



Mar Vista Community Council



Thursday, March 17th, 2016
6:00 PM – 7:30 PM

Windward School Room #800

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 – Sherri Akers, Birgitta Kastenbaum, Allison Beale, Susan Black-Feinstein, Tom Ponton, Suzanne Benoit, Jean Roth, Charles Guinn, Hosneya Khattab, Leanne Lindsey, Mark Ambrose, Paola Cervantes, Nathan Horowitz, Mildred Simpson, Ann Boehmer, Ed Gray, Pauline Kaner, Al Kaner, Colin & Corie Hatton, Christine Taylor, Barbara Yeh, Wayne Caudill, Patricia Pool Gross, Jean Santiago, Monica Moore

- **Called to order** - 6:04
- **Brief Introductions**
- **Public comments and announcements**
 - **Informational meeting for WPV – Sunday March 19th, 11:00 AM to 12:30 PM at Windward School Room 800**
 - **SENIOR REFLECTIONS: BRIDGING THE GAP –Cultural Storytelling! A presentation of select Stories by participants aged 8 - 98 at the Mar Vista Recreation Center. SEEKING ACTORS and VISUAL ARTISTS to work alongside youth aged 8 – 15. REHEARSALS: Tuesdays April 5th to May 31st, 2016 4:30pm – 6:30pm - <http://www.marvista.org/node/3528>**
- **February minutes approved**
- **New business –**
 - a) **Guest speaker – Monica Moore, MSG, of [UCLA Easton Center for Alzheimer's Disease Research](#) will be our guest presenter and hold a Q&A on Alzheimer's and Dementia – What We Need to Know.**
 - Alzheimer's and Dementia Basics (including what is normal and what is not)
 - The latest in Research and Diagnosis in Alzheimer's Disease
 - The Future of AD Research - how you can help (Clinical Trials)

[Presentation is posted here](#); the following notes are in addition to the slides in the presentation.

Appointments: [UCLA Neurology Dementia and memory disorders Clinic](#), No long waits! You probably will be seen within a month.

You can live with the diagnosis for 5 till 20 years, it starts often years before any symptoms occur.
Cell death occurs when cells can no longer communicate with each other.
Can cell stems help? This might be future research but we are still trying to understand the disease itself.

Dementia is umbrella term; Alzheimer's is the most common form – 60% to 70% of dementia is Alzheimer's. But there are many types and each form has different symptoms that may first appear.
Tests to rule out Alzheimer's is hours long and may be conducted over two days.

[Creutzfeld Jakob Disease](#): Human form of mad cow disease, fast decline, very rare, highly contagious.
(can be spread through instruments tainted with the disease, not from being in close community with the person with the disease).

[Frontal Temporal Degeneration](#): may have sharp memory but don't have social reasoning or judgment.
Lots family strife.

[Parkinson's disease related dementia](#): happens in later stages Parkinson's, most symptoms are regarding diminished memory and reasoning.

[Dementia with Lewy Bodies](#): some memory loss, problems speaking, diagnosed often 55 to 65 (and older)

[Early onset Alzheimer's](#) - diagnosed before age 65, disease progresses faster than when Alzheimer's starts later (earlier) in life.

[Vascular Dementia](#) – usually people prone to stroke

[APOE4 Gene](#) if you have it increased risk of getting Alzheimer's.

PBS documentary [The Forgetting](#)- very powerful documentary.

Reversible Dementia- Many things can create temporary symptoms. A few examples - UTI- Urinary Tract infection, deficient in certain vitamins, medication interactions.

PET scan best way to diagnose, most insurance will not pay, very expensive
Clinical trial is good way to get all diagnostics done and will include PET scan. Being part of trial helpful for you and research.

Diet, exercise and lifestyle! Attendee comment – most Medicare supplemental insurance programs offer the [Silver Sneaker program](#) – free access to many fitness centers.

Use it or lose it! stay active use your brain. Find what you like.

Be social!

Be active.

Exercise decrease risk of dementia

MCI = [mild cognitive impairment](#), this can be unrelated to Alzheimer's and may never lead to Alzheimer's as MCI is a form of dementia.

If diagnosed as having Dementia - ask what kind. Might be reversible Dementia- Many things can create temporary symptoms. Like medications, UTI- Urinary Tract infection, deficient in certain vitamins. Ask doctor for clarification it could cause issues with family or insurance that you will want to avoid.

Progression of Alzheimer's is different for each person. There are stages but each person moves through them differently or might skip a stage.

