transition Plan, which will further the City's overall accessibility.
- *Transportation:* Senior citizens 62 years of age or older and disabled persons of any age may purchase taxi vouchers and bus passes at a discounted rate from the City's Finance Cashier's office. For trips within the combined city limits of Hermosa and Redondo Beach, THE WAVE community Dial-A-Ride offers convenient, inexpensive transportation to the public.

Community Engagement, Volunteering, and Social Inclusion –

- *Hermosa Five-O Senior Activity Center:* The City opened the Hermosa Five-O Senior Activity Center in May 2010 to promote community engagement, volunteerism, and social connection for South Bay residents aged 50 years and older.. There are now more than 600 members of Hermosa Five-O participating in programs ranging from cooking and exercise classes, games, and movie screenings among many other program offerings.
- *Accessibility at Special Events:* Hermosa Beach is home to a number of long-standing and beloved community events and social gatherings. In recent years the City has worked with the Access Hermosa Working Group and special event producers to improve the accessibility of events including the purchase of access mats/decks that improve access to soft surfaces such as the sand, grass, or trails at our beach and parks so that older adults and individuals unable to navigate on softer surfaces are able to participate.
- *Community Organizations:* Hermosa Beach and the South Bay are home to approximately sixty community and philanthropic organizations that cover a range of business, education, environmental, cultural, recreational, housing, and faith-based interests. These organizations, as well as several of the City-sponsored volunteer groups, rely on volunteers and participation from the community and offer opportunities to for the community to engage and reduce social isolation.

In October 2018, the Hermosa Beach City Council took action to assign the City's Parks, Recreation and Community Resources Advisory Commission the responsibility of reviewing programs and initiatives related to senior living and tasked the group with identifying additional resources, groups and programs to provide better services to the City's aging population. As part of the City's commitment to the AARP in joining the Network of Age-Friendly States and Communities, the Commission will support staff in the assessment of the City's current age-



friendliness, the development and review of the community-wide age friendly action plan, as well as implementation and oversight on progress to become a more age-friendly community.

The City shall pursue the development of a community-wide age friendly action plan focused on the evaluation of the needs of our older adult population and create opportunities for a more age-friendly community. We plan to conduct a community survey to assess the current age-friendliness of the community and utilize the six hundred members of the Hermosa Five-O Senior Activity Center as a sounding board to gauge the community's growing needs. We will then create a community-wide age friendly action plan to be reviewed and approved by the Parks, Recreation and Community Resources Advisory Commission and City Council within two years of our approved membership into the Age-Friendly Communities Network.

We look forward to the opportunity to collaborate with the AARP and the World Health Organization (WHO) to become an Age-Friendly Community. The City of Hermosa Beach has made great strides towards creating safe, walkable streets, accessible services and community engagement opportunities for residents of all ages. As part of the City's commitment to becoming Age-Friendly, we will work to prepare our infrastructure, policies and community programming for our jurisdiction's growing older adult population.

Thank you for your consideration of membership for the City of Hermosa Beach to the AARP and World Health Organization's Network of Age-Friendly Communities.

Sincerely,

A handwritten signature in black ink, appearing to read 'SA', with a long horizontal flourish extending to the right.

Stacey Armato
Mayor, City of Hermosa Beach