



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday June 15, 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, W. Gilbert Clark, Eva Clark, Jessica Deeb, Art Fielder, Hosneya Khattab, Cristine Stemar, Kimiko Kelly, Zane Burch, Sarah Kujian, Marilyn Zweifach, Debra Hochman, Mark Buchheim

- **Called to order:** 6.09pm
- **Brief Introductions**
- **Motion to approve May minutes:** unanimously approved
- **Public comments and announcements**
 - **Nancy Paulikas is still missing** – visit here for ways to help <http://nancyismissing.blogspot.com/>
 - We are invited to a town hall style symposium conducted by the L.A. LGBT Aging Alliance for a dialogue to discuss various components in finding and filling the gaps in services for LGBT Older Adults. The meeting will be held at: USC Davis School of Gerontology, 3715 McClintock Ave, Los Angeles, CA 90089, June 20, 2017 in Room 224 5:30PM to 7:30PM . This is generously sponsored by the USC Family Caregiver Resource Center, directed by Dr. Donna Benton. Please email Peter Lancellotti at plancell@usc.edu if you will be attending.
 - Venice Great Street: CD11 is looking for feedback on each component of the changes. Please take the survey -at http://www.11thdistrict.com/mar_vista_great_street . Scroll down past the FAQ's.
- **Guest Speaker** – Kimiko Kelly, Community Education Manager at Alzheimer's Greater Los Angeles – Making Home Safe for a Person with Alzheimer's. This training provides information about what safety issues arise when there is a diagnosis of Alzheimer's or a related dementia. The program will offer tips on products that are available, how to modify the home, and precautions that can be taken that can help keep our loved ones at home as safely as possible. Helpline - 844.HELP.ALZ or 844-435-7259; www.alzgl.org
Please find a link to the slide presentation here - <http://marvista.org/docs/34485367-8979.pdf>

Please find a link to their support group directory here - <http://marvista.org/docs/34485367-8980.pdf>

We watched a short 5 min video explaining what is Alzheimer's and what happens to the brain. It provides a great explanation and we highly recommend watching it - "What is Alzheimer's". Please find a link to the video here - <https://www.youtube.com/watch?v=9Wv9jrk-gXc>

There are different forms of dementia, and there are various strategies of how to make a home safer. Tonight we discussed an approach called IDEA:

Identify: Name and describe the behavior:

1. What is the challenging behavior? Be Specific, where? How often? For how long?
2. What was happening before the behavior started?
3. At what time of day do you see this happening?

Example, a mother was pacing in front of the window. They realized there was a snowman figure outside, but she thought there was a person standing there. Another situation a father didn't go to the bathroom anymore at night. The family realized that the rug in front of the bed appeared like a hole to him (perception changed). By simply removing the rug it made a big difference. Observe, find solutions, and be patient.

Common Safety Concerns:

- **Getting Lost:** A mom happened to wonder off the house, they had to do a big search and eventually they found her 10 miles away on a bus stop. Sometimes it takes crises like this to eventually take the steps for home safety. What will you do to help prevent this? MedicAlert + Safe Return, ID bracelets, there are also GPS tracking devices on the market – GPS tracking wristbands: Alzstore.com. Often, individuals at this stage don't have a driver license anymore, but it's important to put an ID in their wallet. Also, put a note in your own wallet in case you get into an accident that states that "my loved one who has dementia is at home alone" to notify the authorities. Make sure you have a list of all the medications, allergies, doctor names, legal paperwork, insurance information, recent photo of your loved one. Have a fenced yard, or community gate. Do things to keep him/her engaged and occupied to prevent wondering (art, music, etc). Home modifications: a mat or rug or door that buzzes when it opens so you can hear if your loved one is getting up/out the front door, motion detector, put a curtain over the door or mural (if they don't see a door they won't go out a door > perception). Stop signs will deter entrance into dangerous areas for your loved one (kitchen); secure the yard, gate on stairs. Hiding shoes, keys, purse, coats, hats to prevent leaving.
Sherri: When we go to a restaurant I always ask for a table where I can see the restroom and see Dad walk in and out to help him find back to the table.
- **Accidents:** leaving the stove on, cooking is not safe anymore. Lock away any knives and guns. What are the 3 things that you would try at home? Accident tips: anti-scalding (heat) device on faucets, auto stove turn off device, remove stove knobs, plastic eating and drink ware, lock sharp items, cleaning supplies, etc., lock kitchen and bathroom doors, chairs and tables sturdy with strong backs, decal on glass doors so person doesn't walk in/through glass. Much like baby proofing your home.
- **Falls:** Showering/bathing becomes a big issue. Install handrails in tub or shower and other equipment. Rugs with rubber bottoms. Tips: Prevention: Don't hurry them, be patient, allow plenty of time. Rails: in bathroom, stairs and bed rails. Rugs and Floors: make sure it's not slippery or lumpy, rubber based rugs, no floor wax. Clutter: remove floor clutter, shoes left of floor (tripping hazard), rumped rugs, books, cords, etc. Lighting: good lighting, light switches near doors, at stairs. Clothing: Good sturdy shoes, clothing not baggy or too long.
Perception is a big thing, there is some great education out there how to use color in your home to help them see (is different how and what you see).
Sherri: when I first cared for dad, initially I had an expectation for him to shower every day, but

