



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday August 17, 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 – Amalia Rioja, Allison Beale, Anne Boehmer, Edward Gray, Bernadette Bockis, Birgitta Kastenbaum, Christine Stemar, Chuck and Sandy Ray, Eva and W. Gilbert Clark, Caroline Payne, Susan Black-Feinstein, Debra Hochman, Sara Elwood, Grace Millington, Hosneya Khattab, Ron Kato, Marlena Ross, Miriam Caiden, Mohamad Hassan, Otto and Eleanor Nakano, Robin Dennis, Sherri Akers, Steve Shapiro, Susi Rodriguez Shapiro, Tatjana Luethi, Valerie Fontaine, Mildred Simpson, Naomi and Irwin Friedman

- **Called to order: 6pm**
- **Brief Introductions** – skipped due to large attendance – 32 people!
- **Motion to approve July minutes:** unanimously approved
- **Public comments and announcements**
 - **MVCC Board opening** - http://marvista.org/readpost.php?news_id=510 , Persons who are interested in applying for the position must write a statement of candidacy, submitted by Tuesday, September 5th, 2017 at 12pm.
 - **Westside Senior Health and Wellness Fair Sept 16th, 11 to 3. See flyer below.** Allison Beale and Robin Doyno will be there to represent us – please stop by! Free screenings, information geared to seniors, free food, entertainment and parking. Geared for people 50+. If non-profit organization are interested in tabling there, please contact Ron.
<http://www.westlasawtelle.org/new-events/2017/9/16/westside-senior-health-wellness-fair>
 - **Cancellation of 2017 Mar Vista Fall Festival.** Info to follow on Mar Vista Turns 90 event that will be held at Mar Vista Farmers Market.

- **Researching ways to work with architectural tours to promote aging in place design features.** See article for inspiration - [Get Tips on Aging-in-Place Design at the Homes by Architects Tour](#) . Let us know if you have contact with organizers of any home tours!
 - The Mar Vista Library, in cooperation with [WISE & Healthy Aging](#), will be sponsoring a **6-week Healthier Living workshop** for people with ongoing health issues starting Monday, August 21st, 2017. Topics: healthy eating, good sleep, medication, discuss exercising, how to self-manage chronic conditions to not end up in ER. For more information, go to [http://www.wiseandhealthyaging.org/cms/pdf/Healthier Living Workshop \(Mar Vista\).pdf](http://www.wiseandhealthyaging.org/cms/pdf/Healthier_Living_Workshop_(Mar_Vista).pdf) or call Miriam Caiden at 310 394 9871 ext. 264.
 - **The Purposeful Aging LA survey has officially launched.** It is offered here in 10 languages - <http://www.purposefulagingla.com/>. Please take the survey and help to distribute to people and organizations. Minimum age for survey is 18.
- **Guest Speaker – Gerontologist Susi Rodriguez Shapiro, on Emergency Preparedness for Older Adults.** There are many specifics to consider for Older Adults beyond what we already know about basic emergency preparedness. She will walk us through the completion of the [File of Life](#) and how to create a [Go Kit](#). Remember that when it comes to Emergency Preparedness . . . **"You CAN'T Predict them . . . You CAN'T Prevent them . . . You Can ONLY PREPARE for them!!!"** **Susi Rodriguez Shapiro, M.S.G.**, is an award winning committed advocate for older adults and caregivers with over a decade of recognized leadership and strategic vision in the private, non-profit, and government sectors. Ms. Shapiro is a Gerontologist with a Master of Science in Gerontology degree from USC and is a *Cum Laude* graduate of UCLA. She is a Master Trainer certified by Stanford University. Her passion for advocacy has led her to work with numerous senior-focused organizations, including AARP, Alzheimer's Association, Area Agencies on Aging for both the City and County of L.A., Community Based Organizations, and several of the major Healthcare Plans. Susi is also a 27 year resident of Mar Vista!

Today we are talking about being prepared for a disaster as it relates to us and our medication. This is not a discussion how to prepare our homes, this focus is about us as the individual in case we have to evacuate our home immediately. In LA, there can be all kinds of emergencies, the one thing we do know that will happen are Earth Quakes, we can't predict them, we can't prevent them, we can only prepare for them...What to do when the Earth shakes? Drop, Cover and Hold on. Agility is harder when you are older. If you are in a wheelchair get as close as possible to a wall that does not have windows or mirrors and protect you head and body as best as you can.

After the earthquake happens, there are aftershocks. Check yourself for injuries, check for safety and gas leaks. Expect aftershocks, turn on the radio and listen from instructions from public safety agencies. Buy yourself a portable radio, or go to your radio in your car or a neighbor's car. Calm yourself down, take deep profound breaths – that brings oxygen to your brain and you can think and act better. Being hysterical doesn't help. Activate your plan. What plan? That's what we will talk about today.

