



Mar Vista Community Council



MAR VISTA COMMUNITY COUNCIL
Aging in Place Committee
Thursday, July 16th, 2015 at 6:00 PM
Windward School Room #800
11350 Palms Blvd, Los Angeles, CA 90066
Co-Chairs – Sherri Akers, Robin Doyno
Co-Founders – Sherri Akers, Tatjana Luethi

Draft Agenda

- **Call to order**
 - **Introductions and public comments**
 - **Motion to approve June minutes**
 - **New business –**
- I. **Special guest presentation - Dr. Anat Louis is [LA Dept. of Aging's](#) Program Development Director** will be presenting on helping our parents and older adults as they age. What are the community programs and services available for older adults and family members caring for them to ensure their safety, independence, and the highest quality of life?
- **Fall Prevention:** Learn how to prevent injuries around you. Falling down can create a spiral of problems for independent living
 - **Memory Loss & Aging :** Understanding dementia and tips on maintaining and improving your memory
 - **Stroke Prevention:** Critical information on staying healthy and knowing the warning signs of a Stroke. 70% of strokes are preventable.
 - **Medication Do's & Don'ts:** Learn practical ways to avoid adverse reactions. The more medications one takes, the high risk for adverse drug events. What are common medication mistakes? What does one need to discuss with his or her doctor? What are safety tips while at home or when traveling?
 - **Earthquake Preparedness:** You can't predict them ...You can't prevent them...You can only prepare for them! Learn what you need to do as an older adult or as a family caregiver to prepare. Understand the importance of knowing what medications you take and the doses, especially in the event of an emergency (What we learned from Hurricane Katrina)
 - **Hoarding:** Understanding the consequences of excessive clutter and what resources are available to help. How to help someone (or yourself) from being a Hoarder
- II. **Discussion about topics and referrals for future guest presentations**
- **August 20th – Councilmember Mike Bonin** – discuss the role the Metro plays in senior affordable housing and how we can make Mar Vista and Las Angeles more aging friendly. *Compile questions prior to meeting.*
 - **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**

- III. **Discussion re participation at Mar Vista Fall Festival – theme, Heroes Among Us (see Age Board attached)**
 - Recruit participants
 - AIP tent?
- IV. **Senior Friendly Stores campaign – as in NYC - <http://www.mt-iaf.org/content/senior-friendly-stores>**
 - Signage (see below) indicates place to sit, glass of water, restroom, senior discounts (specific day?)
 - Magnifying glass as CVS?
 - PDF of participating stores - <http://www.mt-iaf.org/sites/default/files/SeniorFriendlyStores11-4-2013.pdf>
 -
- V. **Discussion about developing an intergenerational program in Mar Vista in collaboration with Vintage Grand View Assisted Living.**
- VI. **Potential collaboration with State Controller Betty Yee** following Senior Scam Alert Seminar - she made seniors a core issue of her campaign. Nicole Jones, her Director of External Affairs, expressed an interest in collaborating with us. **About Preserving Retirement Security:** Retirement security is becoming a major worry for Americans and Californians as the national and state economies slowly climb from the stock market meltdown and housing collapse defining the Great Recession that began in the latter half of 2007. First, more active management of asset allocation can help with better identifying and addressing risks before huge investment losses occur. Second, we all must be vigilant in addressing the escalating costs of retiree health care and other cost pressures for retirees, such as housing. And third, in addition to lowering retiree costs, there must be focus on how to improve the earnings and labor market prospects for older workers preceding retirement. While these challenges to preserving retirement security appear daunting, they require immediate attention and all parties convening to address them successfully.
 - **Old Business –**
 - Update on creating a logo – response on request for approval of MVCC BOD
 - Update on motion from March meeting on SB 128 Death With Dignity
 - 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
 - Update on collaboration with the MVCC Great Streets Ad Hoc
 - 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*



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

No purchase necessary

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

