



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

**Thursday, March 16th, 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

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

Follow us on Facebook here - <https://www.facebook.com/marvistacc/>

**Attendees – Sherri Akers, Tatjana Luethi, Birgitta Kastenbaum, Allison Beale, Mohamed Hassan, Susan Black-Feinstein, Marilyn Zweifach, Melissa Stoller, Hosneya Khattab, Robin Dennis, Nancy Howell, Ann Boehmer, Nathan Horowitz, Ed Gray, Christine Taylor, Eva Clark, W. Gilbert Clark, David Feinstein, Lorraine Wells, Patrick Warfield, Elliot Hanna, Sara Elwood, Armando Hogan, Grover Rioja, Amalia Rioja, Susi Rodriguez Shapiro, Katie Calo, Ron Kato**

- **Call to order: 6.01pm**
- **Brief Introductions – welcome to 6 first time attendees!**
- **Motion to approve February minutes – moved by Tatjana, 2<sup>nd</sup> by Birgitta, approved unanimously,**
- **Public comments and announcements**
  - Purposeful Aging LA is hosting the 1st Annual Older Adult Summit on April 12, from 9am-3pm at the Cathedral of Our Lady of Angels. (See flyer below). The goal of the Summit is to convene 400 older adults from across the County and City of Los Angeles who may not know about the services that are offered to older adults. There is no cost for members of the public to attend. Info on speakers \*Availability is on a first come, first serve basis\*. Older adults (age 55 and older) may register by phone at 1-877-926-8300 or online <https://aarp.cvent.com/LAOlderAdultSummit2017>. Please share this registration information with any older adults who may be isolated and not currently receiving services or those who may be able to reach those needing services!
  - Information on how to apply for a Blue Curb (handicapped parking) on city streets - [http://www.marvista.org/readpost.php?news\\_id=463](http://www.marvista.org/readpost.php?news_id=463)
  - Update from Windward School on Tech project:  
To facilitate programs to help seniors with technology skills: how to use smart

phones, computers, software, etc.

Will now offer a pilot program starting: April 21st & 28th, May 5th and May 12th, 2017. at 3 – 4pm. Will need to preregister – 10 older adults and 5 to 10 Windward students at each session. Contact [sherri.akers@marvista.org](mailto:sherri.akers@marvista.org) for registration contact info.

We did a needs assessment survey, 40 people responded. Strong interest in learning how to use Uber and Lyft apps, Facebook, Twitter, Instagram, Nextdoor. How to use Netflix, amazon prime, how to order supplies, Instacart, Uber eats, these were some interests expressed, might be implemented in the future if interest grows. Comment – many retail stores now offer promos using phone apps – would be great to add that.

- **Guest Speaker – Chief Armando Hogan of LAFD -**

Our goal tonight is to discuss what services LAFD supplies, but focus is on Mar Vista. LAFD is under the umbrella of the city, and offers 2 outreach areas:

1. **Community risk reduction program** (born out of fire disaster), we reach out to seniors, find out where they live and explore what needs they have so as to provide appropriate services / what could be put in place. Let your local fire stations about your address if you have health challenges so that they can bring the appropriate resources if they get dispatched, or check in. We will always show up in uniform, helmets. We are here to provide comfort and care and explore how we can help.
2. **Community emergency response program CERT:** original was about raising awareness. But turned into people learning how to respond to disasters. You have to take care of yourself first, your families, and then your community. It's helpful though to get together and know each other and know who might have special needs during an emergency. Offer a 7 week program for an emergency preparedness. Elliot Hanna, Co-Chair of MVCC CoPS (Committee of Public Safety) is organizing a Mar Vista CERT training - Contact [elliott.hanna@marvista.org](mailto:elliott.hanna@marvista.org) for more info. <http://www.cert-la.com/>
3. **Emergency Responses:** LAPD does this, but we as LAFD provide support responses.

Attendee talked about GoKits ready by the door, show people how to use an old backpack and fill it with one week of medications you take, along with water, picture of your loved ones, and pictures of your pets. Find list of suggested items here - <http://aging.lacity.org/pdf/htmlpdf/GoKitHandoutEnglish.html>

At some point you should visit a fire station, they are safe homes for people who don't make it to the police. Go visit, learn about services available to you and about the CERT. Go online to find out which one is in your district. Give them info to flag an address if the resident has medical challenges.

