



Mar Vista Community Council



MAR VISTA COMMUNITY COUNCIL

Aging in Place Committee

Thursday, March 19th, 2015 at 6:00 PM

Windward School Room #800

11350 Palms Blvd, Los Angeles, CA 90066

Co-Chairs – Sherri Akers, Robin Doyno

Minutes

Attendees – Sherri Akers, Tatjana Luethi, Lori Gilder, Robin Doyno, Karen Lefever, Birgitta Kastenbaum, Mandi Carpenter, Allison Beale, Mohamad Hassan, Susan Black-Feinstein, Virve Leps, June Holcomb, Sheila Moore, Delam Hilliard, Steve Soevig, Jeanne Kuntz, Steve Kuntz, Rachel Caravello, Nancy Johnson, Joe Barnes

- Called to order 6:03 PM
- Introductions and public comments
 - a. Westchester Playa Village will be the guest presenter for April
 - b. Robin: Non-slip solution piece of rubber > empowering ☺
- February minutes unanimously approved
- New business –
 - Committee events not requiring funding don't need board motions – discussed combined meeting with MVCC Outreach and Safety & Security committees for [Senior Scam Stoppers](#) seminar scheduled for May AIP meeting. Arranged through the office of Assembly member Sebastian Ridley Thomas and the Contractor State License Board. Also the classes we will co-host with [Jewish Family Service of Los Angeles](#). JFS has received a grant from the Los Angeles Department of Aging to offer a range of classes for older adults developed by major universities and leading organizations. All of the classes address topics that are important for older adults who wish to remain safe, healthy and active at home. (See addendum). First series will be Wednesdays, April 8 – April 29 6:00 – 7:30 pm, **UCLA Memory Training**. Arthritis Training, starts May 4th (every Mon and Wed, for 6 weeks). Also hope to schedule **Powerful Tools for Caregivers** - This program helps family caregivers take care of themselves while caring for an older relative or friend. Family or friends caring for a loved one develop self-care tools to help them manage and reduce stress; communicate effectively with family members and professionals involved in the caregiving; reduce guilt, anger and depression; set goals and problem-solve; and make tough decisions. *Note: This class is for anyone with older family members*. **Duration:** 2.5 hour sessions once a week for six weeks.
- **Special guest presentation** – Special guest presentation by Joe Barnes, California Field Organizer with [Compassion and Choices](#). Compassion & Choices is a nonprofit organization committed to helping everyone have the best death possible. They offer free consultation, planning resources, referrals and guidance, and across the nation they work to protect and expand options at the end of life. They will discuss the support from the community for SB128, the recent bill that was introduced in Sacramento. The act, known as End of Life

Option Act is now in the state senate health and judicial committees and they have been contacting the legislators who are on those committees to see what their positions are.

- “Compassion and Choices” is:
 - Advising Team – for free
 - Advocacy Staff – work on campaigns to bring to states where the law doesn’t exist yet
 - Runs based on donations
- Reviewed SB 128 in detail - End of Life Option Act or death with dignity. **See full presentation posted on calendar - <http://www.marvista.org/files/Compassion%20Choices%20Presentation.pdf>**
- State Laws on Aid in Dying are in place in Oregon, Washington, Vermont, Montana, New Mexico
- Brittany Maynard’s Video (The Brittany Effect): Compassion and Choices: Freedom from Suffering – www.thebrittanyfund.org - to start conversations around death.
- 2014 poll of doctors asking if physician assisted suicide should be allowed: (2014) 54% of doctors said yes, majority of doctors said they would not want to suffer like their patients do.
- SB 128 Bill Specifics: allows terminally ill patients (with 6 months or less to live with no medication available to improve their illness) the right to obtain a prescription from his physician to be self-medicated.....
- How it works in Oregon (has been tracked), the law has worked as intended. No incidence of abuse. A few use it, 1/3 to ¼ have not consumed the medication.
- Reasons for choosing AID:
 - Loss of autonomy (91.2%)
 - Loss of activities of daily living (88.8%)
 - Loss of dignity (82%)
 - Loss of bodily functions (51.6%)
- **Safeguards:**

Must be an adult (18), legal resident (driver license or residency), must be diagnosed with terminal illness, 2n physician confirmation, questions of competency, require pscyh evaluation, must be informed about alternatives, 2 oral requests separated by 15 day minimum, Written request witnessed by 2 acquaintances. Patient must be able to self administer, Can rescind request at any time. Altering a request is a felony.
- **Q&A:**
 - When someone chooses to die, it will state the illness only in Death Certificate – not applicable as a suicide method (life insurance)
 - Has to be self administrated,
 - Is a physician present? The power and ownership is in the individual’s hands. Family is present
 - How does it affect an Alzheimer patient? The power and ownership is in the individual’s hands, needs to be mentally able to make the decision (?)
 - Currently only assistance available is to withhold food and beverage.

- **Motion passed unanimously -**

The Mar Vista Community Council supports the passage of SB128. Specifically, this bill will allow terminally ill patients the right to obtain a prescription from his or her physician for medication to be self-administered. It requires two physicians to confirm a prognosis of six months or less to live, a written request and two oral requests to be made a minimum of 15 days apart, and two witnesses to attest to the request. The two physicians must also ensure that the patient has the mental competency to make health care decisions for him or herself.

The Mar Vista Community Council also urges the Los Angeles County District Attorney to deprioritize prosecution of physicians and family members supporting death with dignity decisions of terminally ill, mentally competent individuals. Currently five states — New Mexico, Vermont, Montana, Oregon and Washington — have passed Death with Dignity policies to expand end-of-life options for competent, terminally ill patients.

If the L.A. County District Attorney were to deprioritize the prosecution of physicians and family members supporting Death with Dignity options, it would ensure terminally ill individuals the right to preserve their dignity and manage their medications as they see fit through end of life. The L.A. County District Attorney's recognition of the medical practice of aid in dying would also grant physicians medical legitimacy in honoring the wishes of their patients to have a dignified end of life.

2. Old Business – tabled due to lack of time

3. Meeting adjourned at 7:35

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