



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

Thursday, August 20th, 2015 at 6:00 PM

**Windward School Room #800**

11350 Palms Blvd, Los Angeles, CA 90066

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

Co-Founders – Sherri Akers, Tatjana Luethi

### Agenda – Revised – Note New Time!

- **6:00 to 6:45** – Feel free to arrive early and meet Co-Chairs Sherri Akers, Tatjana Luethi, Birgitta Kastenbaum and fellow committee members. Let's get to know each other and discuss our needs and goals.
  - **6:45 Call to order**
  - **Announcement** – Tatjana Luethi and Birgitta Kastenbaum have been appointed committee Co-Chairs, Robin Doyno has moved to Co-Chair of MVCC Education Committee; additional opportunity for connecting after meeting; invitation to put out materials
  - **Brief Introductions if time allows**
  - **Public comments**
  - **Motion to approve July minutes**
  - **New business** –
- I. **7:00 - Proposed motion for Neighborhood Purposes Grant application from Westchester Playa Village –WPV** is requesting \$1,500 to help defray cost of multi-faceted outreach program to facilitate expansion into Mar Vista. See attached PDF for details and grant request **(15 minutes)**
- II. **7:15 Special guest presentation - Councilmember Mike Bonin** – discuss the role the Metro plays in senior affordable housing and how we can make Mar Vista and Los Angeles more aging friendly. The bulk of the meeting will be dedicated to this speaker and Q&A for Councilmember Bonin.
- III. **Discussion about topics and referrals for future guest presentations**
- **September 17<sup>th</sup> 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 15<sup>th</sup> - Birgitta Kastenbaum of Bridging Transitions** - Exploring options for final arrangements and after death care.
  - **November 19<sup>th</sup> - Frances Sotcher of Unity Hearth** on intentional living communities

- **Future speakers in progress** - Sheila Moore, Sr. Director of Comprehensive Older Adult Services Jewish Family Services – "How to make the most of your trip back home" - what to look for to determine if your parents/grandparents need additional help, how to start difficult discussions, how to use this trip home to gather info you might need in an emergency/health crisis; Alzheimer's Organization on dementia and their support services, Allison Bealle on how to hire a caregiver, adult day care program and support organization

IV. **Update re participation at Mar Vista Fall Festival** – Heroes Among Us <http://marvistafallfestival.blogspot.com/>

- Participants recruited by AIP to date and pending
- AIP tent – collaboration proposal for "as I age" wall as an interactive activity.
- Submit heroes - We'd like to find out who you think are the true heroes in our neighborhood. These are the people who are finding their own ways to make our community better, both big and small---by helping a neighbor, by helping the young and old in our midst who find themselves in need of assistance, by helping at schools, at churches, on our streets, and in our homes, to make someone's life better. Please consider submitting the name(s) of anyone in your community who fits the description below. I've included our complete announcement of the Festival below, and highlighted the info about our Heroes search in red. Please send your suggestions to either [marvistafestival@marvista.org](mailto:marvistafestival@marvista.org)

V. **Senior Friendly Stores campaign – potential collaboration with Mar Vista Chamber of Commerce**

- Propose as component of Make It Mar Vista Small Business Saturday Community Event taking place on Saturday, November 28th, 2015?
- 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>

• **Old Business –**

- 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

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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)



## 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

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- Senior discount days!
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