



Mar Vista Community Council



Thursday, July 16th, 2015 at 6:00 PM
Windward School Room #800
11350 Palms Blvd, Los Angeles, CA 90066
Co-Chairs – Sherri Akers, Robin Doyno
Co-Founders – Sherri Akers, Tatjana Luethi

Minutes

Attendees - Sherri Akers, Robin Doyno, Karen Lefever, Birgitta Kastenbaum, Allison Beale, Mohamad Hassan, Susan Black, Virve Leps, Rachel Caravello, Abigail Benitez, Marilyn Zweifach, Lenore French, Suzanne Benoit, Rob Kadota, Carol Kitabayashi, Charles Guinn, Leanne Lindsey, Anat Louis, Edna M Bonacich, Rose Des Jardin, Linda Schmidt, Mark Ambrose, Raleigh Reich, Ginger Emerson, Bonnie Jones, Frances Sotcher, G Rockmond, Natalie Noel, Hadas Audi, Valerie Summers

- **Called to order – 6:05**
- **Introduction of 30 attendees including 15 attending for the first time (a new record!)**
- **Public comments**
 - Birgitta announced [Relay for Life](#) coming up this weekend Saturday 7/18
 - Sherri distributed article on 10 important topics from [White House Conference on Aging](#) (see <http://www.leadingage.org/10 Things that Happened at the White House Conference on Aging.aspx>)
 - Westchester Playa Village will be the guest at the MVCC Green Tent Sunday 7/19 <http://mvccgreentent.blogspot.com/2015/07/westchester-playa-village-july-19.html> - continued outreach to expand into Mar Vista
 - Sherri wrote to Dementia Friendly America proposing Mar Vista as a pilot candidate - Dementia Friendly America - <http://www.dfamerica.org/>
 - Sherri wrote to Maral Karaccusian, District Director for Congressman Karen Bass re: recent study showing 1 in 5 workers leave the workforce early to act as a family caregiver and the implications for reduction of social security benefits - <http://www.usatoday.com/story/money/2015/07/16/study-caregivers-provide-470-billion-unpaid/30196423/>
 - The Eisner Institute is prioritizing intergenerational projects for their grants - <http://www.streetinsider.com/Press+Releases/The+Eisner+Foundation+Prioritizes+Intergenerational+Grantmaking/10722211.html>

- **Motion to approve June minutes** – minutes unanimously approved
- **New business** –

I. **Special guest presentation - Dr. Anat Louis, [LA Dept. of Aging's Program Development Director](#)**, presented on helping our parents and older adults as they age. Tonight's presentation gave us an overview of the LA City Department of Aging and their programs. Dr. Louis has offered to attend a future meeting to do her in depth presentation on any of the following topics - Fall Prevention, Memory Loss & Aging, Stroke Prevention, Medication Do's & Don'ts, Hoarding.

Handouts - <http://aging.lacity.org/pdf/brochure/en/ProgramsAndServices.pdf>
<http://aging.lacity.org/pdf/brochure/en/PartnershipEnglish.pdf>

