



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

**MONDAY, April 17th, 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 – Carol Ring, Walter W. Murrell, Lynne Richardson, Chuck Ray, Sandy Ray, Sherri Akers, Tatjana Luethi, Peter De Mieri, Robin Doyno, Mohammed Hassan, Susan Black-Feinstein, Marilyn Zweifach, Marlena Ross, Melissa Stoller, Hosneya Khattab, Robin Dennis, Christine Taylor, Carol Hahn, Ginny Blade, Bonnie Davis, Grace Farwell**

- **Called to order** - 6pm
- **Brief Introductions** - Welcome to 5 first time attendees!
- **March minutes approved** – motion by Susan Black, 2<sup>nd</sup> by Melissa Stoller, approved unanimously
- **Public comments and announcements**
  - Permanent Vote by Mail forms now available at every AIP committee meeting – also available here - <https://www.lavote.net/home/voting-elections/voting-options/vote-by-mail/permanent-vote-by-mail>
  - As part of the Windward Community, we are invited to The Future of Entertainment and Media at Windward School: 04/18/17. RSVP with: [bit.ly/alumnispeakerseries](http://bit.ly/alumnispeakerseries) . [Sign up to receive Windward Community Newsletters to learn about future events here.](#)
  - **Carol Hahn will be teaching Savvy Caregiver Express workshop starting May 3<sup>rd</sup> at OPICA** - Family caregivers are a critically important part of the healthcare for individuals with dementia. To better equip family caregivers of loved ones in the early to moderate stages of Alzheimer's disease and related disorders, this 6 week evidence based class was designed especially for family caregivers by the Alzheimer's Association. <http://carolhahnrn.com/evidence-based-classes/savvy-caregiver>
  - **Generation to Generation Los Angeles (Gen2Gen LA)** AARP with LA Works is starting a program with which invites younger children to work with seniors on a volunteer basis - <http://generationtogeneratedation.org/communities/la/>. Launch event Thursday 4/20 – 10:00 AM to 12:00 PM – [click here for more details and to register.](#)

- Diversity: 2017 Congress of Neighborhoods presented by the Neighborhood Councils of Los Angeles: A day of networking & education. Sat, Sept 9<sup>th</sup>, 7:45am – 4.30pm, LA City Hall, 200 N Spring St, Downtown: [www.NCCongressLA.com](http://www.NCCongressLA.com)
- Carol Hahn is teaching a class at Opica
- Melissa: Mar Vista Meet Up May 21<sup>st</sup> at Farmers Market. MVCC will send more info
- MVCC PLUM Committee will hold a meeting on Granny Flats on May 4<sup>th</sup> – MVCC will send out meeting notification
- **Tech fair for older adults in SM May 13th -**  
<http://calendar.smgov.net/library/eventsignup.asp?ID=23663>

- **Guest Speaker – Bonnie Davis on Senior Living Options**

Let's talk about the CURRENT realities of options for aging seniors in the Los Angeles Area: Bonnie Davis is certified as an Administrator for Residential Care Facilities for the Elderly, and is on the Speaker's Bureau for the Alzheimer's Association. She works to support many local organizations serving seniors and speaks throughout the Los Angeles Area. She has worked with thousands of families over the past nine years through the largest free eldercare referral company in the nation, guiding them through the maze of senior residential care options in the local area. Her expertise is in helping each family find the residential care options for their medical and social needs and provide them the tools to be a knowledgeable consumer of eldercare resources. In 2017, Bonnie started her own company called, A Home That Cares.

**See Resource List Addendum following the minutes**

[Click here to see PDF of presentation - http://www.marvista.org/docs/34485281-8704.pdf](http://www.marvista.org/docs/34485281-8704.pdf)

There are many providers:

There are home care providers, have more and more regulations coming play as rules have changed. Up to this point they have been licensed business, now new labor law comes into place.

There are geriatric care managers: a paid professional, look and meet the resident and family, are paid. Are often used when family is not around or not able to provide care. Based on family you can easily pick a good geriatric care manager.

Bonnie is a senior living advisor or referral agent or elder care advisor. The job of a referral agent historically is done by a person that gets paid by companies that provide senior care residency to help them keep their rooms occupied. Back in the day people this role was specific to the community, and everybody knew everybody and appropriate referrals were made. The Internet has changed this role and service completely. Senior living advisor or referral agent or elder care advisor is not a regulated profession. Today, because of the Internet, if you complete online forms because you want to receive more information, not only will you be inundated with emails and phone calls but your contact information can be shared with others.

