



## Mar Vista Community Council



### MAR VISTA COMMUNITY COUNCIL

Aging in Place Committee

Thursday, April 16th, 2015 at 6:00 PM

**Windward School Room #800**

11350 Palms Blvd, Los Angeles, CA 90066

Co-Chairs – Sherri Akers, Robin Doyno

### Draft Minutes

**Attendees** – Sherri Akers, Tatjana Luethi, Lori Gilder, Karen Lefever, Mohamed Hassan, Susan Black, Delan Hilliard, Rachel Caravello, Cherina Febra, Elizabeth O’Toole, Abigail Benitez, Marilyn Zweifach, Marlena Ross, Lenore French, Peter Kolstead, Suzanne Benoit, Margie Perkinson, Birgitta Kastenbaum, Carol Kitabayashi, Mark Buchheim, Melanie Girona, Don Rossmore, Ana Poblet-Kouttjie

- **Called to order:** 6.01pm
- **Introductions and public comments:**

**Ana Poblet-Kouttjie** – Keck School of Medicine USC - doing study on creating caregiver tools to prevent senior abuse. New initiative and funded Archstone grant. Looking for family caregivers of elders with dementia to participate in focus groups. Contact for more info - [ana.poblet-kouttjie@med.usc.edu](mailto:ana.poblet-kouttjie@med.usc.edu) . Also works with the National Center on Elders abuse and reviewed current campaign for World Elder Abuse Awareness Day - <https://news.usc.edu/69159/keck-school-of-medicine-to-house-national-center-on-elder-abuse/> . See additional PDF’s added to calendar - <http://www.marvista.org/node/3051>

**Karen:** Strongly recommends Being Mortal (book - <http://atulgawande.com/book/being-mortal/>) Conversations you are having at the end of your life. Empowering book. Sherri also recommended The Conversation by the same author (<http://theconversationproject.org/about/atul-gawande-md/>) These topics will be covered by Birgitta as our guest presenter at the June meeting

**Sherri:** MVCC Newsletter included article on AIP committee, went out to 55,000 people

**NOTE – May meeting will be held at Mar Vista Park and preempted by the Senior Scam Alert Seminar – Info here - <http://www.marvista.org/node/3047>**

- **Motion to approve March minutes:** unanimously approved
- **Update on motion from March meeting on SB 128 Death With Dignity**

Motion was approved to MVCC Board with two abstentions. Ken Alpert questioned whether it was appropriate for MVCC to initiate support on this. The Chair pointed out that the item was highlighted in the email sent out to 5,000+ people when the BOD agenda eblast was sent out. Sherri pointed out that the meeting was attended by 23 people who passed it unanimously and there was a great deal of outreach at the MV Farmers Market with signatures gathered in support and on social media, particularly Aging in Place in Mar Vista with 900+ followers. No one attended the BOD meeting to oppose the motion. Joe Barnes gave a brief presentation and held a Q&A. Two Mar Vista residents attended to speak in support.

Gary Walker of the Argonaut has contacted Sherri for more info. We are the first LA City Neighborhood Council to take a position supporting SB 128.

- **Overview of upcoming World Elder Abuse Awareness Day (WEAAD)** by Elizabeth O’Toole – covered by Ana in public comments
- **Update on events and discussion about outreach.** Email Omar Aguirre at [oaquirre@jfsla.org](mailto:oaquirre@jfsla.org) to pre-register for classes

1. **UCLA Memory Training Class** - Wednesdays, April 8 – April – excellent class, Sherri is taking it. 18 attendees this week.
2. **Arthritis Foundation Exercise Program** – begins April 30th
3. **Powerful Tools for Caregivers** <http://www.powerfultoolsforcaregivers.org/> - now scheduled – will create May 6 – June 10 6:00 - 8:00pm 4061 Grand View Blvd, Los Angeles Free Parking – details <http://www.marvista.org/node/3084>
4. **Senior Scam Alert Seminar** - for combined meeting with MVCC Outreach and Safety & Security committees for [Senior Scam Stoppers](#) seminar for our May 21<sup>st</sup> committee meeting. Arranged through the office of Assemblymember Sebastian Ridley Thomas and the Contractor State License Board. Need to focus on outreach – hope for strong turn out!

