



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday September 28th, 2017

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

Draft Minutes

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Attendees – Sherri Akers, Paola Cervantes, Kristin Sherman, Cheryl Tigner, Hosneya Khattab, Ashley Webster, Mandi Carpenter, Jessica Deeb, Lauren Instenes, Birgitta Kastenbaum, Allison Bealle, Susan Black-Feinstein

- **Called to order – 6:07**
- **Brief Introductions**
- **Motion to approve August minutes – motion approved**
- **Public comments and announcements**
 - **Lauren Instenes - intergenerational program with P.S. Arts**, involving service and arts education - <https://www.psarts.org/> - open to volunteers!
 - **Helping Alzheimer's Family Caregivers Care with Savvy 3 FREE sessions that help you:** understand Alzheimer's & dementia, learn what to do when routine tasks become challenging, recognize the importance of taking care of you, and connect with resources in your community
Thursdays: Oct. 26th, Nov. 2nd and Nov. 9th (All Sessions Required) **4:00 to 6:00pm OPICA Adult Day Care Programs and Counseling Center** 11759 Missouri Ave. Los Angeles, CA 90025 **To register contact:** Carol Hahn, MSN, RN - 310.612.9064 or CarolHahnRN@earthlink.net
 - **Mandi Carpenter – Aging Master Program offered through JFS - Jewish Family Service of Los Angeles** is partnering with Department of Aging, National Council of Aging and UCLA to test out a new workshop; [Aging Mastery Program](#). Because it is a pilot program, UCLA will be collecting data from a pre/post survey that all participants will take. Registration and Pre-Survey will be held on October 9th, 2017 Monday at 1:30 p.m. at 6310 San Vicente Blvd., Los Angeles, CA 90048. See flyer below for more details.
 - **Ashley Webster – Windward will advise dates for next session of Windward Teaches Tech – details to follow.**

- **Guest Speaker** – Paola Cervantes and Kristin Sherman of [Voyages Preschool](#) presented an overview on the GrandPals intergenerational activity program that she launched in 2016 with Sunrise Villa Senior Living. Together they set an intention to enrich the lives of participants by meeting weekly in a group they call GrandPals. The children and older adults share stories as they engage in activities manipulating multiple materials. Through these stories, they are strengthening bonds that will deepen their community ties. These bridges across lifetimes honor and reconnect the rich biological relationship between the very young and the very old and bring reflection and purpose to both. [Click here to see the slide presentation.](#)
- **Old Business** – none
- **Future guest presentations** –
 - **October 19th - Maintaining Mobility and Independence in Persons with Dementia** - Carol Hahn is a Wellness and Fitness Nurse, and Community Educator at OPICA Adult Day Care Programs & Counseling Center. She will discuss the importance of safe mobility and fall risk reduction that supports the health and quality of life of a person with dementia.
 - **November 16th - Brent Gaisford** will present on multifamily and co-living development in Los Angeles. Let's talk about innovative living spaces and how they will support our ability to age in place in our community. Brent is a partner in Upwell Real Estate Group (<http://upwellrealestate.com/>). They have broken ground on their first co-living property in Hollywood.
 - **December 21st – SPECIAL LOCATION Anastasia Bacigalupo, Executive Director of Westside Center for Independent Living. The meeting will be held at their offices at 12901 Venice Blvd** <http://www.wcil.org/>
 - **January 18th – Birgitta Kastenbaum** self-advocacy and tools to empower us to have a voice and be invested in our own health.
 - **February 15th – Sherry McCoy and Francine Lyles** on senior scams (TBC)
- **Public comments** - none
- **Meeting adjourned 7:30**

AGING MASTERY PROGRAM®

Join the adventure!



Would you like to be a part of a Brand New Pilot Program? *Register now for this FREE Program!*

The Aging Mastery Program® (AMP) encourages mastery – developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

If you meet the qualifications listed below, we are looking for your input! You will receive two gift cards for your participation totaling \$35.00!

1. **Able to speak and understand English**
2. **Able to attend registration on October 9th and also attend data collection session on December 18th.**
3. **Attend one of two AMP Workshop (to meet once a week 1.5 hours for 10 weeks)**
4. **Plan to be living in the region and not moving during the next 6 months.**
5. **Are 55+**

This project is a partnership between the National Council on Aging and the L.A. Community Academic Partnership for Research in Aging Center at UCLA and is generously supported by the LA Department of Aging. You will be asked to complete a survey before the class and after the last class. Upon first survey completion, you will be randomly selected to either join a class that starts:

**The first AMP Workshop to start Monday October 16th at 1:30 p.m.
and will continue weekly until December 18th**

Registration and Pre-Survey to be held on October 9th, 2017

Limited spots available: Sign up now!

Classes to be held at 6310 San Vicente Blvd., Los Angeles, CA 90048



To register for the Workshop or if you have any questions please contact
Mandi Carpenter at (213) 260-7975 or mcarpenter@jfsla.org
You can also sign up at Freda Mohr with Yaya Contreras.

PARTICIPANTS MUST SIGN UP BY OCTOBER 2ND, 2017

*** PUBLIC INPUT AT NEIGHBORHOOD COUNCIL MEETINGS** – The public is requested to fill out a “Speaker Card” to address the Board on any agenda item before the Board takes an action on an item. Comments from the public on agenda items will be heard only when the respective item is being considered. Comments from the public on other matters not appearing on the agenda that are within the Board’s jurisdiction will be heard during the General Public Comment period. Please note that under the Brown Act, the Board is prevented from acting on a matter that you bring to its attention during the General Public Comment period; however, the issue raised by a member of the public may become the subject of a future Board meeting. Public comment is limited to 2 minutes per speaker, unless adjusted by the presiding officer of the Board.

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