



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

**Thursday October 19th, 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** – Dr. Marion Somers, Francine Lyles, Ann Boehmer, Ed Gray, Mildred Simpson, Sherry McCoy, Carol Hahn, Allison Beale, Vivre Leps, Caroline Payne, Susan Black-Feinstein, Sherri Akers, Tatjana Luethi, Jim Leedom

- **Called to order: 6:02pm**
- **Brief Introductions**
- **Motion to approve September minutes:** Approved unanimously
- **Public comments and announcements**
  - **Discussion about blocking scam calls - Should I answer app**  
<https://www.shouldianswer.com/>
  - **Windward Teaches Tech is returning!** First class is fully booked, confirmations will be sent out. Any new applications will be put on wait list and notified when next date is det.  
At this workshop, Windward Student Leaders will teach social media, apps, and rideshare services. The classes will cover such programs as Netflix, Hulu, Lyft, Uber, and Amazon. Other subjects may be available upon request. The class will take place on the Windward Campus in Room #210. If you are interested in attending the session, please click [Here](#) and fill out the form. They will accept the first 12 signups. Windward School is located at [11350 Palms Blvd.](#) in Mar Vista.
  - **MATTERS OF THE MIND - A COMMUNITY FORUM ON UNDERSTANDING AND RESPONDING TO ALZHEIMER'S OTHER RELATED DEMENTIAS.** A forum for health care and social service professionals, business owners and employees, community members and family caregivers. Free Admission & Parking. CEU's for Licensed Professionals. See flyer below.  
[www.mindweho.eventbrite.com](http://www.mindweho.eventbrite.com).
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**Guest Speaker** – Maintaining Mobility and Independence in Older Adults - Carol Hahn is a Wellness and Fitness Nurse, and Community Educator at OPICA Adult Day Care Programs & Counseling Center. Discussion was about the importance of safe mobility and fall risk reduction that supports the health and quality of life of all older adults, including a person with dementia. Jim Leedom of Home Health Depot (<http://stores.hhd1.com/>) brought several assistive devices for demonstration.

**See slide show that was presented here -**

**<http://carolhahnrn.com/wp-content/uploads/2017/10/Maintaining-Balance-and-Independence-Slides.pdf>**

**Purpose of safe mobility:** is essential to continued engagement in civic, social, and community life, and to the human interactions necessary for health, well-being, and quality of life.

**What happens if we don't move?**

- Pooled blood, reduced circulation. Increased workload on heart.
- Increased risk of edema and blood clots
- Decreased blood pressure when getting up

**Muscular:**

- Reduced muscle mass, strength – muscles weaken and movement progressively become more difficult.
- Calcium drains from bones. Risk for osteoporosis – fractures of the vertebrae, hips, pelvic and shoulders

**Gastrointestinal:**

- Risk for heartburn, indigestion, constipation
- Loss of appetite from reduced activity, depression, boredom, and illness

**Nervous:**

- Become weaker, loose independence, may cause depression, anxiety, restlessness, apathy, disorientation

**Respiratory:**

- Difficulty expanding lungs fully/taking a deep breath due to position
- Cough weakens, leads to lung infections, pneumonia

**Falling:**

In the US: 2.5M seniors to the ER

At least 250,000 seniors visit the hospitals for fractures

What puts us at risk for falls/what's a cause? History of falls, weakness in lower body, trouble walking, lack of Vitamin D, medications both counter and prescribed, vision problem, foot pain and footwear, home hazards

Falls are preventable:

- Talk about it with your doctor. Why don't people tell their doctor? Might be embarrassed, afraid of losing their independence, taking test. But a lot of falls are actually caused by things we can take care of, so we really should talk about it so we can take care of it. It's also good to carry a list of all the medication you take with you all times.
- Review your medication with the doctor or pharmacy. Get all your medication from one pharmacy so the pharmacist knows all the medication you take. Make an appointment. You can also try to pick up all the medication all at once on the same day so the pharmacist can see the combination you are taking.
- Have your balance checked by doctor or physical therapist
- Report any dizziness or confusion, keep track of it, it is at a certain time of the day (dehydration can make as dizzy and fall)
- Have your blood pressure checked, if it's too low that makes you dizzy and might make you fall, even if you

take blood pressure medication

- Ask if you could benefit from:

- Physical therapy
- Exercise therapy
- Home safety evaluation
- Assistive device – cane, walker (if you use a friend’s device, it might not be right for your body weight or height)

### **Eye Exams:**

- Get them checked at least 1 time a year
- Update your glasses if needed. Wear your most current glasses
- Wear protective lenses for outdoor activities (walking)
- Have your hearing checked too

### **Home Safety:**

- **Note – great NY Times article with videos that show the difference in vision perception and tips to improved safety** - <https://www.nytimes.com/interactive/2014/11/03/health/bracing-for-the-falls-of-an-aging-nation.html>?

