



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday, June 16th, 2016

6:00 PM – 7:30 PM

Windward School Boardroom 800

11350 Palms Blvd, Los Angeles, CA 90066

[See campus map for room location and parking here](#)

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

Co-Founders – Sherri Akers, Tatjana Luethi

Draft Minutes

Attendees – Tatjana Luethi, Birgitta Kastenbaum, Allison Beale, Marilyn Zweifach, Rob Kadota, Charles Guinn, Hosneya Khattab, Mark Ambrose, Nate Horowitz, Molly Davies, Christine Taylor, Holly Tilson, Susan Keirn

- **Called to order 6 PM**
- **Brief Introductions**
- **May minutes approved**

- **Public comments and announcements**
 - a. Update MVCC Board election
 - b. Mayors [Age-Friendly City Initiative: Purposeful Aging LA](#) (see handout) and Empowerment Congress 9/24
By January 3, 2017, the General Managers of the Departments of Neighborhood Empowerment and Aging shall develop a Neighborhood Council outreach plan for convening the public meetings required of members of the AARP Network of Age-Friendly Communities and the WHO Global Network of Age-Friendly Cities and Communities.
 - c. Marilyn recap of conference - <https://cme.ucsd.edu/alzheimers/> - Marilyn request to recap in July instead. Was a 2 day conference and needs more time to prepare her share.

- **New business – Guest presenter** - Wise and Healthy Aging - Molly Davies, Vice President Elder Abuse Prevention and Ombudsman Services, as the representative who will conduct the presentation that evening. The decision to place a loved one in a long term care facility can come with a wave of emotions and much confusion. How to select the right nursing home, assisted living or board and care? How does one pay for such care? What should we expect when we get there? What are mine or my loved one's rights? Most folks don't realize that the Long-Term Care Ombudsman Program, administered by WISE & Healthy Aging, is a free resource that can assist with all of these issues, and is just a phone call away. Come and learn more about this resource and have any of your long term care facility questions addressed in this session. Presented by Molly Davies, MSW, Vice President of Elder Abuse Prevention and Ombudsman Services.

<http://www.wiseandhealthyaging.org/city-and-county-of-los-angeles-long-term-care-ombudsman>

[Wise & Healthy Aging](#) Services: In home case management, peer counseling, caregiver training, have an adult care center (socializing, lunch and support for care givers). [Club 1527 Senior Center](#) in Santa Monica, don't have to be a Santa Monica resident to join; organize day trips

Long-term care ombudsmen, are only city and county wide. Are advocates for seniors who live in long term care assisted living to take care of complaint. Is also responsible for announced visits, to talk to people who live there, how life is like for them, but also help them understand their rights. Consult with staff and make recommendations how to improve policies and not to violate any rights. Ombudsmen also helps seniors in decision making.

Announced visits and talking to people. Also, all facilities are required to have their posters posted. Provide after hours crisis services. In California there are some mandates that are unique, in CA facilities have advanced health care directives, but they are not legal unless it is signed by Ombudsman – they help seniors to make sure they understand the document and does it reflect their wishes. Also talk to family and friends about the document and help them understand the document and the system.

Largest Ombudsmen in the nation, has more facilities than Florida. Over 1800 facilities that have capacity to service 76,000 residents in city and county of LA. 22 staff spread across different offices, also utilize 11 social work interns, and 65 volunteers.

Part of the Wise and Healthy Aging, they have what's called "The Club" has a membership fee is \$20 for Santa Monica residents, and \$40 for non-Santa Monica residents offering services. Classes within are free, sometimes suggested donations. The majority of the club activities are free except for trips. Ombudsmen Services are free, case management services are free - for folks who want to live at home and may have some needs, then a case manager will come to your home and do an assessment to make sure you have all the support you need, and where and what do you need help with. However, the Ombudsmen is a separate program, we connect you with other programs and services that you may need. Help you go to doctor, connecting you to legal services. They have acupuncture clinic. Peer counseling is free. Ombudsman is free to you as a consumer at the point of conduct, paid by your taxes. They also do fundraising and getting grants.

Wise and Healthy Aging has a different funding source than Ombudsman but both fundraise, apply for grants, sometimes get funds through the city of Santa Monica. Ombudsman has a contracts with the LA department of aging.

How does somebody know when they need case management? It's usually friends or family in crisis or a doctor referral.