Wellness checks are done by the LAPD, not LAFD.

Print a list of medications you take and place it on the refrigerator. When paramedics arrive, point them to the fridge.

If we get dispatched, and have to bring you to a hospital we always try to honor patient's requests. If the hospital is in a severe situation, we have to bring you to the closest hospital. Our job is to stabilize you, we are not paramedics. We also have a 20 mile radius region, beyond that we have to get approval to drive there. It also depends on the time of the day / traffic situations.

POLST – Physician Order for Life Sustaining Treatment: what if somebody doesn't want CPR? What paramedics are looking for is if you want us to honor that. We as LAFD are called to provide a service, we do honor your wishes, but if your spouse for example is unconscious you need to show us the actual POLST as proof.

Attendee: I have clients and notice that a lot of POLST's seem to get filled out now when you end up in ER. The

physician's will provide you with one. **Download the form and more info here - <http://capolst.org/>**

CPR is performed depending on the condition the patient is in, CPR can break patient's ribs, this is not the intention. If you do not want CPR you have to express that and or have the POLST visible if CPR is a concern for you.

If a patient passes while we are there or upon our arrival, we are required to notify LAPD, and LAPD will notify the coronary.

Cell phone calls goes to CHP, if you call, make sure you stay on the line (calls get dropped a lot), to not drop the call until LAPD, LAFD or CHP is at the scene. Hard lines is easier to detect, as the phone number shows up in the system. Regardless, use whatever you phone have and stay on the line. Highly recommended to have one corded phone in the house as cordless phones will not work in a power outage.

What happens if door and windows are locked and the patient can't open? We will knock and try to communicate with you through the window/doors, and if needed we will make sure we enter and get to you. If you can assist LAFD to get in.

If we LAFD, could come up with a care and comfort team with you, that would help us understand community challenges and special situations (dementia, anti-social, cancer patient, dark house, etc). The more we know the better we can help.

Attendee: it's also good for your neighbors to have a key in case of emergency to come and help the LAFD in. But definitely be discerning whom you give a key to. Do what works for you. You could also install a key code door system, and instruct LAFD the code to enter.

Sometimes, in times of emergency people forget codes, address, etc.

How do you go about determining the wellness of other family members in the house (if spouse of a person with dementia gets transported to a hospital, yet the spouse with dementia is left alone at home. Or what if a caregiver has an accident), do you do a wellness check? Chef Hogan recommends you call the local fire station for them to mark your address with such information. There is a 2<sup>nd</sup> bracelet available now for primary caregivers that is issued by the Alzheimer's association carrying such information in a central database. Here is one resource - <https://www.americanmedical-id.com/caregivers>

LAFD is very mindful about going through your belongings, pockets, purse, phones etc. We will try to find your ID, but are cautious about going through your belongings. It's best if you carry some sort of bracelet, necklace, jewelry with such information / phone number. The police will be more intentional to go through your belongings if you are unconscious. Place a red "File of Life" in your purse or bags. Add information about your pets. File of Life downloadable form can be found here - <http://aging.lacity.org/index.php?fetch=fol>

## Old Business

- **Future guest presentations –**
  - **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 - Roz Dauber - Medical Marijuana: Understanding Cannabis as Medicine**  
<https://www.facebook.com/medmarvideo/>

- **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
  - **August** –
  - **September** - Paola Cervantes of [Voyages Preschool](#) – presentation on the GrandPals intergenerational activity program with Grandview Senior Living and discussion of ways to mentor and replicate this throughout the community.
- 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**

AIP is implementing a carpool buddy system: We took now of “who” needs rides every month to our AIP meeting and who “can provide” a ride. We will match up people in close proximity.

- **Adjourned meeting**

---

**\* 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>*

# SAVE THE DATE

1<sup>ST</sup> ANNUAL

OLDER ADULT SUMMIT

APRIL 12, 2017



Older Adult Summit will be held at:  
Cathedral of Our Lady of Angels 555 W Temple St, Los Angeles, CA 90012