



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday, October 15, 2015 at 6:00 PM

Revised Location

[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
 - Introductions
 - Public comments
 - Motion to approve September minutes
 - New business –
1. **Special guest presentation – Birgitta Kastenbaum of [Bridging Transitions](#)** - Exploring options for final arrangements and after death care. Join us so you can feel good about making your plans.
 - How can I make it easier for those I leave behind?
 - What can I do now so I don't have to worry later?
 - What is new in the funeral industry?
 - How are we as a country changing how we care for our loved ones?
 - Who should decide and who should pay?
 - Receive information, ask questions, know your rights, discuss pro's and con's.
 - You either have a plan or you have a panic!
 2. **Possible motion on** motion by Councilmember Mike Bonin to create a new ordinance addressing short term rentals ([Council File 14-1635-S2](#)) We believe that short term rentals will be a key component in our fight to help seniors stay in their home as they age and urge that we protect the right of individual community members to host short term rentals in their primary residence. (Motion to follow on page 4)
- **Old Business –**
 - a. **Update on \$1,500 Neighborhood Purposes Grant for 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/>
- c. **Senior Friendly Stores campaign** - 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).
- d. 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
- e. **Future guest presentations**
 - **November 19th** - Frances Sotcher of Unity Hearth on intentional living communities (unconfirmed)
 - **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).
 - **March** – Monica Moore of [UCLA Easton Center for Alzheimer’s Disease Research](#)
 - **Future speakers – suggestions**

- **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.*

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The Mar Vista Community Council supports the motion by Councilmember Mike Bonin to create a new ordinance addressing short term rentals (Council File 14-1635-S2).

Whereas seniors are currently 10% of the Air BnB hosts, with 56% of those being retired and 25% being empty nesters, with 49% doing this for financial reasons. (<http://blog.airbnb.com/celebrating-airbnbs-60-host-community/>).

Whereas the following statistics project that our senior community will face significant financial challenges for aging in place:

- About 22% of Americans 65 years and older are in danger of becoming elder orphans - single or widowed; they have no children, at least in the area, and no support system. Based on 2012 U.S. Census data, about one third of Americans age 45 to 63 are single, and in a position to become orphans as they age.
- People age 65 and older now make up 13 percent of the total population and will jump to 16% by 2020 and 19% by 2030
- 33% of Boomers have put aside less than \$50,000 for retirement
- Baby Boomers have saved an average of \$262,541, about a third of the \$805,398 they predict they'll need at retirement.
- Among the first wave of baby boomers to hit retirement age, more than half (54 percent) quit working before they planned. A majority of those polled say it was job loss or health-related issues.
- The average annual cost of a nursing home is \$91,000 per year
- Home caregiver 24/7 costs are \$125 a day and up and will further increase with the Dept. of Labor decision that home caregivers must be paid at least minimum wage and overtime.
- Assisted Living facilities average \$3,351 per month for a one bedroom but are as high as \$12,000 with costs increasing as the level of care increases.
- Short term rentals are often the only viable means for seniors to bring in extra income to cover their increased cost of living expenses due to the need for additional services as seniors age in place and maintain independence.
- 80% of women live longer than their spouses, often by many years, on average 14. Widowhood creates economic hardship as Social Security benefits and pensions plans benefits have a reduced pay out after a spouse dies.

The Mar Vista Community Council believes that short term rentals will be a key component in our fight to help seniors stay in their home as they age. Therefore, the MVCC urges the LA City Council to authorize a host to rent all or part of

their primary residence to short-term visitors, permitting someone to rent a spare room, a back house, or even their own home while they are out of town, as proposed by Councilmember Mike Bonin.