



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

**Thursday**, February 16th, 2016  
6:00 PM – 8:00 PM

**Windward School Room 210/220**

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

### Draft Minutes

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**Attendees** – Tatjana Luethi, Birgitta Kastenbaum, Mohamed Hassan, Marilyn Zweifach, Melissa Stoller, Mark Buchheim, Hosneya Khattab, Susan Klein, Nancy Howell, Miriam Hall, Christine Taylor, Eva Clark, W. Gilbert Clark, Melinda LeBlanc, Adriana Mendoza, Debra Hochman, Sarah Jacobus, Grace Farwell, JAI, Elliot Hanna, Richard Siegel, Lisa Bricker, Freddi Segal Gidan, Lou Kranz, Yasmyn Pifani, Mike Ai, Mike Bonin, Sara Elwood, Len Nguyen, Sarah Buchsbaum

- **Called to order : 6.10pm**
- **Brief Introductions**
- **January minutes** approved with one abstention.
- **Public comments and announcements**
- **Guest Speaker – Adriana Mendoza – AARP and Purposeful Aging LA - Community Listening Session.** The purpose of the Community Listening Sessions is to assess the needs, wants and priorities of older adults and intergenerational residents throughout the Los Angeles region. Participants share their insights on how their community can become more age-friendly today and share their ideas for making their community more age-friendly in the future. AARP membership starts at 50.

This assessment today is used to inform the Los Angeles region's age-friendly action-plan, which is being developed as part of the Purposeful Aging Los Angeles Age-Friendly Initiative.

- Following the main discussion, we'll identify top priorities. The wrap-up will include a brief highlight of AARP's Public Policy Institute's Livability Index.
- Everyone who provides an address or email will receive a summary of this session within four weeks.

Adriana Mendoza and Rafi:

AARP made an intention to be more involved in communities and have local presence. AARP stands for American Association of Retired Person, then the name was changed because 50% of our members are not retired.

Last year the county and Mayor Garcetti joined the nationwide movement to develop a 5 year action plan, 2 year of planning, and 3 year of execution. We are working with the county and the city together. We would like to have 2 listening sessions per district. Tonight, we want to hear from you to inform our action plan. Your input is very valuable and will be send to the city and the county as part of the data collection. Information will be confidential and only be used for what it is intended.

What's the definition for "age friendly"? Age friendly community is a community that is livable for all ages.

The world health organization defined the following domains, however our conversation is not limited to that: transportation, housing, social participation, respect and inclusion, civic participation and employment, communication and information, community support and health services, outdoor spaces and buildings.

**Questions for today:**

1. What do you love about your community?
2. What do you need now and in the future?
3. What would add to the quality of life in your community?
4. Let's now prioritize issues

**Our group agreements for today's session are:**

Turn off electronic devices

Be open to different opinions

One person speaks at a time

Be concise and use concrete examples whenever possible

We want to hear all voices in the room, if you had ample time leave room for others to share

For today we are defining our community as Mar Vista:

**1. What do you like most about your community:**

- The Aging in Place Committee
- We appreciate that Windward School is making itself available to seniors for the AIP
- Committees
- Safety, Walking,
- Farmers Market, and the sense of community and connection it created / creates. Helps for the community coming together.
- All the new restaurants on Venice Blvd.
- Enjoys the view when walking on his street
- Mar Vista Stairs
- There is a vibrant sense of community and open invitation for us all to be active participants in the council – civic participation
- Enjoy the schools for our daughters, they were good and close
- Appreciates the council for creating so many different committees with different focus, including arts and culture, everything is being addressed, I appreciate the efforts of our councilmen
- Appreciate the cordial relationship with my neighbors, we look out for each other
- Appreciate our community gardens
- Appreciate our art walks, the 1<sup>st</sup> Thursday of each quarter

- Feel fortunate that our park has a cool – mar vista recreational center
- Feel fortunate that our council member lives in our community
- Transportation: I live near a bus station, it took us both to work to UCLA during our working years, and allowed us to have one car between the four of us, it all worked out fine
- Elementary schools are good
- Community is more involved with school
- Enjoys the service at the Mar Vista Library
- Cultural diversity in Mar Vista is an asset
- Vicinity of Silicon Beach where all the tech is happening
- The new Expo Line

**2. What do you need now and what do you need in the future (5 – 10 years from now)? Where are you living, housing type, multi-family, apartments, amenities?**

