



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

Thursday, February 18th, 2016  
6:00 PM – 7:30 PM

**Windward School Room #1030**

11350 Palms Blvd, Los Angeles, CA 90066

[See campus map for room location and parking here](#)

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

Co-Founders – Sherri Akers, Tatjana Luethi

### Minutes

**Attendees** – Kaye Eshnaur, Ann Boehmer, Ed Gray, Hosneya Khattab, Charles Guinn, Nate Horwitz, Henry Borenstein, John Montgomerie, Mandi Carpenter, Steve Barbour, Mike/Michelle Dennis, Fred & Linda Massey, Fran Rudy, Pauline Kaner, Al Kaner, Nancy Howell, Natalie Levine, Mohamed Hasson, Mark Ambrose, Robin Dennis, Sherri Akers, Birgitta Kastenbaum

- **Called to order** - 6:05
- **Brief Introductions**
- **Public comments and announcements**
  - Alzheimers Prevention Project - UCLA trial – flyer handed out - <https://www.semel.ucla.edu/app>
  - Los Angeles Senior Fraud Awareness Day event May 12th See Flyer posted - <http://www.marvista.org/node/3478>

- **January minutes approved unanimously**
- **New business –**

**Guest speaker** – Lilly Ortiz of LA Metro will present on their [On the Move Riders Club](#).

- I. There are currently 30 clubs all over the county that are led by Travel Buddies – these are volunteers who plan outings. Culver City Senior center is the closest. They are usually scheduled for 11 - Bonnie and Paul are the volunteers organizing trips and giving information. These group outings are run through the senior center so you need to be a member - <http://www.culvercity.org/live/community-neighborhood/adult-senior-services/senior-center/senior-center-programs>. Member get individual attention and help using Metro. There are beginning, medium and advanced groups. The group discussed the possibility of starting a club in Mar Vista – perhaps through the Seniors group at Mar Vista Park.
- II. Lilly has volunteered to train a leader for Mar Vista, will travel with group at first then Volunteers will take over.
- III. Call Metro at 323 466 3876 to talk to actual person and plan your trip. Give specifics like limitation of walking and they will find best way for you to travel. Tap card for seniors \$0.35 off peak hours 9am - 3pm and 7pm - 5am all day Saturday and Sunday. Free 2 hour transfers all over the county.
- IV. Applications were handed out and are available on line - [http://media.metro.net/riding\\_metro/riders\\_guide/images/tap\\_sr\\_app.pdf](http://media.metro.net/riding_metro/riders_guide/images/tap_sr_app.pdf). 62 and older can apply for

senior TAP cards. Proof of age and current photo required. It can be mailed in or go City Hall Culver City has a transportation desk - easy parking no waiting. Costco is cheapest place to get photos. Call 1-866-tap-to-go. To have expired card want to renew can be done over phone, they will send out a new card to you or you can reapply online. Old cards expired in two or three years, Senior different categories based on age. New rounds of cards all expire in 10 years. You can get a senior fare with a regular TAP card through vending machines - select single senior fare. The general TAP card costs \$1 then a single senior fare is \$0,35

- V. All trains and platforms have emergency call boxes in case you do not feel safe. Traveling with group is fun and safe. Limit eye-contact when traveling alone. Be aware of your surroundings, be smart get off and take next train if you feel unsafe. Talking on phone can be bothersome to others. Riders are encouraged to not Eat, Drink, Smoke or play music but it does happen .There is a lack of basic etiquette.
- VI. The Gold line will be extended on March 5. The EXPO line will be expected in Santa Monica sometime in May. Blue line to long Beach, Expo is more teal so be careful to get on the right one. The Red and Purple line are the only subway lines; all others are above ground. Red line becomes the orange line. Orange Line is not a train it is a bus with a dedicated bus lane and stops. Silver line is also a bus very fast, not in regular traffic. It is faster than the blue line, a lot less stops. What is DASH? a bus service that is lettered and serves smaller areas like downtown, dash is \$0,25 for seniors, you can use your TAP card on DASH busses. Ladot transit for more info. Little Tokyo regional connector station. Should be done in 2019 and help the connecting from all different lines to ease travel. Note – Big Blue Bus has just extended into Marina Del Rey but that is a separate fare -<http://argonautnews.com/big-blue-bus-is-coming-to-the-marina/>
- VII. Parking at Culver station, there in not enough parking, there are no plans to extend the amount of parking. The hope is that Santa Monica residents will be starting their travel and parking in Santa Monica relieving some of the parking issues in Culver City. Traveling with children - on outside of car next to door there will be a marker showing there is room for Bike, luggage, or stroller.
- VIII. TAP Card keep small amount of stored value stays on card. They can be used on all buses. Products are: day passes, single fare, 30 day pass. 30 day pass great if you use everyday but only good on Metro. Stored Value gives you flexibility. How do you check amount left on your TAP? Check at vending machine or online. When checking in (when you tap) it displays for a few seconds you need to be fast. Expired cards can have money transferred to new card. Loading your TAP call number on back of brochure and use credit card, do it online or at transit stations. When you transfer you tap your card again. When you exit train you pass through a validator you tap your card and this will trigger a transfer note on your TAP. Tap each time you transfer, from time of transfer you have two hours. Do not tap when you end your trip. If you are trying to limit your walking call to see what is the best way it might be two buses instead of rail. Fine \$250 for not having valid fare. All day pass senior fare is \$2.50. LA fly away is not part of LA Metro goes direct \$8 from LAX to Union Station or in reverse. Pets overlooked if in proper carrier, service animals are okay. Peak time trains run every 3 min, off peak every 10 min.
- IX. All in attendance at today's meeting are invited to a tour lead by Lilly to become familiar with Metro rails, Sherri will give Lilly the emails of those in attendance to arrange it.
- X. Art tours of 15 people or more, docent lead talk about artwork in station and surrounding area offered first Thursday, Saturday and Sunday. Get more info at [Metro.net/art](http://Metro.net/art) and click on Art Tours.
- XI. Mark Ambrose volunteered to start a group at Mar Vista Park. Volunteers will do a 2 day training and after that you are free to take you group. Metro will give volunteers a free 30 day pass each time you facilitate a tour, 1 monthly outing a month will allow you to travel for free each months. Buddies will know where bathrooms are, they know restaurants etc where they can stop and use facilities. They will know to deal with mobility issues. Buddies get to do it their way, everyone finds their own style. Create an email list and invite community and members each month to scheduled tours. GOLLA is a good app, to use for traveling cheapest, fastest and greenest way - <http://golaapp.com/> GOOGLE transit also great -