- Use non-skid mat for tub or shower
- Install grab bars in tub and shower and next to the toilet
- Use a taller / raised and possibly colored toilet seat if needed (someone with dementia sees differently)
- Good lighting and keep areas where you walk clutter free
- Stairs and walkways should be well lit
- Remove smaller “throw rugs”
- Keep electric cords out of walking areas
- Have a telephone or personal emergency alert pendant accessible in case of emergency, have a plan where someone calls you once a day, etc, especially if you live alone in case something happens. (Note – Best Buy has launched a new service for home safety - <https://www.mprnews.org/story/2017/07/27/best-buy-bets-on-tech-for-monitoring-elderly-parents> )

### **Physical Activity:**

“If exercise could be packed into a pill, it would be the single most widely prescribed medicine”

Lower risk of early death, coronary heart disease, stroke, diabetes 2, prevent weight gain/falls, decreases depression, better cognitive function

Recommendations for physical activity:

- Adults: if no chronic condition, do 150 minutes of moderate intensity activity. Or 75 min a week of vigorous intensity aerobic physical activity, can do it in 10 min intervals. Muscle strengthening activities every other day.

If you have chronic conditions, work with your doctor a day

- For people over 65: Avoid inactivity. Follow the adult guidelines or do what you can do, any movement is better than no movement. Examples: walking, wash your car, gardening, etc. Do exercises that maintain or improve balance if at risk of falling. If the person is stubborn, make it fun, sneak it in (park the car further down the house, be creative)

**Check:** Physical activity guidelines for Americans: <http://www.physicalactivity.org>

- Look for ways to add physical activity into your normal routine - house work, take an exercise class, walk, gardening, even leg lifts while watching TV
- Endurance: Activities that get our heart going, like walking, riding a bike, swim, dance, park your car farther away, during a commercial get up and walk in place.

Strength: Helps with our muscles, hold a bottle of water or cans for weight and do little movements

Flexibility, Stretching: Little minor ones, even a neck turn, to help back up your car or look in both directions before you cross the street

Balance exercises: Marching in place, dance lessons, yoga classes, leg lifts when you are sitting when watching TV, stand on one foot – hold on to something Some activity is better than none, do something you enjoy and is doable, start out small

**How to help someone move around:**

- Encourage the person to moves as much around as possible on their own, let them do it themselves, because it's all movement and makes them feel independent
- If the person needs to stand up make sure they have something firm to stand up from
- Allow plenty of time for them to do what you ask, especially people with dementia need time to process what you want them to do
- Ask them to help you “would you do me a favor and do/get me....”
- Make sure the person wears sturdy shoes
- Make sure the pathways are okay and uncluttered, floors look different to a person with dementia – shiny floor can be perceived as ice – think about what might that person might be seeing. A reflection in the window could be mistaken as a person being there, etc)
- Look ahead not down when walking (think of toddlers, their body goes where their head goes, looking/bending over box then falling into the box)
- Are the equipment and devices used still in good condition?

**Devices/Walkers presented by Jim Leedom of Home Health Depot**

- Question - Does Medicare pay for devices? In 2014 Medicare implemented competitive bidding amongst device providers, and cut reimbursement by 45%. This cut out 90% of suppliers, and the 10% who went for it took a 40% cut. Most likely you'll have to pay out of pocket to get a good quality product.
- Westside Center for Independent Living <http://www.wcil.org/> (a non-profit), provides for free if you qualify and live in Santa Monica, if you need a device and need it and can't afford they will buy it for you. They have just been renamed Disability Community Resource Center.

There is not one right item for everyone – very important to assess what is needed for each person's unique needs. Adaptive mobility devices that we reviewed –

