



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday July 20, 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

Agenda

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- **Call to order**
- **Brief Introductions**
- **Motion to approve May minutes**
- **Public comments and announcements**
 - **Albert Olson** – brief overview of project to create a Mar Vista Community Center from the Historic Fire Station on Centinela and how it might serve older adults.
 - **Educational speaker on Alzheimer's** - hear the newest, most groundbreaking discoveries in Alzheimer's and dementia research as presented at the Alzheimer's Association International Conference (AAIC) in London, England. **Guest speaker: Keith Fargo, Ph.D.**, Director of Scientific Programs and Outreach, Medical and Science Relations, Alzheimer's Association. Date: **Thursday, August 10, 2017** Time: **6 p.m.-7:30 p.m.** Location: **Santa Monica Public Library**, Martin Luther King Jr. Auditorium, 601 Santa Monica Blvd., Santa Monica, CA 90401
https://www.alz.org/socal/in_my_community_education.asp
- **New Business – Motion to approve a \$500 donation to support the Westside Senior Health & Wellness Fair on Saturday 9/16/17. Currently sponsored by CM Mike Bonin and supported by the WLA/Sawtelle NC**
- **Guest Speaker – Allison Beale – Powerful Tools for Caregivers** - Are you the primary caregiver, or caring for someone who is aging in place? Are you feeling tired, overwhelmed, and almost at your wit's end? Come and listen to Allison Beale, MEd. who will share some, "Powerful Tools for Caregivers" of how to stay afloat while caring for your loved ones who are aging, suffering with memory challenges, either Alzheimer's or dementia. Fill your toolbox with "tools" that can help you create an opportunity for some relief. Allison is a trained class leader in [Powerful Tools for Caregivers](#), which was developed over 3 years of pilot testing, refinement and evaluative research and the program has been offered since 1998. Powerful Tools for Caregivers has been shown to minimize the negative impact that caregiving has on their lives and help them seek and find resources. The goal

is to help caregivers to thrive as individuals. In this book, you will find information for in-home caregivers, working caregivers, long-distance caregivers, and grandparent caregivers. If you are unable to attend this information filled session, please feel free to email Allison your questions at Allison.SeniorCare@gmail.com

- **Future guest presentations –**

- **August 17th**– 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 21st**- 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 19th - 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 16th - 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.
- **December 21st - Anastasia Bacigalupo, Executive Director of Westside Center for Independent Living**

- **Public comments**

- **Adjourn Meeting**

Alzheimer’s Research Update

Join us to hear the newest, most groundbreaking discoveries in Alzheimer’s and dementia research from the July 2017 Alzheimer’s Association International Conference (AAIC) in London, England.



Guest Speaker: Keith Fargo, Ph.D.
Director of Scientific Programs and Outreach
Medical & Science Relations, Alzheimer’s Association

Thursday, August 10, 2017
6:00 p.m.- 7:30 p.m.

Join us for a reception with light refreshments at 6:00 p.m.
The presentation will start promptly at 6:30 p.m.

Santa Monica Public Library
Martin Luther King Jr. Auditorium
601 Santa Monica Blvd.
Santa Monica, CA 90401
No-host Parking \$2.00-\$3.00

This program is not sponsored by the Santa Monica Public library

RSVP: 800.272.3900 or vagomez@alz.org

SAVE THE DATE

Westside Senior Health & Wellness Fair

50+ years old & Family

Saturday September 16th 2017

11:00AM to 3:00PM

Location: WLA Civic Center Plaza

1645 Corinth Ave. LA 90025

Free Parking on NW corner of Corinth & Iowa

FREE SCREENINGS, FOOD & REFRESHMENTS

SPONSORED BY COUNCILMEMBER MIKE BONIN



SUPPORTED BY WLA/SAWTELLE NC

And other Westside Neighborhood Councils

* **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>