



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday April 19th, 2018

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

Agenda

Subscribe to updates here - <http://eepurl.com/cbT699>

- **Announcements and Public Comment**

- **Windward School will hold three (3) Windward Teaches Tech workshops** where Windward Student Leaders will teach social media, apps, and rideshare services. Our classes will cover such programs as Netflix, Hulu, Lyft, Uber, and Amazon. Other subjects may be available upon request. Dates and times: Friday, April 20, May 4, and May 18, from 3:20 p.m. until 4:20 p.m. in Room #210 on the Windward campus. RSVP required - <https://docs.google.com/forms/d/e/1FAIpQLSc6roWPqMiaaxEHZaEzqhEH-WASUfytRil5orw1olqMWhuHXA/viewform>
- **DCRC's Assistive Technology Fair, Friday, April 20th ~ 11 am to 2 pm** - up-close look at a variety of assistive technology devices and learn about available related services. All ages welcome! For more details please see the attached flyer below. You can register by visiting this link: <https://www.dcrc.co/events/>
- **Free Older Adult Tech Fair** – Saturday April 28th 11:00 AM to 3:00 PM Santa Monica Library - see flyer following the minutes below. More info <https://www.eventbrite.com/e/santa-monica-older-adult-tech-fair-tickets-41467232609>
- **Music and Health Concert for the Aging** - A Celebration of Music & Health, included singing, and a talk about how music has helped with brain injuries, memory and brain function. See flyer following minutes. RSVP recommended. Saturday April 28, 2018 - 12:15 - 1:30 p.m. Palms-Rancho Park Library, 2920 Overland Ave., Los Angeles 90064 - (310) 840-2142

- **Motion to approve March Minutes**

- **Speaker presentation - Birgitta Kastenbaum of Bridging Transitions** continues our conversation from the January screening of Being Mortal. Has your family discussed plans for aging and end of life? Let's discuss

our wants, options, and the tools to accomplish them. We'll also review Advanced Health Care Directive, POLST and the new Advanced Directive for Dementia.

- **Future speakers -**

- **May 17th - Alissa Walker – Let's talk about sidewalks!** Americans are, in general, living five to 10 years longer than they should physically be behind the wheel, says Jay Walljasper, author of *America's Walking Renaissance* and a walkability consultant for AARP, which has become one of the biggest advocates for walkable cities. "We are outliving our ability to drive safely and comfortably," he says, yet seniors keep driving because their independence relies on it. "If you stop driving, you cease to exist as a viable human being."
- **June 21st – Margaret B. Sharp on the probate process -** when it occurs, what happens during the process, and some common misconceptions about the process.



SAVE THE DATE

FREE OLDER ADULT TECH FAIR

Saturday, April 28, 2018
11:00 am-3:00 pm

Santa Monica Public Library
Main Library
601 Santa Monica Blvd.

Questions?
Call (800) 516-5323

Older Adult Task Force | SANTA MONICA PUBLIC LIBRARY | CITY OF SANTA MONICA

DCRC



Assistive Technology Fair

Friday, April 20th ~ 11:00 am-2:00 pm
Disability Community Resource Center
12901 Venice Blvd., LA, CA 90066

featuring the following community partners and vendors:



A TOUCH OF CARE



What You Need to Know:

- Free admission!
- Fabulous prizes like a brand new wheelchair and gift cards to restaurants and stores.
- Free food and drink as long as supplies last.
- Street parking only.

Questions?

Call Keith Williams or Stephanie Hydal at (310) 390-3611.

To request this information in an alternative format and/or a reasonable accommodation in order to participate in this event, please contact us at (310) 390-3611.

Register Online:

www.dcrc.co/events/

Deadline to Register:

Register by Wednesday, April 18th

Free gift to the first 50 people who register!

DCRC is a scent-free facility. Please do not wear any scented products while visiting our offices.

The Friends of the Palms-Rancho Park Branch Library Present:



POWER OF MUSIC

An afternoon of music performance and dialogue
Presented by local talent including



Inga



Laurie



Kalani



Jerry

A celebration of Music & Health
RSVP recommended

Saturday April 28, 2018

12:15 - 1:30 p.m.

Palms-Rancho Park Branch
2920 Overland Ave.
Los Angeles 90064
(310) 840-2142

Located on Overland Ave., North of Overland Exit of the 10 Freeway, South of Pico Blvd.
For ADA accommodations, call (213) 228-7430 at least 72 hours prior to event.



LOS ANGELES PUBLIC LIBRARY

*** 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>

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*** 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.

*** 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>