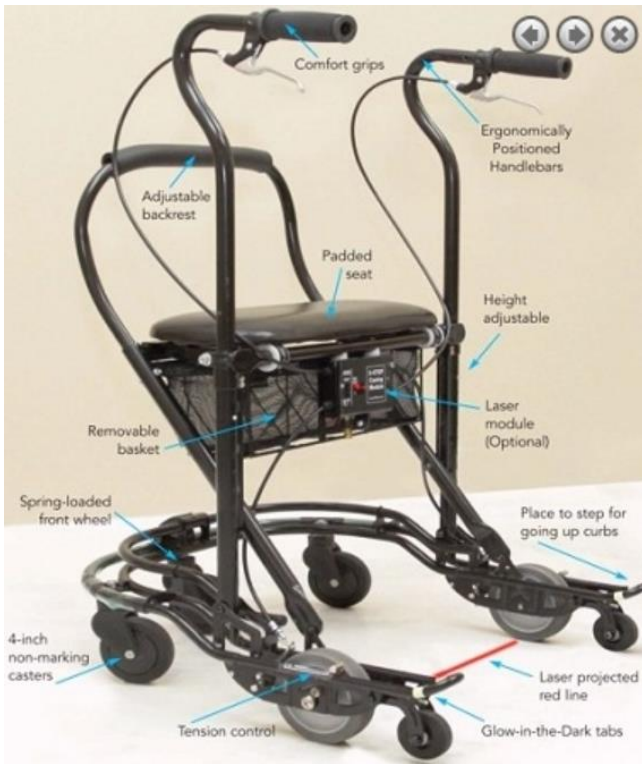
**Umbrella Walker** – folds like an umbrella for easy storage in a car. Great for travel



**Seat cane** – operates as a cane and provides the chance to sit when needed.



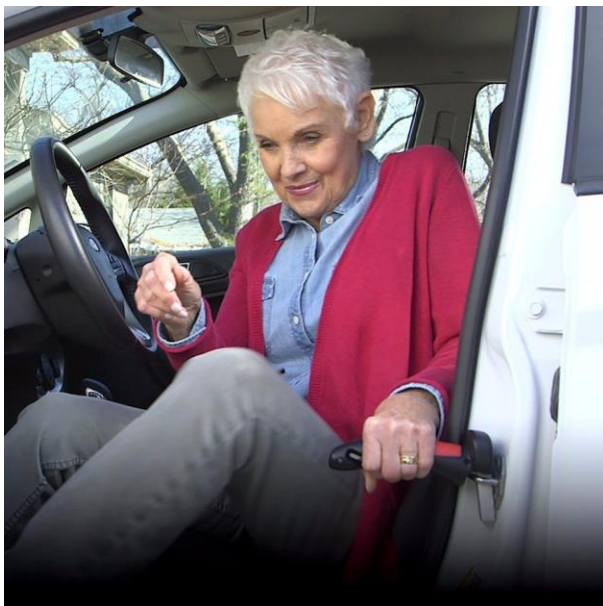
- **U Step Walker** – designed for those with neurological conditions including: Parkinson's Disease, Multiple Sclerosis, Stroke, ALS, MSA and PSP. The unique frame and extra wide wheel base help prevent falls and increase walking independence. The U-Step 2 will not roll until the user is are ready to walk. The innovative braking system is easy to use and allows complete control. The user lightly squeezes either brake release lever to move the walker. Once the lever is released, the unit stops immediately. This feature is particularly helpful when standing up from a chair because the unit will not roll away. There is also a laser light accessory option - Helps normalize users gait with visual and aural cueing. The bright red laser helps guide steps. Laser automatically shuts off after 10 minutes of non-use.



- Discussion about how to overcome resistance to using devices. Decorate your devices and canes, make it fun...

- **Lift chairs – thoughts?** They do help the person to get up, but the person uses less muscle and therefore gets weaker. If the person doesn't have dementia have the walker in front for support when standing. If the person has dementia, hide the controller so the caregivers is there to control it and the person has help if needed

**Getting out of a car:** The worst location is next to a curb. Hard to get out of the car without feet on the ground and knees bent 90 degrees. You can install a handy bar for your right hand to push to stand up. You install it on the inside of the car door on same level as the chair. Note – check out **Car Handle Car Assist Portable Handle for Car Safety Hammer - Standing Aid Car Interior Door Handle**



Hand outs –

- **Workout To Go** booklet from the National Institute on Aging at NIH – can be downloaded at <https://go4life.nia.nih.gov/workout-to-go>
- **AgePage – Exercise and Physical Activity: Getting Fit for Life** - <https://order.nia.nih.gov/publication/exercise-and-physical-activity-getting-fit-for-life>

- **Old Business** - none

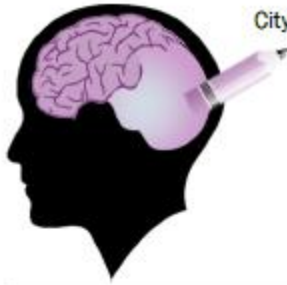
- **Future guest presentations** –

- **November 16<sup>th</sup>** - **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 21<sup>st</sup>** – **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 18<sup>th</sup>** – **Birgitta Kastenbaum** self-advocacy and tools to empower us to have a voice and be invested in our own health.
- **February 15<sup>th</sup>** – **Sherry McCoy and Francine Lyles of Stop Senior Scams Acting Program** on senior scams

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- **Public comments** - none

