



## Mar Vista Community Council



### MAR VISTA COMMUNITY COUNCIL

Aging in Place Committee

Thursday, April 16th, 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 March minutes
  - Update on motion from March meeting on SB 128 Death With Dignity
  - Overview of upcoming World Elder Abuse Awareness Day (WEAAD) by Elizabeth O'Toole (10 minutes)
  - Update on events and discussion about outreach. Email Omar Aguirre at [oaguirre@jfsla.org](mailto:oaguirre@jfsla.org) to pre-register for classes
1. **UCLA Memory Training Class** - Wednesdays, April 8 – April 29 6:00 – 7:30 pm at Vintage Grand View under grant from the LA Dept of Aging with Jewish Family Services. 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. **Second series may be added.**
  2. **Arthritis Foundation Exercise Program** – Mondays and Wednesday from 6 to 7 beginning on May 4<sup>th</sup> twice a week for 6 weeks at Vintage Grand View under grant from the LA Dept of Aging with Jewish Family Services. This group exercise program, developed by the Arthritis Foundation, can help safely make physical activity part of everyday 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.
  3. **Powerful Tools for Caregivers** <http://www.powerfultoolsforcaregivers.org/> 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 - **will be May 6<sup>th</sup> through June 10<sup>th</sup>**

4. **Senior Scam Alert Seminar** - for combined meeting with MVCC Outreach and Safety & Security committees for [Senior Scam Stoppers](#) seminar for our May 21<sup>st</sup> committee meeting. Arranged through the office of Assemblymember Sebastian Ridley Thomas and the Contractor State License Board

- New business –
- **Special guest presentation** – Special guest presentation by Carol Oike Kitabayashi, Executive Director of Westchester Playa Village – <http://thewpv.clubexpress.com/> - An offshoot of the sharing economy, virtual villages are popping up all over the country to offer older adults access to resources and social connections that help them age in place. The Westchester Playa Village is a volunteer-driven, non-profit 500(c)(3), membership organization, with the goal of helping residents ages 55+ with routine tasks to enhance their independence. WPV members receive help from volunteers who will try to meet their individual needs. Services include grocery shopping, trips to and from medical appointments, running errands, household chores, social events, and more. They currently provide services to residents of Westchester, Marina del Rey, Playa del Rey, Playa Vista, Ladera Heights, and adjacent communities.
- June special guest presentation will be given by Birgitta Kastenbaum
- 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)
  - 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). [You about the](#)
  - f. Update on World Elder Abuse Awareness Day and White House Conference on Aging
- Adjourn meeting

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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](mailto: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](mailto:chair@marvista.org)*

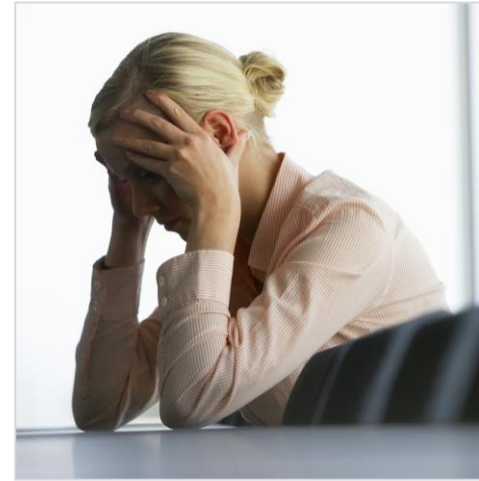
# Do you **WORRY** about an aging parent, spouse, or family member?

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,  
Email Omar Aguirre at [oaquirre@jfsla.org](mailto:oaquirre@jfsla.org).**

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