What are the qualifications for someone to get into the program? Some of it is dependent on the service area, having the need.

Last night they had a client whose belongings were placed on the sidewalk, so they went there to help. They get a lot of discharge issues. Some people not getting their pain medication. There are also social issues, roommates not getting along. People that get deemed as challenging and don't let get back into their facilities after hospital stay – transfer, discharge and eviction issues. Some things we can't work on because it's a business / staffing issue of the facility, but they can affect / support legislations.

Medicare will pay for 90 – 100 days, after that you have to pay because you no longer qualify. However, you can file an "**appeal**" and you don't have to pay during that time. If there is somebody that cannot live alone, Medicaid should kick in and pay for your long term at a skilled nursing home.

If you are in a situation where you are in a facility that says you need to move out because your Medicare benefits are up, make sure to either appeal and or conduct Ombudsman to investigate if that is true. Many facilities say they don't offer long term beds anymore - there are only 2 in our nearby neighborhood. Make sure to check with Ombudsman before you move out after your 90 days stay. They also have to create a **safe plan of discharge**. Or call Ombudsmen to help you explore your rights.

Nursing homes are star rated, [Medicare.gov](http://www.Medicare.gov) compares facilities, home health, based on an annual survey, you can see complaints and ratings. Department of social service community care licensing has now a new transparency website (<http://cclid.ca.gov/>)

Does Ombudsman help seniors find facilities? Don't do referral but can make suggestions based on your needs and goals.

Ombudsman can report issues to regulatory agency.

Smaller board and care homes, residential care facilities for the elderly, they have the same rules and regulations, and they serve those smaller places as well. One time they found a gentlemen living in a storage closet, even though he paid for a private room. Ombudsmen reported the facility to the regulatory agency, and helped the gentlemen get the money back.

Ombudsman does not have lawyers on staff, but connect people to attorneys. They bring cases to our weekly meetings with LA county Elderly and Abuse Center with varies professionals and representatives in the meeting.

They had one case where a facility used their conference room and placed 2 gentlemen in that room next to filing cabinets, one man was naked being treated in front of the other one. They happened to walk in announced and witnessed. Happened the next day again, they called the Fire Marshal and the facility got fined and had to correct their behavior.

- **Old Business reviewed -**

- a. Update on new ordinance addressing short term rentals. Next hearing on June 23rd – see time and location and staff recommendations here - [http://planning.lacity.org/ordinances/docs/HomeSharing/StaffRept.\(Council File 14-1635-S2\).](http://planning.lacity.org/ordinances/docs/HomeSharing/StaffRept.(Council File 14-1635-S2).)
- b. Update on \$1,500 Neighborhood Purposes Grant for Westchester Playa Village – proposing a Fall Prevention Fair within the Mar Vista Fall Festival
- c. **Future guest presentations**
 - a. **July** – [Charles Guinn, Certified Aging in Place Specialist](#) on reverse mortgages - educating homeowners in the various uses of the reverse mortgage, when not to get one, and answer any questions that we may have.
 - b. **August** – Steve Barbour – With an Executive Certificate in Home Modification from USC Davis School of Gerontology, Steve will present on home modifications for aging in place. He will give an overview of what home modifications can be done, the process, how to pay for it, & how to find a contractor who is qualified and why they matter. MA, OTR/L, ECHM, Co-CEO, Vice President, [Evolve Therapy](#)
 - c. **September** – Joe Barnes, [Compassion & Choices](#) – understanding the new CA End of Life Option Act.

- d. **October** - Carol Hahn, MSN, RN, RYT, CPT, CDP - CarolHahnRN.com tools that support making the journey with a loved one with dementia as positive as possible **Wellness and Fitness Nurse** - helping people over 50 increase their quality of life. Certified Dementia Practitioner
- e. **November** – reserved for dealing with clutter pending discussion of best approach.
- f. **December** – Mandi Carpenter – When is Assisted Living a good choice? How do you assess them?
- g. **January** - Emilia Crotty with LA Walks - Safe Routes for Seniors program and campaign, part of the Vision Zero Alliance ([Facebook](#) and [website](#)). TBC
- h. **Film screening and panel discussion?** We could use Windward 2nd floor CTL room which can fit about 130 people comfortably. Attendees prefer this be planned as separate event, not in place of monthly speaker meeting.

- **Meeting adjourned 7:30**

**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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