



Department of the Month

Department of Aging



Back row, from left: Alfonso Caballero, Accountant, 3 years; Tom Nazareno, Senior Auditor, 23 years; Isauro Espinosa, Accountant I, 5 years; William Cheng, Accountant I, 26 years; Henry McIntyre, Auditor, 14 years; and Rolly Zapata, Auditor, 2 1/2 years. Seated, from left: Aurora Mendoza, Accountant II, 15 years; and Susan Ho, Accounting Clerk II, 26 years.



Tess Cordero, Secretary, 3 years.



From left: Jane Stumbo, Acting Director, 2 years; Judith Clay, Special Program Assistant III, 5 years; and Melissa McGriff, Management Analyst, 4 years. Not pictured: April Figueroa, Intern, 1 year.



From left: Michael Canlas, 1 year; Helen Lee, Community Program Assistant, 2 years; Teresa Spires, Information and Assistance Coordinator, 21 years; Marco Perez, Direct Services Director, 22 years; Helen Rothermel, Information Specialist, 7 years; and Maricela Carlos, 3 years.

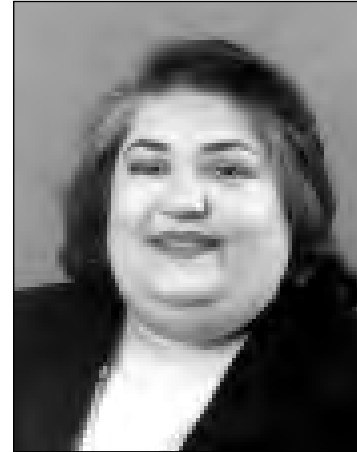
Dept. of Aging: Preparing for The Coming of the 'Age Wave'

By Laura Trejo, General Manager, Dept. of Aging

The Department of Aging is responsible for meeting the needs of a group that only began to emerge in significant numbers within the last 100 years. If we look to the beginning of the 1900s, in most of the world the average lifespan was somewhere in the mid 40s. Human beings have nearly doubled their life span during the last century. This dramatic growth in the number of older adults, accompanied by decreasing birth rates and technological advances in health care, all add up to a shift in our demographic make up. The population of our nation, state and city is getting older.

Aging is universal, irreversible and inevitable, and in the absence of catastrophic events, the process of aging is a

slow and relatively invisible one, at least to the person who is doing the aging. The process of aging is shaped both by genetic "givens" and by a huge number of psychological, social and environmental factors that accumulate and interact to comprise "experience." No two people age the same way.



Laura Trejo, General Manager Department of Aging

It is the role of the Department of Aging to anticipate age-related challenges that affect us at the level of individual, families, business, and government and to develop responses to meet these challenges. Our advocates, staff and community partners are working to prepare our City and its communities for the coming of the Age Wave. Are you ready? 🏠



From left: Joaquin Salazar, Receptionist, 4 months; Sybil de Silva, Receptionist, 3 months; Eda Meredith, Management Assistant, 1 year; Janet Howell, Management Assistant, 12 years; Ardis Nishikawa, 22 years; Teresa Paz, Monitor, 3 years; and Moyra Alpert, Monitor, 5 years.

Department of Aging

PROFILE

- General Manager:** Laura Trejo
- Assistant General Manager:** Rushmore Cervantes
- Management:** James Don
- Administration Services:** Dale Osborne
- Administration Services-Fiscal:** Gwen Johnson
- Planning:** Jake Wood
- Home and Community:** Jane Stumbo
- Information and Assistance:** Marco Perez
- Contract Development:** Martin tan de Bibiana
- Direct Services:** Ardis Nishikawa
- Annual Budget:** \$28 million
- Program Budget:** \$24.5 million
- Administration Budget:** \$3.6 million
- Employees:** 68

City Employee Caregivers: Lunch-Time Training Sessions

The Department of Aging identified a need to provide Family Caregiver Training for persons working or living in the City of Los Angeles who care for someone age 60 or over, or caregivers in that age group caring for someone age 18 or younger. To make it as accessible as possible, one-hour trainings during lunchtime allow working caregivers to easily attend at designated in-services at employer sites.

Various topics are offered by professionals in their respective field of expertise. The training module topics include:

- Family Members Who Care (overview of care-giving and resources)
- Housing Options, Including How to Hire a Home Care Employee
- Fall and Injury Prevention
- Moving Your Care Receiver

- Legal and Financial Planning for Long-Term Care
- Memory Problems/Creating a Partnership With Your Doctor
- End-of-Life Care
- Medication Management
- Medicare/Medical
- Dealing With Difficult Behaviors

The training sessions have been presented to more than 1,500 City employee caregivers (as of January) through the City of Los Angeles, Personnel Department and the Department of Water and Power.

