



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

Agenda

- Call to order
- Introductions and public comments
- Motion to approve February minutes
- New business –
 - a) Motion for combined meeting with MVCC Outreach and Safety & Security committees for [Senior Scam Stoppers](#) seminar – tentative date April 16th. Arranged through the office of Assemblymember Sebastian Ridley Thomas and the Contractor State License Board.
 - b) Motion for MVCC to co-host the JFS program of senior [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). Monica Dunahee of JFS will present brief overview. First series will be Wednesdays, April 8 – April 29 6:00 – 7:30 pm, UCLA Memory Training. Discuss Powerful Tools workshop <http://www.powerfultoolsforcaregivers.org/>
- **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.
- **Possible Motion** - The Mar Vista Community Council 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.

- Old Business –
 - a. 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
 - b. Update on collaboration with the MVCC Great Streets Ad Hoc
 - c. Update on creating a logo (Tatjana) – no update, held over for next meeting
 - d. Update on development of intergenerational program for seniors aging in place. (Christy, Birgitta)
 - e. 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).
 - f. Update on World Elder Abuse Awareness Day and White House Conference on Aging

- Adjourn meeting

**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.*

***As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and upon request, will provide reasonable accommodation to ensure equal access to its programs, services, and activities. Sign language interpreters, assistive listening devices, or any auxiliary aids and/or services may be provided upon request. To ensure availability of services, please make your request at least 3 business days prior to the meeting you wish to attend by contacting chair@marvista.org.*

Addendum –

**Evidence-Based Health Programs Offered under
Funding from LA Department of Aging**

Evidence-based programs use a tested curriculum so every participant receives the same information. The result is a growing body of research in social and behavioral sciences demonstrating that certain approaches and strategies for working with older adults and families can positively impact important problems such as energy, motivation, depression, falls, and management of chronic health conditions.

UCLA Memory Training

This Memory Training course is based on research conducted by Dr. Gary Small and Dr. Karen Miller of the UCLA Memory and Aging Center and provides an innovative educational program for people with age-related memory concerns. Participants learn in small groups, through a combination of presentations with group discussions, memory quizzes, and skill-building exercises. This program focuses on teaching new skills in a low stress, fun environment.

Duration: 1.5 hour sessions once a week for 4 weeks

Arthritis Foundation Exercise Program

This group exercise program, developed by the Arthritis Foundation, can help safely make physical activity part of every day life. The low-impact physical activity is proven to reduce pain and decrease stiffness, and help improve functional ability, self-confidence, self-care, mobility, muscle strength and coordination. The six-week program meets two times a week for an hour and the routines include gentle range-of-motion exercises that are suitable for every fitness level.

Duration: One hour sessions twice a Week for 6 weeks

Healthier Living (Chronic Disease Self-Management Program)

Developed by Stanford University, this program aims to help those with any chronic condition (whether it's allergies, insomnia, diabetes, cancer recovery, etc..) to become a positive and proactive manager of their own health with the ultimate goal of enhancing their health, activities, and emotional well-being. The focus is on problem-solving and positive strategies to deal with challenges such as frustration, fatigue, pain and isolation; increasing exercise to maintain and improve strength, flexibility and endurance; appropriate use of medications; effective communication with family, friends, and health professionals; nutrition; and how to evaluate new treatments.

Duration: 2.5 hour sessions once a week for 6 weeks.

Matter of Balance

A Matter of Balance is a program for people who have fallen in the past, have a risk of falling and who may be reducing their activities due to a fear of falling. Developed by Stanford University, the program emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance.

Duration: 2 hour sessions once a week for eight weeks.

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.

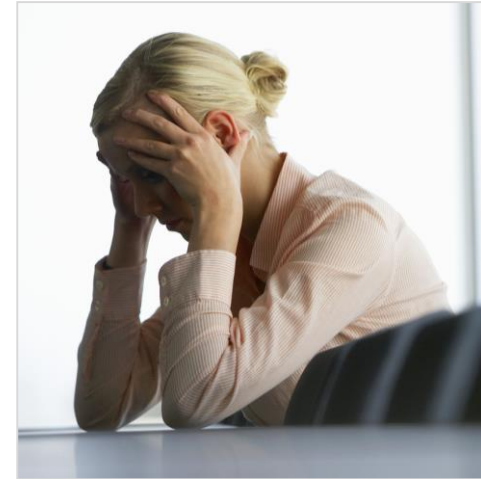
Do you **WORRY** about an aging parent, spouse, or family member?

Do they turn to you if they **need help** or **advice**?

Do you provide **emotional support** as they face the issues of aging?

Do you feel **responsible** for their wellbeing?

If you answered “yes” to any of these questions, then you are probably experiencing the **stress** of balancing your own life with their needs. Whether your loved one lives with you, down the street, or across the country, it is a challenging role that can have a **major impact** on your own health and well-being.



To help you manage this role and protect your own health,
JFS and XX are partnering to offer a free 6-week

Powerful Tools Workshop

This workshop **will help you** develop a wealth of tools to:

- √ Reduce personal stress
- √ Effectively communicate with your loved one, family members, or health care providers
- √ Handle challenging situations... and more!

This is not a support group, but is an **interactive class** that will help you to develop effective strategies and methods for caring for your older family member.

The class is **FREE**. Seating is very limited.

**To register and reserve your space,
please call XX.**

Made possible by a grant from the LA Department of Aging.