When Bonnie works with a family that has a budget challenge, there are certain residencies that she can refer. Her role is guidance, and will always start with an **assessment first to understand what's going to work for your particular situation and your goals**, and explore the appropriateness of different care settings, costs for care, and who pays for what. It is recommended that you work with a local person that knows the neighborhood, people and residencies and can create a personalized experience. Go to people in the industry to get competent referrals (medical professionals).

Some questions you should ask the senior living advisor:

Were they referred to you by a professional in the industry, friend or other reliable resource?

- How many years have they been doing this work?

- What is their background?
- Do they have an RCFE Administrative Certification? Graduate studies, and or related work experience?
- Are they well-versed in the community where they are seeking to help?
- Are they knowledgeable about local resources?
- How comfortable do they make you feel about exploring the situation together?
- Is the assessment process a give and take?
- How forthright are they about how they are compensated?
- When you tour communities are they well-know compensated?
- This is not a sales position, this is a personable relationship

**How to assess your family needs? Here is how I go about it when servicing my customers:**

- What are the medical constraints, and what does this tell us about the appropriate care settings, and licensing restrictions?
- I like to see the physician report so I understand how to best support you in your search for an appropriate residence
- Who is this person, and who was this person before he / she started needing care? Are there any past activities that they would be able to regain if they were in a different environment?
- Where is the support system for this person – family, friends, and doctors?
- Geography: where are the doctors, where is the family?
- What are the funding resources available to fulfill their needs? Would they qualify for a government funding, Veteran’s benefits? Do they have Long Term Care Insurance? What are the savings property, restrictions, etc?
- What are the family dynamics that need to be considered? Would and outside voice help mediate the situation?

**Appropriateness of different care settings:**

- **Senior Apartment Buildings:**  
There is no care there; it’s an apartment for seniors. Silvercrest in Santa Monica is a great apartment example, they do provide 2 meals a day and activities and community, and affordable rent.
- **Retirement / Independent Living Communities:**  
In LA that means 3 meals a day, you don’t have to pay for care if you don’t need care. They are not licensed by the department of social services because they do not provide care.
- **Assisted Living Communities:**  
Provides care, is licensed under the department of social services, but they only do what they are told by resident’s doctor. They cannot initiate medical care.
- **Adult Residential Care Homes:**  
Are licensed, but the requirements are different. It’s homes of 6 people, usually 2 caregivers; the better ones have staff during the night. Costs have gone up as regulations have gone up. Have some sort of activity plan based on their residence. This is more for one-on-one care. Maybe for hospice care. They are built in a special way, it’s not just a house, has to follow certain regulations.
- **Dementia / Alzheimer Specific Communities:**  
Is its own field of expertise. There are a lot of support groups, associations and hot lines that provide help and education. As far as placement, these are special facilities, staff goes through special training. People with dementia often become a “wander risk”, often these facilities are gated, and secured.

- **Skilled Nursing Facilities:**  
Is a medical facility for people who need medical support. Many of these facilities like to do rehab than long term care.
- **In Home Care:**  
There are tons of agencies. I usually refer families to more than one agency. Costs approximately \$23/hr, it's based on shifts, and pay overtime if more than 9hrs. It's now more expensive to keep a person at home than living in a residency.
- **Adult Day Care:**  
OPICA is a phenomenal choice, have memory care and day care program. Is run like a family, have a social worker there. There is also Wise and Healthy Aging Adult Day Care. If you are a Veteran they wave the fee.
- **Respite Care:**  
Short term stay: move into a furnished place, try out the community. If you move into a community and pay some sort of initial fee, state law mandates if you leave within 30 days you get 90% back, if you leave 60 days you get 60% back, if you leave in the 3<sup>rd</sup> moth you get only 40% back.

You can always challenge, refute a decision, for example in a hospital when your loved suddenly gets "released" and you don't agree with. Also, when a loved one goes to the hospital, ask the question "has she/he been "admitted", because if the person wasn't it has an impact on Medicare, Medi-cal, placement afterwards, etc. "Admitted" is the key word, not just placed in "observation".

If you take the person back home, you are losing all of your access to any other facilities and have to start over again.

- **What type of senior needs skilled nursing home?**

Seniors leaving the hospital who require rehabilitation services such as physical therapy or speech therapy. The following situations may indicate the need for skilled nursing care: severe wound care, IV care (sometimes), 2 person transfer or use of Hoyer Lift to transfer, Cannot feed themselves and needs assistance or require feeding tube. Frequent injections. Seniors who financially qualify for Medi-cal. Most accept Medicare and Commercial, Long Term Care insurance / Medi-Cal and Private Pay residents. Rates \$6,500 to \$8,500 / month.

Medi-Cal is a welfare system; the options are not what we want.

