



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday, August 20th, 2015 at 6:00 PM

Windward School Room #800

11350 Palms Blvd, Los Angeles, CA 90066

Co-Chairs – Sherri Akers, Tatjana Luethi, Birgitta Kastenbaum

Co-Founders – Sherri Akers, Tatjana Luethi

Draft Minutes

Attendees – Sherri Akers, Tatjana Luethi, Birgitta Kastenbaum, Lori Gilder, Robin Doyno, Karen Lefever, Susan Black, Karen Lefever, Susan Black, Virve Leps, Tom Ponton, Cherina Febre, Abigail Benitez, Marilyn Zweifach, Debbie Rochlin, Jean Roth, Rob Kadota, Carol Kitabayashi, Mark Buchheim, Hosneya Khattab, Edna Bonacich, Ginger Emerson, Len Nguyen, Tricia Keane, Mary Fonseca, Rita Iyer, Dorothy Garven, Evelyn Dravecky, Linda Massey, Fred Massey, Robin Dennis

- **6:45 Called to order** - Announced Tricia Keane presenting in place of Mike Bonin
- **Announcement** – Tatjana Luethi and Birgitta Kastenbaum have been appointed committee Co-Chairs, Robin Doyno has moved to Co-Chair of MVCC Education Committee; additional opportunity for connecting after meeting; invitation to put out materials at each meeting.
- **Introductions**
- **Public comments**
 - Robin: Green committee meeting is not taking place this Sunday
 - **The Right to Die Act is being reintroduced to State Assembly – ABX 215.** Our motion of support was forwarded to new motion. More info <https://www.compassionandchoices.org/2015/08/18/the-re-introduction-of-the-end-of-life-option-act-abx2-15/>
 - **LA City Council PLUM committee** is meeting this Tuesday, August, 25th to discuss short term rental- 3rd floor of City Hall. Sherri and Robin will attend
 - **Senior Scam Theater Group** is doing a presentation this August 28th, 3:00 at Vintage Grandview. Open to public, informative and entertaining. Encourage Adult Children of Seniors to inform their parents. <https://www.facebook.com/events/422974887904720/>
 - **Dept. of Aging is doing an “Emergency Preparedness”** Sept 24, 2105 specifically for seniors - <http://www.marvista.org/node/3232>
- **July minutes approved**
- **New business** –

- I. **7:00 - Proposed motion for \$1,500 Neighborhood Purposes Grant application from Westchester Playa Village – Motion unanimously approved**
In favor of motion: 27, Opposed: 0, Abstaining: 0 - This will now go to the board for full approval on 2nd Tuesday in September 8th. 2015

- Carol Kitabayashi from Westchester Playa Vista gave a short recap of the organization followed by Q&A. See minutes from April meeting for overview of WPV mission and the committee consensus to support growth into Mar Vista - <http://www.marvista.org/files/150416-AIP-Minutes.pdf> .

Grant is requested for a multifaceted outreach to the 90066 zip code. Requesting \$1500 to defray ½ the cost for outreach to the community - purchase mailing list, do printing, and invite people to events to implement this support in Mar Vista. They currently we have 3 Mar Vista volunteers (two from our committee), but have to expand to meet the needs of new members. Name change is in process Westside Pacific Village to reflect their expanded coverage. Carol followed up with an appeal for volunteers. All it takes is 30 – 60 minutes a week to make a difference in someone else’s life. More info at www.TheWPV.org or <http://thewpv.clubexpress.com/>

- II. **7:15 Special guest presentation – Tricia Keane, Director of Land Use and Planning from the office of Councilmember Mike Bonin** <http://www.11thdistrict.com/tricia> – discuss the role the Metro plays in senior affordable housing and how we can make Mar Vista and Los Angeles more aging friendly. The bulk of the meeting will be dedicated to this speaker and Q&A for Councilmember Bonin.