Have Questions?

If you wish to call and ask about this or any other caregiver or senior services, please call (800) 834-4777. 🏠

Department of Aging

Department of the Month



From left: Dakarai Smith, Personnel Coordinator, 3 years; Stanley Desir, Management Analyst, 9 years; Dale Osborne, Administrative Services Director, 15 years; and Daisy Rojas, Management Analyst, 14 years.



From left: Rochelle LeBlanc, Management Analyst II, 5 years; Sue Kelly, Management Assistant, 7 years; C. Jacob Wood, Director, 18 years; and Delia Wilkerson, Management Analyst I, 22 years.



Rushmore Cervantes, Assistant General Manager, 11 years.



Nick Trinh, Systems Analyst, 2 years; Claudia Farfan, Personnel Director, 9 years; Helen Tomayo, Management Analyst II, 28 years; Solie Nosrat, Systems Programmer, 13 years; and Ariel Larracas.



Back row, from left: Jacob John, Management Analyst II, 14 years; Francisco Guillermo, Management Analyst, 4 years; and Martin Tan De Bibiana, Sr. Management Analyst, 17 years. Front row, from left: Margaret Tarin, Senior Clerk Typist, 32 years; John Robinson, Management Analyst, 7 years; Portia Collins, Management Analyst II, 7 years; Ivy Su, Management Analyst II, 5 years; Andre Gaiter, Management Analyst II, 10 years; and Javier Chavez, Clerk Typist, 2 years.

Department of Aging: Serving City's Seniors and Their Family Caregivers

■ **By 2010, 1 in 5 Californians will be age 60 or over.**

The Department of Aging is a unique entity within the City family: It is a department and an official agency designated by the State of California as an Area Agency on Aging, allowing it to receive Older Americans Act and Older Californians Act grant funds to administer social services for both seniors and their family caregivers in the City. Serving seniors since 1975, the department has grown from a small office within the Mayor's Office to an

independent department with more than 60 staff, and an annual budget of approximately \$28 million, of which only \$4.1 million is in General Fund support.

The Department acts as advocate to improve services for older persons and their families and serves as a portal to care, assessing multiple service needs, determining eligibility, delivering services and monitoring the appropriateness and cost-effectiveness of these services. It operates with a small and dedicated staff.

As the population has changed over time, with people living longer but facing chronic illness and frailty, services have evolved to meet

these new and more challenging needs. The Department of Aging coordinates the provision of low-cost, comprehensive, quality care to thousands of older persons by helping them and their families navigate a complex system of services. At the neighborhood

level, its contract agencies strive to maximize service potential and avoid duplication of effort.

The Department collaborates extensively with others to maximize its impact throughout the City. In 2003, through innovative partnerships with local and national agencies, the Department of Aging successfully brought to the City two of nine federal grants, one to improve physical mobility among sedentary elders and the other to provide medication monitoring to frail older persons. The grants focus on prevention as a key strategy to keeping older persons healthy and independent.

Laura Trejo, the Department's General Manager, started in December 2003. She observed, "The months since coming to the Department of Aging have been informative, challenging and exciting. Our main focus is to make it easier for older persons to live independently in the comfort of their own surroundings. This is not only cost effective, but it is the preferred choice for older adults and their families.

"The Department's vision is to foster an environment that creates and supports programs that are consumer focused, providing older adults and their families a choice and opportunities for active participation in their care decisions."

To carry out this vision, the Department's management team is focused on:

- Creating one shared vision for a senior services system within our aging network and among the City and County Area Agency's on Aging
- Managing a responsive service delivery system that addresses the diversity within the older adult population
- Encouraging and support personnel that is trained to understand the unique needs of an aging population
- Identifying opportunities for increased visibility within the City family and throughout by becoming a community asset
- Exploring public and private sources of funding and new partnership opportunities to maintain and expand our services
- Creating opportunities for older adults to contribute to their communities by tapping their life experience, skills and desire to serve others
- Promoting intergenerational partnerships among organizations serving young people, families, and older adults.

The Department is proud to serve the needs of the City's seniors and their caregivers, persons who have for decades built and supported stronger, more vibrant communities in the City of Los Angeles. 🏠

Hey, Dept. of Aging:

I'm Your Counselor!



Hi, I'm **Beverly Haro**, your Club Member Services Counselor. I can help you with insurance products ... advice ... ticket discounts ... and all your Club benefits. It's my job!

I'm over at the Department of Aging all the time. Call or e-mail me to schedule an appointment: (800) 464-0452, or bharo@cityemployeesclub.com

Beverly Haro
Member Services Counselor