Note upcoming event - <http://www.alzglia.org/events/early-memory-loss-forum/> A one day, interactive symposium created by and for people with early stage Alzheimer's disease and related disorders. The conference provides support, education and networking for the special needs of those with early stage dementias.

b) Possible motion –

Discussion –

- Motion introduced by Birgitta Kastenbaum, seconded by Nate Horwitz
- Questions on Tax Credit for Caregiving Expenses – max credit very low, can it be raised? Does it apply to self-employed also? – research indicates it does not restrict self-employed - “(2) has earned income (as defined in section 32(c)(2)) for the taxable year in excess of \$7,500.
- Question whether this committee is the appropriate place for an MVCC motion on this topic. (note – follow up emails clarified that attendee was not aware this was a committee meeting until after the question was asked)
- Question called by Charles Guinn. Motion passes – 24 ayes, 1 nay, 1 abstention

Whereas by 2030, 20% of our community will be 65 or older

Whereas 1 in 3 will have dementia or Alzheimer's – almost 2/3 of them women

Whereas Medicare does not cover any of the essential services needed to care for those with dementia – forcing family caregivers out of the work force.

Whereas 25% of Boomers care for an aging parent resulting in an average loss of income of over \$300K. Yet when forced to leave the workplace they face further hardship if taking social security early with a reduction of benefits of almost 30%

The Mar Vista Community Council respectfully urges Congressmember Karen Bass to support our senior community by -

- **Introducing a proposal that early retirement taken to provide family caregiving be an exception to the reduction for early benefits, as done with disabilities.**

- Supporting the proposal by Congressman David Jolly that will change how the cost of living increase is calculated on social security. (see info in addendum below)
 - Supporting the [Credit for Caring Act](#), which provides a tax credit to working family members equal to 30 percent of a caregiver's expenses greater than \$2,000. The bill aims to reward working taxpayers and encourage continued participation in the workforce while providing care to a loved one. It was introduced by Rep. Linda Sánchez, D-Calif., who chairs the Congressional Hispanic Caucus, and Rep. Tom Reed, R-N.Y. (see info in addendum below)
- **Meeting adjourned 7:45**
 - **Addendum -**
 Congressman David Jolly (FL-13) has introduced legislation that will change the formula used to calculate annual Social Security benefits. The change, under the [Keeping Our Promise to Seniors Act \(H.R.4551\)](#), would mean seniors are more likely to receive an annual benefit increase that matches the increased cost of products and services they purchase, like groceries, healthcare, and housing.
 "Many seniors depend on Social Security as their primary source of income after retirement, and the government has made a promise to provide them with the benefits they have earned and paid into," Jolly said. "We must make the system work to ensure that the income seniors receive keeps up with the rising costs of living they face."

In October, the Social Security Administration announced Social Security recipients would not receive a cost-of-living adjustment or COLA this year. That's because the federal government uses a formula to determine inflation that is heavily tied to the price of fuel, which has gone down.

This is the third time in the last 6 years (2010, 2011 and 2016) Social Security benefits for nearly 65 million Americans have not increased. Meanwhile, food and medicine prices continue to increase.

"Older Americans have unique buying patterns that aren't the same as those of the average worker. As the annual cost of items like housing and healthcare rise, seniors face a disproportionate increase in their cost of living. We have an obligation to ensure the system is responsive to their needs," Jolly noted.

Jolly's Keeping our Promise to Seniors Act has been endorsed by Social Security Works.

Lawmakers Introduce Bill to Provide Tax Credit for Caregiving Expenses

WASHINGTON, D.C. (MARCH 9, 2016)

BY [MICHAEL COHN](#)

A pair of lawmakers on the tax-writing House Ways and Means Committee have introduced bipartisan legislation to provide a tax credit for caregiving expenses

Rep. Linda Sánchez, D-Calif., who chairs the Congressional Hispanic Caucus, and Rep. Tom Reed, R-N.Y., introduced the [Credit for Caring Act](#), which provides a tax credit to working family members equal to 30 percent of a caregiver's expenses greater than \$2,000. The bill aims to reward working taxpayers and encourage continued participation in the workforce while providing care to a loved one.

"This is more than just another tax credit," Sánchez said in a statement Monday. "This is about how we can help older adults and people with disabilities live independently in their own homes and communities. This legislation will help alleviate some the burden on family caregivers by providing a tax credit for services such as home care and adult day care. I am proud to work with Rep. Tom Reed to find a bipartisan solution to help families across this country care for their loved ones."

Caregivers would need to earn at least \$7,500 of earned income (approximately halftime at minimum wage) to be eligible for the credit. The amount of the credit would be capped at \$3,000 and phase out for married taxpayers with incomes over \$150,000 (\$75,000 for single or taxpayers filing separately).