Have a fire extinguisher and learn how to use it. Have a wrench/crow bar handy, as doors will shift and may not open. IMPORTANT! Have a 7 day supply of prescription medications for each family member and put it into your Go Kit. If you have a second floor, get a portable fire escape. It is like ladders for 2nd floors and stores easily.

Let's talk about a Go Kit. Keep it light, something you can put on your back like a bag back, so our hands are free. Put 7 days' worth of your prescription medication in there – good idea to for use a 7-day pill box. A single water bottle to use to take sips when taking meds – this is separate from your emergency water supply. Have a list of your medication – name, how many mg and how often you take it in a day. You can show this to medical aid, for

example Red Cross when you get there for them to get you more meds. Make a copy of the info in your File of Life to include in your Go Kit. The original is in a bright red plastic case with a magnetic strip to place on our refrigerator, so when medics come they can look for it. Add a flashlight; keep the batteries going, or any other multi use flashlights (for example Red Glow Stick flashlight by Life and Gear, has a whistle on the other end). An extra pair glasses (put your old ones in the Go Kit, don't throw them away). Emergency Mylar Blanket, is a tiny package, but becomes really big when unwrapped, will keep you warm in cold weather, protects you from sun in the heat, or cover up dead bodies. Protein bars. A simple little First Aid kit. Thumb Drives / Flash Drives that has important information about you or your house including a copy of your insurance policy. Take photos of your valuable belongings you might need to claim, to help when dealing with insurance later and include on the flash drive. A porta potty package with zip lock bags and wipes – go to any of the camping stores, or Army/Navy Surplus stores. Take a zip lock bag and place copies of passport, green card, social security card, DMV driver license card. Add small amounts of money, singles and quarters, for ATM's are probably not going to work. Have copies of your insurance policies (home owner, car, etc) – you may find your coverage provides a hotel room to bypass an evacuation center. Include photos of family members and pets, during an emergency they get scarred and run, if you have pictures it's easier to show versus saying I have a black cat. Have a few protein bars. **Include a copy of your Advanced Directive or POLST – learn more here from the presentation done by Birgitta Kastenbaum - <http://www.marvista.org/files/150618-AIP-Minutes.pdf>**
KEEP IT LIGHT!

Set a schedule to refresh perishables – meds will expire, food and water go stale. Perhaps when the time changes?

Additional items you may want in your Go Kit: face masks to avoid dust, sewing kit, water packets – can keep them in the car and are not affected by the cold and heat regular water bottles are affected by. Once open, you can't close it though. Non-perishable food, roll of toilet paper, disposable underwear, spare eye/sunglasses, hand sanitizers, extra underwear and socks, pet supplies. Note that evacuation centers will not admit pets. Have a plan for caring for your pets. See article with tips - <http://www.telegraph.co.uk/news/2017/08/15/elderly-urged-carry-pet-cards-prevent-animals-left-alone-owner/>

If you have to evacuate your house, leave a note in plain sight saying where you can be found, use any markers, lipstick, anything. Take your Go Kit (with important docs, Meds, basic supplies).

Car mini-survival kit: nonperishable food, energy bars, water, pre-moistened towelettes, sanitizers, emergency blankets, sealable bags, toilet paper, flashlight, shoes, comfortable pants.

Label your kits with your name so it is not mistakenly taken by someone else in an evacuation center - (it's survival, you can proof it's your kit). Have it visible in your house ready so if you need to run, you can easily grab it.

File of Life, can get it from the department of the aging. Complete it, put it up on your fridge, in your car glove department, your purse/pocket, and wherever you wish. **Find info here to request one - <http://aging.lacity.org/index.php?fetch=fol>. If you need a replacement copy of the information form, you can download one here - <http://aging.lacity.org/pdf/programs/FileofLife.pdf>**

If you are a caregiver for a loved one – make sure that someone knows so they receive help if you are unable to get to them. There are caregiver bracelets that will alert emergency responders. Check out <https://www.americanmedical-id.com/caregivers> or <https://www.roadid.com/>

Where can you buy supplies? Amazon, Home Depot. Check The Surplus Store on Venice Blvd at Motor -

<http://www.surplusstoreonline.com/>. For a full range of emergency supplies SOS in Reseda -
<https://www.sosproducts.com/>

- **Old Business – Motion to approve a \$500 donation to support the Westside Senior Health & Wellness Fair on Saturday 9/16/17 was approved by MVCC Board.**

- **Future guest presentations –**
 - **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**
 - **January 18th – Birgitta Kastenbaum** self-advocacy and tools to empower us to have a voice and be invested in our own health.

- **Public comments - none**
- **Meeting adjourned 7:15 pm**

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>

* **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>