- Embrace more of neighborhood collaboration – the village concept – like Westchester Village Service
- A Mar Vista community building / center to recreate the togetherness we get at the Farmer’s Market, but every day.
- Food sharing: People who live alone, extra groceries go bad, cooks too much, gets thrown out, and sharing meals together.
- Age and intergenerational places that help people age in the community, and bring together childcare center – more integration between ages, connecting
- Creating dementia friendly cities, training at restaurants what that looks like
- Long term care options
- Better transportation to expo line
- Co-Housing, Intergenerational activities
- Explore and implement how arts can be used to address community issues. Imagination can infuse how we look at our community
- I worry about climate change, I’d like to be in a place that takes action, adapts and is aware of how that affects our community
- I see a lot of new young families moving in, I’d be curious how to inspire them to financially support the residents that have been in here for a long time. Maybe young people setting up a fund / provide a service to an older adult/family.
- We have tremendous resources in this room, let alone in our community. How can we harness all of these skills, resources and expertise? How can we catalog that and create some sort of matching of needs and solutions? People want to contribute, be part, support, retool, and be part of the community and support it.
- An outreach program for people who are isolated, are old, don’t know how to get there. We should create a program to go to them and find out what their needs are.
- Venues: Nextdoor tried to get people together, they got 200 people, tried to meet, but couldn’t find a venue to meet. So we had to pay \$300 to rent. For community projects like this need we need venues.
- Glendale police department issues ankle bracelets for people with dementia, would be great to have this in Mar Vista.
- Help with caregiving for family members

**3. How will you get around? If in the future you need to get around and can’t drive anymore, how would you like to get around?**

- Driverless car, and ride sharing
- Fix the sidewalks that are lifted due to tree roots, or damaged so they are walkable for people with walkers and wheelchairs, and mothers with baby carriages
- A lot of repairs are quick band aid fixes without thinking long term
- Affordable transportation for people with disability, that’s affordable and accessible for low income
- Community Uber drivers

- Doing outreach and education about what's needed, so people understand why we need these things, so they are willing to pay a bit more / taxes.

#### **4. Do you feel safe in this community / outside at most times of the day? Why or why not?**

- Don't feel safe walking outside due to sidewalks / street
- I felt safe until I started reading Nextdoor, I wasn't sure if I'm naïve or if everyone else is paranoid 😊. Even though crime has gone down, but because of immediate access to information age and technology the perception of crime has gone up (awareness).
- Break-ins are a concern
- I feel safe in our neighborhood, we have an excellent neighborhood watch group and that is really helpful

#### **5. What needs to work better in your community?**

- Homelessness, we need to figure out how to care for homelessness
- Affordable housing, McMansions are spreading like mushrooms, the impact on older adults is hard on those who have owned their home for a long time. How do we cope with more affluent people moving in? How do you allow for some growth? How do you handle the displacement for lower income residents? Rent and affordability is changing in Mar Vista. How do you sustain a sense of community with these forces coming in.
- Mixed use, living and retail, affordable housing
- More engagement of faith based community? To what extent could they get involved?
- Transportation even in grid lock.

#### **6. What resources will you need, existing or new resources for future? Think about what you need to go about your daily life in community?**

- There is a faith-based organization that does outreach, we have The Learning Garden, we have so many different segmented resources, we need a central place to harness and learn about what's available.
- Senior friendly businesses, that is a resource that needs to come into play. Often, we go to a market and there is no compassion for our age. Everyone is in a rush.
- Neighborhood car service to get around if I can no longer drive

#### **7. Let's prioritize issues**

- What feature do you want today, and which one do you want in the future. Place your dots there (everyone was given two sticky dots to put up on the board listing issues).

  1. Community Center
  2. Caregiver Support
  3. Good sidewalks
  4. Affordable Housing
  5. Dementia friendly
  6. More robust public transpiration system
  7. Transportation options, accessibility from home to expo line
  8. Repairing streets

### **Old Business**

- **Future guest presentations –**
  - **March – Chief Armando Hogan of LAFD** - issues and wellness strategies for older adults in the community.

- **April** – Bonnie Davis – Senior living advisor. Transitioning to care and changes in homecare. Who pays for what? What funds are available? Why a skilled nursing facility vs. assisted living? How to negotiate for best pricing.
  - **May** - Medical marijuana for seniors (TBC)
  - **June** - **Alzheimer’s of Greater LA - Making Home Safe for a Person with Alzheimer’s**. This training helps caregivers understand, manage and improve the safety risk factors at home that can seriously impact individuals with Alzheimer’s or a related dementia’s ability to stay at home and in the community for as long as possible.
  - **July** – Allison Beale – Powerful Tools for Caregivers
- Potential future speakers –
    - **Carol Hahn - how to provide safe mobility and retain some independence**. The risk of fall getting in and out of a mobility device unassisted. The role of dementia with a mobility device. Other health changes resulting from reduced activity. Options to consider - exercise, medications, surgery, injections. Which specialist should you see? Are up lift chairs a good idea – are there concerns with dementia? Balance considerations? Will have mobility devices to demonstrate.
- **Public comments**
  - **Adjourned meeting**

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