➤ **New business –**

- **Special guest presentation** – Special guest presentation by Carol Oike Kitabayashi, Executive Director of Westchester Playa Village – contact info:

**Carol Oike Kitabayashi, Executive Director**  
**8939 S. Sepulveda Blvd., Suite 326**  
**Los Angeles, CA 90045**  
**Office: (310) 695-7031**  
**Fax: (310) 695-7035**  
[www.thewpv.org](http://www.thewpv.org)  
[www.facebook.com/WestchesterPlayaVillage](https://www.facebook.com/WestchesterPlayaVillage)

- **Committee Conclusion** - The organization needs volunteers in Mar Vista before they can support customers in Mar Vista. We are in a unique position to help them come to Mar Vista. We could have them as a guest at the MVCC tent at the Farmers market and table at the Senior Scam Alert Seminar. MVCC eblasts reach 5500+ people, Sherri’s Aging in Place Mar Vista Facebook page has close to 1000 followers, a tent at the Fall Festival, possibly participate in Relay for Life. Three members got information on applying as volunteers.

**Presentation** - The Village Concept movement started 10 years ago. Premise: population is aging. People are living longer. Number of seniors is increasing. As people age, they need help. A customer driven / looking at the entire person: What are the needs of a senior and what are the different support systems they need? Does the community provide? If not how can we get help to them? A village might support: transportation, social events, referrals & resources, etc. Over time these villages developed some guiding principles: Consumer-driven, a one stop shop, a network of community members, leverage existing resources and implement what’s needed. Most started as a grassroots movement and cater to their own community needs.

Village responds to Individual member requests, providing programs. The key is to help people to age in place, in their home or community. **Recommended viewing - Aging in America: Stuck in the Middle** (<http://www.cbsnews.com/news/aging-in-america-stuck-in-the-middle/>), talks about the issues of long term care. Many don't have the resources or wealth to hire the help they need, or not poor enough to get the government help they need. The village model is a viable solution.

Currently serving Westchester, Marina del Rey, Playa Del Rey, Playa Vista, Culver City, Del Rey, Ladera Heights, and a small amount in Mar Vista. Many requests in Mar Vista but need volunteers to support the expansion

### **What do they do?**

- Volunteers go and offer help with yard and back yards.
- Friendly visits and companionship.
- Computer training, learn about Facebook and how to connect remote with family, skype. Getting the Trash bins to the curb, student volunteers (community working hours).
- Transportation is a huge need. Access / Dial a Ride is an option, but were waiting or missed them, arm and arm or door to door escort through village more comfortable, safe and convenient.
- Social / Cultural Events: partnering with mothers, students, dance studio.
- Educational Health and Wellness Programs, LMU is a partner, senior and student education (win win)
- WPV also works with citizens in care and assisted living facilities as well as those with 24/7 caregivers – no one solution covers all needs
- Pre-screen Service Providers - Seniors Helping Seniors is an example. Providers have to apply, ask for biz referrals, proper business license, insurance coverage, we negotiate discounts for our members

### **How do they do all of this**

- They are not replicating existing resources but leveraging them
- Volunteers: Individuals, neighbors, intergenerational community,
- Collaborating with organization and community partners
- They are a small office: utilize space from malls, churches, service clubs,
- Very flexible with volunteers
- Leverage volunteer interests

### **Volunteer Selection Process**

- Every person gets screened, personal and professional reference checks
- Criminal background checks
- DMV driving record reviewed
- Community Service Hours for Students

### **Liability?**

- They have an umbrella policy.
- As for transportation, the drivers insurance is the primary coverage.
- Retirees have a document they sign that they are agreeing to receive services

### **Volunteering at WPV**

- Transportation and Driving is the greatest need in this city
- Mostly local, can plan a week ahead, many recurring weekly appointments, mileage is tax deductible
- Can help at the WPC office, programs, and events

