



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 – 1st Floor

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

Co-Founders – Sherri Akers, Tatjana Luethi

Agenda

- **Call to order**
- **Announcements –**
 1. 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 **Brief Introductions**
- **Public comments**
- **Motion to approve August minutes**
- **Announcements**
 - 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 20th. 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) **Dept. of Aging is doing an “Emergency Preparedness”** Sept 24, 2105 specifically for seniors - <http://www.marvista.org/node/3232>
 - c) 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.
 - d) **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

- e) Opportunity to help man the AIP tent at the Mar Vista Fall Festival on October 17th 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**

- II. **Discussion about topics and referrals for future guest presentations**

- **October 15th - Birgitta Kastenbaum of Bridging Transitions** - Exploring options for final arrangements and after death care.
- **November 19th - Frances Sotcher of Unity Hearth** on intentional living communities
- **December 17th (tbc) - 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;**
- **January – Allison Bealle - on how to hire a caregiver, adult day care program and support organization**
- **February - Lilly Ortiz of LA Metro will present on their [On the Move Riders Club](#) (available for Dec if that doesn't confirm).**
- **Future speakers – suggestions?**

- III. **Update re participation at Mar Vista Fall Festival – discussion and request that literature be circulated for donations to silent auction or booths. All info and documents are posted here - <http://www.marvista.org/node/3182>**

- 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.

- IV. **Senior Friendly Stores campaign**

- V. In New York they have a program called “naturally recurring retirement communities”, apartment buildings or neighborhoods that have 60% seniors or more then the service are coming to the neighborhood versus trying to get the seniors to the where they need to go. See

<http://www.nyc.gov/html/dfta/html/services/retirement.shtml> (committee will explore further).

- VI. Lori Gilder: with the exploding senior population, and talking about housing.....senior couples in a home who can “delegate” how about creating “senior Au-pair”. Currently, but you can't get a visa for someone to become a senior Au-pair. Everything is becoming so unaffordable, including caregiving, no one can afford it. I'm currently \$8,000 to a caregiver for my mother. That could be an alternative. Providing board and care for seniors (like Au-pair for Nannies to help raise children / minors). Is usually a year contract to come to this country, are younger, and students. Committee will reach out to the office of our Congressperson, Karen Bass to explore this idea

- **Old Business –**
 - a. **Motion for \$1,500 Neighborhood Purposes Grant application from Westchester Playa Village**
 - b. **The Right to Die Act is being reintroduced to State Assembly – ABX 215.** Our motion of support was forwarded to new motion. More info <https://www.compassionandchoices.org/2015/08/18/the-re-introduction-of-the-end-of-life-option-act-abx2-15/>

 - **Adjourn meeting**
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