To be eligible for the tax credit, taxpayers would need to be caring for a family member who is the taxpayer's spouse, parent, grandparent, sibling, child, niece or nephew, brother or sister-in-law, or father or mother-in-law. The family member would need to be certified by a health care professional as requiring long-term care needs for at least six months and unable to perform at least two activities of daily living (dressing, eating, bathing, walking, going to the bathroom, and grooming/personal hygiene).

Eligible expenses would include goods, services and support purchased by the caregiver to assist with activities of daily living. For example, the eligible expenses could include purchases made on behalf of the care recipient for groceries, incontinence supplies, a remote health monitoring device, modifications to a home, transportation to a doctor's office, or hiring someone to look after an elderly parent.

"We care about those who become caregivers for their aging parents, grandparents or other relatives," said Reed. "These families are making enormous sacrifices and oftentimes struggle to make ends meet. The expense of providing personal, at-home care can add up quickly. It's only fair that we support our caregivers, and I'm proud to work with Rep. Linda Sanchez on legislation that does just that. It's a win-win. Families will stay together and those in need of assistance have access to better care."

Westside Pacific Villages
services are now available in your neighborhood.



"I am so very grateful and enormously appreciative for all the compassionate and efficient support WPV has given to me for more than 3 years...I would be lost and homebound without their help."

U.L., WPV Member



What do we do?

Our members enjoy:

- ♦ Friendly visits
- ♦ Help around the house
- ♦ Transportation
- ♦ Social programs
- ♦ And much more!

Who can join?

- ♦ Older adults in our community

Why should you join?

- ♦ Access to resources that will help make your life easier
- ♦ Sense of security knowing that WPV is there to help and just one call away
- ♦ Stay engaged in your community

We're holding an informational meeting!

Date & Time:

Saturday, March 19, 2016

11:00 AM - 12:30 PM

Location:

Windward School (Room 800)

11350 Palms Blvd.

Los Angeles, CA 90066

Parking available off of Sawtelle Blvd.



Westside Pacific Villages

(310) 695-7030

Website: www.thewpv.org | Email: info@thewpv.org

**VOLUNTEER
OPPORTUNITIES
AVAILABLE**

**SENIOR REFLECTIONS:
BRIDGING THE GAP –
Cultural Storytelling!**

You are cordially invited to participate in
**SENIOR REFLECTIONS: BRIDGING THE GAP –
Cultural Storytelling!**

A presentation of select
Stories by participants aged 8 - 98
at the **Mar Vista Recreation Center**.

**The program was conceived by
Sam Robinson, District 11 AIR Grant recipient,
in collaboration with
visual artist Alvaro Asturias.**

**WE ARE SEEKING ACTORS and VISUAL ARTISTS
to work alongside youth aged 8 – 15.**

REHEARSALS:

**Tuesdays April 5th to May 31st, 2016
4:30pm – 6:30pm**

**There is no cost to participate. ALL ADULT PARTICIPANTS MUST BE FINGERPRINTED
THROUGH THE MAR VISTA RECREATION CENTER. FINGERPRINTING IS FREE OF
CHARGE. FORMS AVAILABLE AT THE FRONT DESK.**

PERFORMANCES:

**Friday June 3rd and June 4th
Mar Vista Recreation Center**

Performance is free and open to the public
This production made possible with generous support from



DEPARTMENT OF CULTURAL AFFAIRS
City of Los Angeles

Additional sponsors:

The City of Los Angeles Department of Recreation and Parks.

For additional information and to enroll, contact

Sam Robinson - saminsilverlake@gmail.com

**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.*

***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*

EARLY MEMORY LOSS FORUM

... a one-day event planned by & for people with early memory loss & those who care for them.



Skirball Cultural Center

Sunday, April 10, 2016

9:00am – 3:30pm



Keynote

KIM CAMPBELL

Wife of legendary Glen Campbell
& co-founder of the
"I'll Be Me" Alzheimer's Fund



Master of Ceremony

MAYDE GOMEZ

KABC7 Reporter



Medical Presenter

HELENA CHUI, MD

Chair, Department of Neurology
USC Keck School of Medicine

WORKSHOPS INCLUDE:

- latest research
- brain yoga & meditation
- memory aids & strategies
- resources & support
- alternative interventions
- finding fun

REGISTRATION DEADLINE:

Friday, April 1

General Admission \$25 | Professionals \$100

844.HELP.ALZ (844.435.7259)

www.alzcla.org/events

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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 ScamsSM 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 SCAMSSM 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



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A family
that serves.