### What does it cost?

- Annual fee of \$600 for individuals (Or \$900 for family of 2 or more)
- Includes 18 one way trips per month – Comparable Taxi Fare at \$25 roundtrip 8 trips/mo = \$2400/yr
- Comparable Part-time help at \$15/hr, 10 hrs/mo = \$1800/yr
- Membership only covers 1/3 of overhead (office, staff of 2 and 1 part time, insurance, marketing) – balance covered by grants and donations
- Currently have 93 members and 130 volunteers
- Clarification per Carol - we don't have a stated number of hours of assistance per month. I would just state that it "Includes additional hours of assistance – for example 10-20 hours per month – Comparable Part-time help...."WPV can't do 5 days a week help. We review case-by-case, and we have clients who currently have assistance approximately 4-6 hours per week. We've also done projects that may take up to 3 days to complete, so it varies. At some point, we may establish a maximum number of hours per month. It's driven more by the type of assistance and frequency.

### How do you get the word out?

Advertising has not been successful. Local monthly papers work well, but the Argonaut is too expensive. Word of mouth and referrals and community outreach are most effective. Membership base has grown slow and steady mostly through referrals. People are happy. They want to include a younger demographic (members). They have applied to change the name to reflect their overage throughout the Westside.

**Discussed possibility of a time bank model** – volunteers earn services later in life. Some have done it but it requires a greater level of management than they are staffed for. Benefit as a volunteer - when you are in a community, you are more inclined to become a member as you need services

Research possible UberAssist and Lyft for Good – services offered to seniors and equipped to provide door to door assistance and take reservations by phone?

- June special guest presentation will be given by Birgitta Kastenbaum: Choices and options, Advanced Health Care Directive, POLST. Will send notice to member to suggest topics they would like included prior to finalizing agenda
- Old Business –
  - Notice re any pending MVCC issues that committee members might want to provide AIP input on by attending other committee meetings as we have with Great Streets

**The next meeting of the CD11 Transportation Advisory Committee** requested topics to discuss for the AGENDA for a soon to be held future meeting with Councilman Bonin, his aides transportation and planning aides, Paul Backstrom and Tricia Keene, and hopefully also with Seleta Reynolds, the LADOT GM and Michael Logrande, the LA City Planning Director. Sherri submitted these –

- We face a crisis in for aging in place and transportation will play a critical role. In 2010 there were 7 potential caregivers for each person in the "high-risk years" of 80-plus. By 2030 this ratio will decline sharply to 4-to-1 and by 2050, 3-1. Caregivers typically rely on public transportation. Based on supply and demand, the convenient access to clients will be key to a successful hire. We may have public transit to get caregivers into Mar Vista but need to consider how they will get to individual homes – especially on the streets with steep hills. What is being planned to address this?

- By 2030, 1 in 5 people will be over 65. For the first time we will have more residents over 65 than will be under 5. Given the high cost of caregiving, the ability to age in our community may well depend on selling the single family home and either downsizing to a condo or moving into assisted living or multi-unit residential. Nursing homes are projected to cost \$91K per year (<http://abcnews.go.com/Business/wireStory/elder-care-costs-climbing-nursing-home-bill-now-30197093>). This changing demographic will rely heavily on creating walkable access to businesses and services with nearby housing for both seniors no longer driving and caregivers who typically don't commute by car. How are we preparing for this?

Neighborhood Meeting on proposed 50 condo development on Venice at Boise – Sherri attended the meeting and reached out to Crimson Properties to inspire integration of universal design elements to support aging in place –

<http://www.aarp.org/livable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html>

- Update on collaboration with the MVCC Great Streets Ad Hoc – no update
- **Update on creating a logo** – Tatjana, Karen, Sherri, Elizabeth and Birgitta reviewed great submissions from Tatjana and Tatjana will proceed with a second round based on input.
- Update on development of intergenerational program for seniors aging in place – no update
- Update on efforts to engage state elected officials re California Department of Public Health failure to effectively investigate nursing home complaints (state audit release found, with a total of 11,000 unresolved complaints in its system). – No update
- Meeting adjourned at 7:30 PM

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*\*in compliance with Government Code section 54957.5, non-exempt writings that are distributed to a majority or all of the board in advance of a meeting, may be viewed at <http://www.marvista.org> or at the scheduled meeting. In addition, if you would like a copy of any record related to an item on the agenda, please contact [secretary@marvista.org](mailto:secretary@marvista.org).*

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