eventually I realized that 2 – 3 times a week is plenty. Most accidents happen in the bathroom / shower. We have to empower them, not create a schedule that works for us, partner with them on a schedule that works for them and involve them in the activity to give them a feeling of control and purpose. Don't over control, and make sure to adjust help and support, as each day is different.

Note - Excellent article about changes in the home for fall prevention that includes visual examples of how vision changes to put us at risk and what we can do to offset that -

https://www.nytimes.com/interactive/2014/11/03/health/bracing-for-the-falls-of-an-aging-nation.html?_r=0

- **Medications:** Put medication away; help manage if your loved ones can no longer take medication on their own. Maybe use a whiteboard to keep track, keep a log, use labeled containers. Talk to the doctor and pharmacy for support. What are things you can do at home?

They also offer 8 week classes if you are interested in further information and education to support yourself and your loved ones. See <http://www.alzgia.org/services/community-education/>

Presentation concluded with an interactive conversation:

Attendee: The impact on you as the caregiver: I can't stress enough how important it is to provide patience and give the person the time he/she needs. It's about their time schedule not yours, it's learning about balancing it. In some situations, it affects your life and work - how can you be creative and come up with interesting solutions? I'm losing my mother, my best friend, my confident to now caring for her... it's an adjustment. I've got to be her support now and understand where she is coming from and how she sees things now.

Attendee: Their friends disappear because they don't know how to deal with the situation and have a hard time how their lifelong friend is changing...educate yourself how you can adapt and what you can still do for your friend versus stigmatizing the person.

Attendee: my challenge is to constantly adapt to the new normal, things are always changing. Year by year I do see changes, I'm his advocate and making sure that the facility provides him with the engagements he needs and to maintain his health. If loved ones are just sleeping their health is deteriorating, it's important to keep them out and active. You have to be a detective and alert for your loved one. Resting too much is one of the biggest issues, can also get muscle atrophy.

Attendee: are there workshops for people who have not reached that level yet, who can still learn?

Presenter: yes, there is a lot of interest on how to keep the brain healthy as we age. There are brain games, diet and exercise, activities and places that offer. Look at UCLA and see what classes and workshops they have.

Sherri: I also post a lot of articles and resources on my Facebook group-

<https://www.facebook.com/aginginplaceMarVista/> .

Presenter: There are also these virtual reality devices and robotic cats and dogs to help keep your loved one engaged when alone.

Attendee: At Independence At Home we have a lot of no cost support programs, like a coach program and others. Call to make sure it's a good fit for your family. You can call us at: 866.421.1964. Some programs are income qualified, some aren't. We have a variety. <http://independenceathome.org/>

Sherri: Check out West Side Pacific Village, is a membership program, \$50 a month, and volunteers will come out for socializing, taking out for an outing, or bringing them to a doctor appointment, fix things in the house, take the trashcan out, etc...this is a great support system if you need help as a caregiver

so you have more quality time with your loved one. It's about taking care of yourself too.

<http://thewpv.clubexpress.com/>

Presenter: Meals on Wheels is also a great service for food and human interaction.

<http://www.mealsonwheelswest.org/>

Sherrri: Financial aspects, make sure to look into bank accounts and checkbooks, because your loved one may not be clear anymore if he/she wrote a \$7 or a \$7000 check.

- **Future guest presentations –**

- **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 - Maintaining Mobility and Independence in Persons with Dementia** - Carol Hahn is a Wellness and Fitness Nurse, and Community Educator at OPICA Adult Day Care Programs & Counseling Center. She will discuss the importance of safe mobility and fall risk reduction that supports the health and quality of life of a person with dementia.
- **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**

- **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.

** **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>*