



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

Thursday, September 17, 2015 at 6:00 PM

**Revised Location - This Meeting Only**

**[Vintage Grandview, 4061 Grandview Blvd, LA 90066](#)**

**Activity Room – 1<sup>st</sup> Floor**

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

Co-Founders – Sherri Akers, Tatjana Luethi

### Minutes

**Attendees** - Mandi Carpenter, Allison Beale, Lori Gilder, Leanne Lindsey, Rita Yver, Hosvenya, Linda Massey, Fred, John, Terry Crystal, Tatjana, Birgitta,

- **Called to order** 6.17pm
- **August minutes approved**
- **Announcements made** -
  - a) **Stacy S. Yamato-Jasmin**, Community Relations Manager for the Transit Safety Programs, Los Angeles County Metropolitan Transportation Authority (Metro) will be the guest at the MVCC Green Tent at Mar Vista Farmers Market on September 20<sup>th</sup>. She will invite her colleague who manages their On the Move Riders program for Seniors - this is a peer-to-peer training to education older adults on the joys of riding public transportation. Through this program, On the Move Riders Clubs are formed where the group will use public transit to travel to a wide range of destinations and activities. She can also provide application forms for the Senior TAP card. <http://www.metro.net/around/senior-tips/>
  - b) LA Metro will be the guest at the MVCC Green Tent on 9/20 and will present on their **On the Move Riders Club**. This program connects you to new friends who can teach you about going Metro. Learn from peers who know the ins and outs of getting around on public transportation – then take a test ride together. Club activities are tailored to each group, and can range from group sightseeing trips to one-on-one training for outings to the store, to the doctor or anywhere else you want to go
  - c) **Dept. of Aging is doing an “Emergency Preparedness”** Sept 24, 2105 specifically for seniors - <http://www.marvista.org/node/3232>

- d) Temple Emanuel of Beverly Hills, Temple Isaiah in Los Angeles and Congregation Kol Ami in West Hollywood have been awarded [a Cutting Edge Grant by The Jewish Community Foundation of Los Angeles](#) to develop inter-congregational, neighborhood-based villages for elderly congregants who are interested in aging-in-place. There will be major community event on 9/29.
- e) 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. [marvistafestival@marvista.org](mailto:marvistafestival@marvista.org)
- f) Opportunity to help man the AIP tent at the Mar Vista Fall Festival on October 17<sup>th</sup> from 10 AM to 4 PM. The following AIP resources will be have tents at the festival - Homewatch CareGiving, Seniors Helping Seniors, Stop Senior Scams Acting Program, Vintage Grandview Senior Living Community, and Westchester Playa Village

- **New business –**

- I. **Special guest presentation – Barry A. Sikov, Life & Health Plan Advisor – The A, B, C, & D's of Medicare - How to Migrate from the Pre-65 Health Plans, including Employer Sponsored Plans, to the wonderful world of Medicare**

Medicare: we will talk about part A, B and C. Question. It's important to take inventory and understand where you are today in regards to insurance? No insurance, Individual / Family Plan, Employer Sponsored, or Governmental Health Plan? First step is to take inventory on your current medical intake: Part D Prescription Drug Worksheet.

When you turn 65 get Medicare for free. You can also buy yourself into it if you haven't contributed.

A = In Patient Hospitalization, Home Health Care, Skilled Nursing Home.

B = Out Patient Health Care: Doctor's visits, Lab & X-Rays, Therapies.

C = Medicare Advantage: HMO's with Prescription Drug Plans.

D = Prescription Drug Plan – there are 29 choices

Home Health Care = 1 hr visit, covered by part A. Don't confuse this with custodial care (non-medical).

Medicare covers 80% but there is a gap of 20%. You can make up for it with supplemental plans, which is Part B. Be aware there is a part B deductible, potential co-pays.

There are 3 types of doctor:

1. Accepts Medicare Assignment and maybe contracted with many other health plans.
2. No longer accept Medicare Assignment – you may not submit a claim to Medicare.
3. New Doctor that never took Assignment - you ma submit a claim to Medicare. Make sure to ask prior to your appointment.

Medicare realized sometimes you have to go outside of the network.

By federal law you must have part D, for drug coverage.

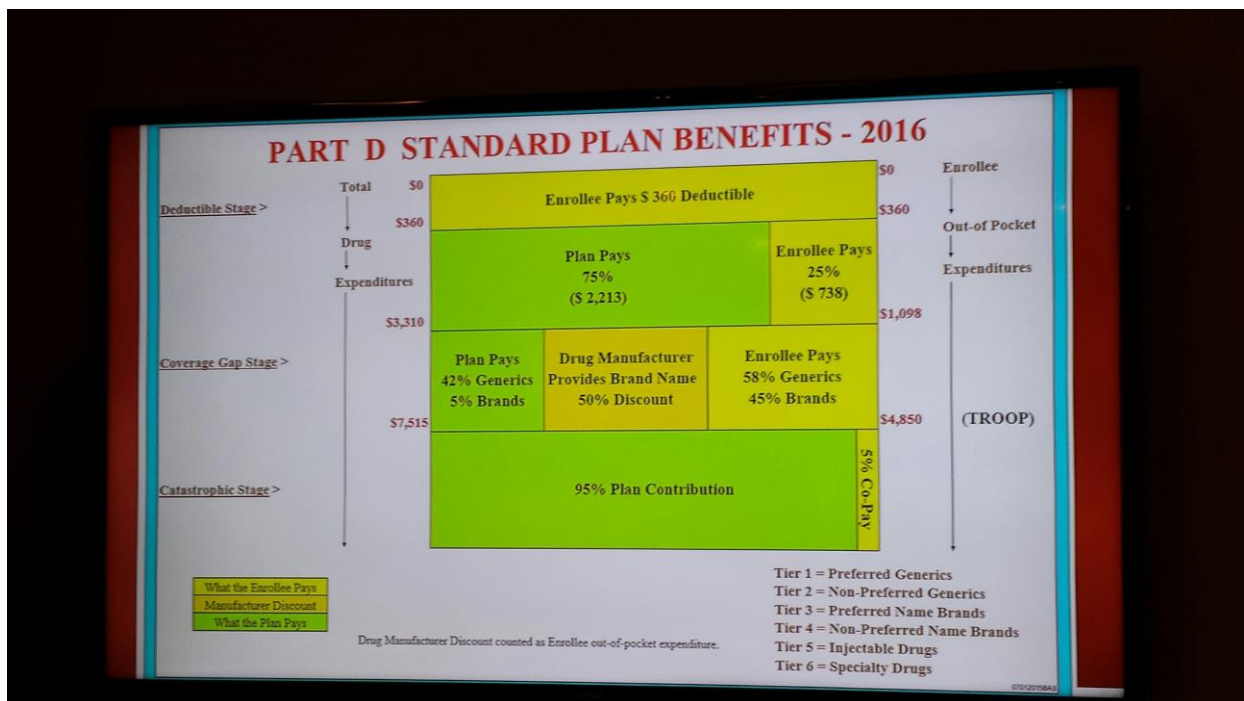
Check out: Medicare.gov, has everything you need to know, and walks you through step by step.

Part D Standard Plan Benefits 2016: This was created by President Bush the 2<sup>nd</sup>, in January 2005 this became law.

There are 6 drug tier structures.

Medicare Advantage Prescription Drugs. HMO is not bad, UCLA and Cedar now offers HMO. Can chose your own doctors.

Where Obama meets Medicare. Have access to all kinds of free services.



- Meeting adjourned 7:30

---

*\*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)*