Tricia Keane:

Mike Bonin apologized for not being here. At [Zocolo Public Square meeting](#) , Mike was speaking about affordability, density, and transit. Can transit make housing more affordable? What kind of opportunities does transit create as it relates to also implement affordable housing? How do you bring the senior component into this as well? Metro is focused on developing transit oriented projects, what is Metro doing about senior affordable housing? Metro is not doing anything senior specific. Metro recently adapted on metro owned property near transit lines. Goals is 35% of housing near metro stop affordable for household income of 60% of community average or less which will serve a broader range of population. The metro staff has been developing a ‘transit oriented development community program’- <http://www.metro.net/projects/transit-oriented-communities/> . Let’s focus on a community around transit, good land use and development around those areas. Another thing metro is doing, there is a discussion for a \$10Mill loan fund. With these 3 approaches, metro needs to look at its assets (they own a lot of property), so does the city and county, the big challenge on the Westside is access to property. While metro doesn’t currently have a focus on senior part, however, in their survey 25% of their respondents were 50 or over. If we continue encouraging aging in place, this number might get higher. Huge opportunity for metro to look at near transit neighborhoods. That’s the overview of what metro is doing.

Q&A and discussion

Sherri Akers: my dad had 9 caregivers before he moved into an assisted living. Out of those 9 only 1 drove, everyone else used public transportation. Question, how do we get the support system from the train stations to Mar Vista homes?

- Tricia: In short term it may be more likely if metro develops opportunities around train stops, it may be easier to bring the people to transit for now.

Tom Ponton: What about bike parking stations? People are trying to get their bikes onto the train, it gets congested, and perhaps bike sharing would reduce the congestion.

- Tricia: There is a joint sharing biking program with Santa Monica developing. It's a pilot program and could expand.

Evelyn: LA County has a commission on aging - <http://css.lacounty.gov/> . Does Metro integrate programs with them? There is a lot of the same work, but nothing is integrated. How can we inspire collaboration?

Jean: where do the seniors need to go with a transit development? What might be the most urgent places seniors need help to get to, like hospitals, Kaiser, etc. Can we prioritize transportation to doctors? Insurance further complicates it – the most accessible may not be a covered provider. What about collaborating with medical centers for transportation systems.

- Tricia: Metro is doing a dash needs analysis, to see if there is enough community to support a dash route. I think you need both, the circulating system, and transit oriented development. One of their goals is to create a community where you just stay within that community to most of your needs met. In an ideal world you'd mix commercial, and housing within a mile of each other near a transit stop that has entertainment, doctors etc.

Note - **Stacy S. Yamato-Jasmin**, Community Relations Manager for the Transit Safety Programs, Los Angeles County Metropolitan Transportation Authority (Metro) will be the guest at the MVCC Green Tent at Mar Vista Farmers Market on September 20th. She will invite her colleague who manages their On the Move Riders program for Seniors - this is a peer-to-peer training to education older adults on the joys of riding public transportation. Through this program, On the Move Riders Clubs are formed where the group will use public transit to travel to a wide range of destinations and activities. She can also provide application forms for the Senior TAP card. <http://www.metro.net/around/senior-tips/>

Sherri Akers: In New York they have a program called “naturally recurring retirement communities”, apartment buildings or neighborhoods that have 60% seniors or more then the service are coming to the neighborhood versus trying to get the seniors to the where they need to go. See <http://www.nyc.gov/html/dfta/html/services/retirement.shtml> (committee will explore further).

Sherri – Can we encourage Metro to embrace universal design in new development? It doesn't make it less desirable for younger families but enables seniors to age in place longer. Sherri will follow up by sending Tricia the AARP Home Fit Guide - <http://www.aarp.org/livable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html>

Susan: Circulatory system, creating formats for more dialogue, to go out for the ballot, but people have to be informed. We are talking about great ideas here, but how do we create dialogue where it really happens.

Tricia: Mike AI would be a great person for you to talk to who organizes these meetings.

Sherri: A lot of seniors might rent out rooms for assistance in house, added revenue stream. There was an instance where a couple hired a nanny, who just squatted and didn't leave. As more people are renting out what do we need to know about rights as a landlord and tenant rights.

- Tricia: Robust tenant protection. When you become a landlord you have to be careful to protect yourself as a landlord. There is more lead way if you are renting space where you also live in as you have more control. The CA Dept of consumer affairs website has a good resource on landlord & tenant rights. I think you can also call and ask questions. Make sure you have a written agreement. The downside of having a lease, the people are allowed to stay there for that time, but you can structure it as a month to month. You can look into non-profit legal organizations that help seniors.