- **Adjourned Meeting 7:30**

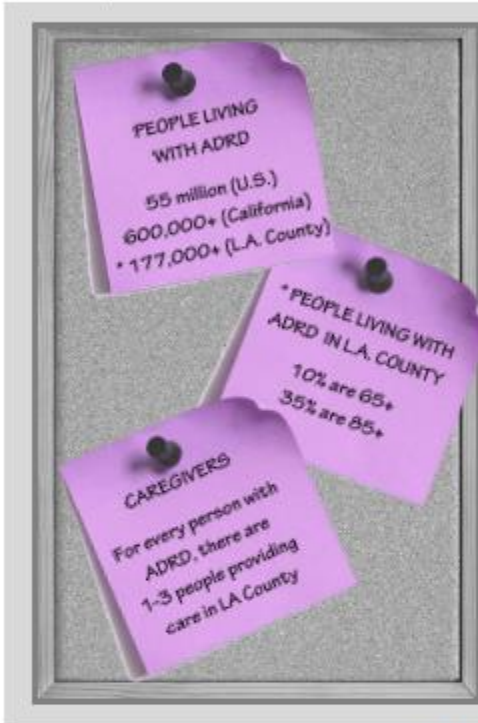


City of West Hollywood, Supervisor Sheila Kuehl, Jewish Family Service of Los Angeles, and Alzheimer's Greater Los Angeles present

## MATTERS OF THE MIND

A Community Forum on Understanding and Responding to Alzheimer's and Other Related Dementias (ADRD)

For Health Care and Social Service Professionals, Business Owners and Employees, First Responders, Community Members, and Family Caregivers



**DEMENTIA: WHAT IS IT AND HOW IS IT DIAGNOSED?**  
(9 a.m. - 10:15 a.m.)

**LINDA M. ERCOLI, PhD**

*Clinical Psychologist Specialist*

*UCLA Semel Institute of Neuroscience and Human Behavior*

**CAREGIVER STORY (10:30 a.m. - 10:40 a.m.)**

**LISA BRICKER**

**PANEL DISCUSSION (10:40 a.m. - 12 p.m.)**

*Overview & Facts - Symptoms & Causes*

*Caregiving & Caretaking - Support and Resources*

**CATHY LADD, MSW**

*Vice President, Programs - Alzheimer's Greater Los Angeles*

**SHEILA MOORE, MSG, LCSW**

*Senior Director of Comprehensive Older Adult Services*

*Jewish Family Service of Los Angeles*

**ANNA AVDALYAN**

*Program Manager, Aging & Adult Services Branch*

*Workforce Development, Aging & Community Services*



**VAL ZAVALA, Moderator**

*Anchor, KCET's "SoCal Connected"*

**WEDNESDAY, NOVEMBER 8, 2017**

**9 a.m. - 12 p.m.**

**WEST HOLLYWOOD LIBRARY COUNCIL CHAMBERS**

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**West Hollywood, CA 90069**

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**RSVP - [www.mindweho.eventbrite.com](http://www.mindweho.eventbrite.com)**

*\*This course meets the requirements for 2.5 Units of continuing education for LCSWs, LMFTs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. JFSLA is a CAMFT-Approved Continuing Education Provider. Provider number: 135371.*

*Please let us know if you require special accommodations in accordance with local, state and federal regulations including the ADA. Contact Corey Roskin at [croskin@weho.org](mailto:croskin@weho.org) or (323) 848-6403 if accommodations are needed.*



*Sheila Kuehl*  
Supervisor Sheila Kuehl



A family of services.  
A family that serves.

**Alzheimer's**  
GREATER LOS ANGELES

**\* 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.

\* **PUBLIC POSTING OF AGENDAS** - MVCC agendas are posted for public review at Mar Vista Recreation Center, 11430 Woodbine Street, Mar Vista, CA 90066. You can also receive our agendas via email by subscribing to L.A. City's Early Notification System at <https://www.lacity.org/subscriptions>

\* **THE AMERICAN WITH DISABILITIES ACT** - 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 and other auxiliary aids and/or services, may be provided upon request. To ensure availability of services, please make your request at least 3 business days (72 hours) prior to the meeting you wish to attend by contacting [chair@marvista.org](mailto:chair@marvista.org).

\* **PUBLIC ACCESS OF RECORDS** – 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 our website, <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, contact [secretary@marvista.org](mailto:secretary@marvista.org).

\* **RECONSIDERATION AND GRIEVANCE PROCESS** - For information on MVCC's process for board action reconsideration, stakeholder grievance policy, or any other procedural matters related to this Council, please consult the MVCC Bylaws. The Bylaws are available at our Board meetings and our website, <http://www.marvista.org>