Attendee:

For lower income seniors...Naturally Occurring Retirement Communities in New York: If over 60% of the residents in an apartment building are 65 or older then the building becomes a naturally occurring retirement communities and now can offer certain services delivered there versus seniors needing to move out. This is part of New York city that we don't have in LA, something to be looked at. We have this exploding population of older adults and we are not prepared. In November we have a speaker that is breaking ground on cohousing in Hollywood, for now they are focusing on Millennial – this is our chance to convince them how important this is for seniors.

## Old Business

- **Future guest presentations –**
  - **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** – Susi Rodriguez Shapiro will conduct a workshop on Emergency Preparedness for Seniors. She will walk us through the completion of the [File of Life](#) and how to create a [Go Kit](#).
- **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.
- **October - 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.
- **November** - 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.

- **Public comments**
- **Meeting adjourned 7:35**

#### **Addendum– Handout: Resources for Seniors**

**Bonnie Davis, Senior Living Advisor, Free Initial Consultations**  
**310-592-2381**  
**[bonnie@ahomethatcares.com](mailto:bonnie@ahomethatcares.com)**

- **City of Los Angeles Dept. of Aging –**  
 Adult Day care, Ombudsman Programs, Senior Nutrition Services 800-510-2020  
<http://www.aging.ca.gov/programs>
- **Local Senior Centers**
- Ocean Community Care Center  
 1448 18th Street  
 Santa Monica, California 90404
- Felicia Mahood Senior Center  
 11338 Santa Monica Blvd.  
 Los Angeles, CA 90025

- Wise and Healthy Aging  
1527 4th St.  
Santa Monica. CA 90401  
310-394-9801
- OPICA – for seniors with memory loss  
11759 Missouri Ave.  
Los Angeles, 90025  
310-478-0226
- Culver City Senior Center  
4095 Overland Ave.  
Culver City, CA 90232  
310-253-6700
- Westside Jewish Community Center  
5870 W. Olympic Blvd.  
Los Angeles, CA 90036  
323-556-5231
- **Transportation**
- Access Services Inc.  
[www.asila.org](http://www.asila.org)  
800-826-7280
- CityRide (Los Angeles Dept. of Transportation)  
[www.ladottransit.com/other/cityride](http://www.ladottransit.com/other/cityride)  
310-808-7433
- Santa Monica Dial-A-Ride  
310-394-9871
- ITN Santa Monica  
11901 Santa Monica Blvd. suite 4311  
Los Angeles, 90025  
310-451-1343
- Uber and Lyft also have senior programs
- **In-Home Safety Services**
- Westside Center for Independent Living  
12901 Venice Blvd.  
Santa Monica, CA 90066  
310-390-3611  
[www.wcil.org](http://www.wcil.org)

- Meals on Wheels  
310-209-3439
- MedicAlert Foundation  
888-633-4298  
[www.medicalert.org](http://www.medicalert.org)
- **Legal Services**
- Bet Tzedek  
145 South Fairfax, LA  
323-939-0506  
[www.bettzedek.org](http://www.bettzedek.org)
- **Medicare/ MediCal/ Supplemental Insurance**
- Center for Health Care Rights  
800-824-0780
- Wise and Healthy Aging  
310-394-9801
- **VA info**
- Military and Veterans Affairs County of Los Angeles  
Doreene Hartley  
Veterans Benefits Counselor  
[dhartley@mva.lacounty.gov](mailto:dhartley@mva.lacounty.gov)  
626-813-3402
- **Senior Apartments**
- Community Corporation of Santa Monica  
310-394-8487  
[www.communitycorp.org](http://www.communitycorp.org)
- Menorah Housing Foundation  
310-475-6083  
[www.menorahhousing.org](http://www.menorahhousing.org)
- Housing Alternatives for Seniors/Alternative Living for the Aging  
323-650-7988  
[www.altliving.org](http://www.altliving.org)
- **Elder Abuse**  
<http://da.lacounty.gov/seniors>; Los Angeles County Elder Abuse Hotline (877-4- R-Seniors) 877-477-3646
- **Mental Health**
- Didi Hirsch Community Mental Health

[www.didhirsch.org](http://www.didhirsch.org)

- **Alzheimer's Greater Los Angeles**  
844-help-ALZ 844-435-7259 [www.alzgia.org](http://www.alzgia.org)
- **Alzheimer's Association**  
323-309-8821 [www.alz.org](http://www.alz.org)
- **Braille Institute**
- [www.brailleinstitute.org](http://www.brailleinstitute.org) 323-663-1111
- **National Association of Professional Geriatric Care Managers**  
[www.caremanager.org](http://www.caremanager.org) 520-881-8008

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**\* 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