



Mar Vista Community Council



AGING IN PLACE Mar Vista Community Council

Tuesday, October 16th, 2018
Draft Minutes

- Meeting called to order 6:07 PM
- June 21st Minutes unanimously approved
- Announcements and Public Comment
 - New program starting in November – the California Healthier Living program, designed for people with chronic conditions. See flyer below.
- Speaker presentation -
 - As part of the City and County’s [Purposeful Aging Los Angeles](#), Alzheimer’s Greater Los Angeles recently launched [Dementia Friends California](#), a global social movement that is changing the way people think, act, and talk about dementia. Dementia Friends are individuals who help those in the community living with dementia and their families. This one-hour interactive session reviewed dementia, what it is like to live with the disease and some tips for communicating with people who have dementia. Our speaker was Dick C Williams. Dick is President and CSA of Homewatch CareGivers West LA and South Bay. See handouts for material that was covered and discussed -
 - [Compassionate Communication](#) - <http://marvista.org/docs/34485634-9668.pdf>
 - [Dementia Friends Session Workbook](#) - <http://marvista.org/docs/34485634-9669.pdf>

For more information, visit the Dementia Friends page on the Alzheimer's Los Angeles website:
<https://www.alzheimersla.org/alzheimers-los-angeles-services/classes-and-workshops/dementia-friends/>

- Public Comments - none
- Adjourned – 7:30 pm

*** 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.

* **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>

A FREE COMMUNITY WORKSHOP

CALIFORNIA Healthier Living



Live Your Best Life...

**6 Tuesdays
Nov. 6 – Dec. 11, 2018
1:00 - 3:30 pm**

Space is limited!
You must attend one of the first two sessions to secure your place in the group.

Healthier Living Workshop

- Meets 2½ hours per week for 6 weeks
- Trained peer leaders
- Meet new people and gain social support
- Get tools to live a healthier life

Supports self-management of ongoing health conditions such as arthritis, heart disease, diabetes, high blood pressure, lung disease, and cancer

Benefits of Healthier Living...

- Feel better and sleep better
- Become more active
- Help control pain
- Have more energy
- Better relationships with health care providers

**To sign up, call:
(310) 390-3454
or (310) 394-9871 x264**

Workshop Series Location:
Mar Vista Branch,
Los Angeles Public Library
12006 Venice Blvd.
Los Angeles, CA 90066

WISE Healthy Aging
www.wiseandhealthyaging.org

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City of Los Angeles Department of Aging
Saint John's Health Center
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