More at - <http://aging.lacity.org/index.php?fetch=publication>

- There will be a September presentation on Earthquake Preparedness – we will send out the info
- Goals for aging are independence, dignity and pain free. We will not have enough facilities to support our aging population – their grants and programs are to educate the community on how to stay in our homes. Their services are available to everyone living in LA – this includes family caregivers who care for someone out of state.
- We are ALL family caregivers. There are four types – you are one now, you will be one, you have been one or you will need one. Their office puts a great deal of focus on helping the family caregiver – if they don't get assistance they will burn out. Often the senior patient survives but the family caregiver dies because of self-neglect. Family caregivers are the back bone of long term care. 70% of caregiving is provided by family and 64% of those doing family caregiving are also employed. We tend to feel we can (or should) do it on our own and burn out. Especially bad now with the 'sandwich generation'. If you love someone, taking care of your own needs is important so that you can give them the care they need. As a caregiver you also need to make sure you cover the same legal protection you give your loved one with advanced care directives and living wills. Review caregiver support services here - <http://aging.lacity.org/index.php?fetch=caregiver>
- 1 out of 3 people over age 65 will fall each year and often will not tell doctors or family out of fear that they will lose independence – losing the chance to work on fall prevention. Fall prevention and medication management go hand in hand.
- Memory loss – important to identify normal (where did I park the car?) versus abnormal (where do I do my banking?)
- The city has 16 multipurpose senior citizen centers that are funded for senior care management. Nutrition (over 100 dining sites) and home delivered meals 5 days a week for the homebound who qualify as low income. Evidence based programming such as Tai Chi, Balance, Powerful Tools for Caregivers. Programs are offered to those 60 or over or anyone with a disability. Our local center is Felicia Mahood - <http://www.laparks.org/dos/reccenter/facility/feliciamahoodMRC.htm> . The committee will follow up and engage with them to learn more about the programs they offer and potential collaboration.
- Emergency Alert Response is funded for homebound, medically frail seniors with no family caregiver who qualify as low income. Many alarm companies now offer this service as well. With for profit companies scrutinize the fine print – some lock in long term contracts.
- Transportation – vans are offered to the senior centers and also for light shopping. Access is through MTA and often not senior friendly – this needs attention. City Ride, Taxi coupons are other options. Many seniors are having a good experience with programs like Uber which can also be managed by the family caregiver.

- Hired caregivers – extremely important to go through agencies. The committee wants to explore Au Pairs for seniors – currently offered throughout the world but not in the US - http://www.greataupair.com/Senior_Caregiver_Service/Find_Senior_Caregiver/Senior_Caregiver_Agency.htm
- Title V senior employment training program for qualifying low income 55+
- Elder abuse can be neglect (including self-neglect), physical, verbal and financial. Reporting a concern for an elder – contact [Adult Protective Services](#) if they live in a private dwelling and the [Ombudsman](#) (subcontracted through Wise and Healthy Aging) if they live in a facility. You can call anonymously. Adult Protective Services works with Social Services and law enforcement.
- File of Life – one was given out to each attendee. Very important method of communicating to emergency responders – post on frig and keep in wallet. These can be [ordered by phone](#) and MVCC has ordered some to distribute.

II. Discussion about topics and referrals for future guest presentations

- **August 20th – Councilmember Mike Bonin** – discuss the role the Metro plays in senior affordable housing and how we can make Mar Vista and Las Angeles more aging friendly. *Compile questions prior to meeting.*
- **September 17th meeting - Barry A. Sikov, Life & Health Plan Advisor** – Educational Medicare Seminar on helping people as we age in to Medicare or retire at a later age and move in to Medicare. The presentation helps transform 7-10 pounds of insurance company marketing pieces in to just 5 pages.
- **October 15th - Birgitta Kastenbaum of Bridging Transitions**
- **Future speakers in progress** - Unity Hearth an intentional living community, Alzheimer’s Organization on dementia and their support services, how to hire a caregiver

III. Discussion re participation at Mar Vista Fall Festival – theme, Heroes Among Us (see Age Board attached)

- Stop Senior Scams Acting Program, Westchester Playa Village, Heels & Souls Square Dance Club have already committed. We are working to have a strong presence at the event.
- Theme is Heroes Among us - <http://marvistafallfestival.blogspot.com/2015/07/who-is-your-hero.html>
- AIP tent (no time to discuss)

IV. Senior Friendly Stores campaign – as in NYC - <http://www.mt-iaf.org/content/senior-friendly-stores>. There is currently not an LA program – the committee will collaborate with the Mar Vista Chamber of Commerce to see if we can pilot this.

- Signage (see below) indicates place to sit, glass of water, restroom, senior discounts (specific day?)
- Magnifying glass as CVS?
- PDF of participating stores - <http://www.mt-iaf.org/sites/default/files/SeniorFriendlyStores11-4-2013.pdf>

• Old Business –

- Update on creating a logo – new logo was approved by the MVCC Board!

- Update on motion from March meeting on SB 128 Death With Dignity – not discussed at meeting due to time but the bill was withdrawn as they did not have the needed votes. It will be resubmitted next year.
 - 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 – nothing presented
 - Update on collaboration with the MVCC Great Streets Ad Hoc – nothing presented
 - Meeting adjourned at 7:45
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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.*

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