Mark: Sherri you mentioned more people are seeking to rent out rooms, and all these tenant / landlord issues could be eliminated with providing the seniors with that information and education of what you need to consider and be concerned about.

Mary: what is the city's stand on AirBnB?

-Tricia: Councilmen Bonin and Westin announced a "motion" (?) to prepare a draft ordinance for consideration that would regulate short-term rentals. If it's your home you can share it. If it's not your primary residence you probably should not share it. Was prompted by people who want someone in their space while they are out of town. However, we have seen properties being renovated for the purpose to rent out. Kick off: process to gather information to propose a reasonable regulation. PLUM meeting Tuesday 8/25 at 2:30, City Hall, 3rd floor – agenda http://ens.lacity.org/clk/committeegend/clkcommitteeagend2697986_08252015.html

Sherri – the committee has a lot of interest in co-housing. Statistically by age 70, 60% of women have lost their spouse, by 80, 70% of women have lost their spouse. We'll be looking at a lot of isolated widows. Those in a single family home could share a house with other seniors. As the issue of group homes is explored, we want to make sure seniors don't lose their rights to rent out. Concerned about the law of unintended consequences.

Lori Gilder: with the exploding senior population, and talking about housing.....senior couples in a home who can "delegate" how about creating "senior Au-pair". Currently, but you can't get a visa for someone to become a senior Au-pair. Everything is becoming so unaffordable, including caregiving, no one can afford it. I'm currently \$8,000 to a caregiver for my mother. That could be an alternative. Providing board and care for seniors (like Au-pair for Nannies to help raise children / minors). Is usually a year contract to come to this country, are younger, and students. Committee will reach out to the office of our Congressperson, Karen Bass to explore this idea,

Tom Ponton: my mother-in-law's caregiver is paid \$125 per day, but mostly sleeps, reads books, watches TV for mother-in-law just needs somebody next to her. What are more affordable alternatives?

- Tricia: Millennial roommates. In return for living they help out, pair up in that way. That falls under "roommate" legality. Group discussion about Affordable Living for the Aging (<http://www.alaseniiorliving.org/>) – high demand for roommates looking for housing, need is for seniors who want a roommate. Also about possible restrictions on services provided by a roommate. Discussion about the importance of vetting by going through agencies for paid caregivers or ALA for roommates. Committee members are looking for personal referrals which is why we added the half hour at the end of our meetings for individual conversations.

III. Discussion about topics and referrals for future guest presentations

- **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** - Exploring options for final arrangements and after death care.
- **November 19th** - Frances Sotcher of Unity Hearth on intentional living communities
- **Future speakers in progress** - Sheila Moore, Sr. Director of Comprehensive Older Adult Services Jewish Family Services – "How to make the most of your trip back home" - what to look for to determine if your parents/grandparents need additional help, how to start difficult discussions, how to use this trip

home to gather info you might need in an emergency/health crisis; Alzheimer's Organization on dementia and their support services, Allison Bealle on how to hire a caregiver, adult day care program and support organization

IV. Update re participation at Mar Vista Fall Festival – discussion and request that literature be circulated for donations to silent auction or booths. All info and documents are posted here - <http://www.marvista.org/node/3182>

- Heroes Among Us <http://marvistafallfestival.blogspot.com/>
- Participants recruited by AIP to date and pending
- AIP tent – collaboration proposal for “as I age” wall as an interactive activity.
- Submit heroes - We'd like to find out who you think are the true heroes in our neighborhood. These are the people who are finding their own ways to make our community better, both big and small---by helping a neighbor, by helping the young and old in our midst who find themselves in need of assistance, by helping at schools, at churches, on our streets, and in our homes, to make someone's life better. Please consider submitting the name(s) of anyone in your community who fits the description below. I've included our complete announcement of the Festival below, and highlighted the info about our Heroes search in red. Please send your suggestions to either **October 17th, all day, in Mar Vista Park** marvistafestival@marvista.org

V. Senior Friendly Stores campaign – no time to discuss

- **Old Business – no time to discuss**
- **Meeting adjourned 8:15**

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Senior Friendly Store

- Glass of water
- Place to sit
- Restroom

No purchase necessary

Certified by Manhattan Together, an Affiliate of New York Metro Industrial Areas Foundation

Senior Friendly Store

- Senior discount days!
- Glass of water
- Place to sit
- Restroom

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