<http://maps.google.com/landing/transit/index.html> . Meet Up is a great way to organize groups - <http://www.meetup.com/> . Lilly will be at MVCC tent this weekend to give information

XII. Handouts –

- [http://media.metro.net/riding\\_metro/riders\\_guide/images/pocket\\_guide\\_senior.pdf](http://media.metro.net/riding_metro/riders_guide/images/pocket_guide_senior.pdf)
- [http://38.100.36.184/adwheel2015/entries/15-1864\\_tk1\\_2015\\_TAP\\_TVM\\_eh\\_final-72c31711.pdf](http://38.100.36.184/adwheel2015/entries/15-1864_tk1_2015_TAP_TVM_eh_final-72c31711.pdf)
- <https://www.metro.net/riding/metro-guided-tours/>
- <https://www.metro.net/about/art/art-tours/>
- [http://media.metro.net/docs/metro\\_destinations\\_guide.pdf](http://media.metro.net/docs/metro_destinations_guide.pdf)
- <https://www.metro.net/riding/senior-tips/move-riders-club/>
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• **Old Business reviewed – not covered due to lack of time**

- a. Update on Board response to motion supporting Councilmember Mike Bonin to create a new ordinance addressing short term rentals ([Council File 14-1635-S2](#))
- b. Update on \$1,500 Neighborhood Purposes Grant for Westchester Playa Village

c. **Future guest presentations**

- a. **March** – Monica Moore of [UCLA Easton Center for Alzheimer’s Disease Research](#)
- b. **April** – [Affordable Living for the Aging](#) roommates in Mar Vista to lead a discussion group, Q&A about their program (TBC)
- c. **May** – Our Time Bank- <http://ourtimebank.timebanks.org/>
- d. **June** – Wise and Healthy Aging - Molly Davies, Vice President Elder Abuse Prevention and Ombudsman Services, as the representative who will conduct the presentation that evening.  
<http://www.wiseandhealthyaging.org/city-and-county-of-los-angeles-long-term-care-ombudsman>
- e. **July** – [Charles Guinn, Certified Aging in Place Specialist](#) on reverse mortgages - educating homeowners in the various uses of the reverse mortgage, when not to get one, and answer any questions that we may have.

• **Public Comment –**

- Elections coming up MVCC - goal is diversity and more candidates. Renters are not represented on board. Statements and profiles will be on EmpowerLA - <http://empowerla.org/elections/> Watch the MVCC Facebook page and eblasts for info. Last election we had just about one candidate for each seat and very few voters - lets change that.
- Senior group meets every Friday 10am to noon with Bingo afterwards at Mar Vista park. Up to 70 people, great group. Check it out.

• **Meeting adjourned at 7:30**

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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)*

Councilmembers Mike Bonin and Paul Koretz, Assembly Members Richard Bloom and Sebastian Ridley-Thomas, City of L.A. Dept. of Recreation and Parks, Jewish Family Service of Los Angeles, and the Stop Senior Scams<sup>SM</sup> Acting Program invite you to

# LOS ANGELES SENIOR FRAUD AWARENESS DAY

THURSDAY MAY 12, 2016 9:30 AM – 1:30 PM



Felicia Mahood Senior Multipurpose Center  
11338 Santa Monica Blvd., Los Angeles, CA., 90025



GUEST SPEAKERS FROM FEDERAL TRADE COMMISSION – CSLB -  
W.L.A. DIV. POLICE DEPT - L.A. COUNTY DISTRICT ATTORNEY & MORE...

FEATURING

**STOP SENIOR SCAMS<sup>SM</sup> ACTING PROGRAM**

COMMUNITY INFORMATION BOOTHS AND REFRESHMENTS

FOR MORE INFORMATION CALL 310 479-4110 Free Parking on Corinth Ave.



ASSEMBLY MEMBER  
**Sebastian Ridley-Thomas**  
DISTRICT 54



MIKE BONIN



ASSEMBLY MEMBER  
**Richard Bloom**  
DISTRICT 50



JEWISH FAMILY SERVICE OF LOS ANGELES

A family of services.  
A family that serves.