



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday, April 21st, 2016

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

Attendees – Birgitta Kastenbaum, Tatjana Luethi, Miriam Hall, Christine Taylor, Kaye Eshnaur, G. King, Billy & Judy Campbell, Grace McKeaney, Mark Ambrose, Latrice Williams, Marilyn Katz, Charles Guinn, Christine Stemar, Carol Hahn, Sam Robinson, Robin Dennis, Allison Beale, Maura Vitav

- **Called to order** - 6pm
- **Brief Introductions** - Lot's of interest in home-sharing and being able to stay / age at home
- **Public comments and announcements**
 - a. Los Angeles Senior Fraud Awareness Day May 12th at 9:30 at Felicia Mahood Center – details <http://www.marvista.org/node/3478> and flyer attached
 - b. Information on LA City Services for low income seniors – including home repairs - <http://hcidla.lacity.org/low-income-sr>
 - c. Home Sharing Ordinance:
Motion in regards to short term rentals in Los Angeles has been introduced. Affects short term rentals. To learn more if and how this is going to affect you visit here:
<http://www.babcnc.org/2016/04/home-sharing-ordinance-proposal-presentation-may-21/>
The first public hearing will be held on the ordinance on **Saturday, May 21, 2016, 10 am** at the **Deaton Auditorium in Downtown LA**.
PLACE: Deaton Auditorium LAST DAY TO ADDRESS
JUNE 6, 2016
TIME: Saturday, May 21 2016, 10:00am After this date, comments are be addressed to the City to Planning Commission
STAFF: Matthew Glesne: matthew.glesne@lacity.org, 213-978-2666
100 W. 1st Street, Los Angeles, CA 90012 COMMENTS TO STAFF:
 - d. Sam Robinson; we are seeking actors and visual artists to work alongside with students aged 8 – 15 for a program of cultural storytelling at the Mar Vista Recreation Center. This is made possible by grants given

by the Cultural affairs department given to the artist in specific neighborhoods. Sam has developed for seniors a program called "Senior Reflections - Bridging the Gap", has worked with the Felicia Mahood Center. There will be 5 different stories and tales that are all culturally related, do some sort of craft and acting, are making masks and puppets and the adults are the narrators. It's collaboration with students and older adults. Rehearsals are taking place on Tuesdays, April 5 – May 31st, 2016 from 3.45 – 5.15pm. Performance will take place on June 4th at 3 – 5 pm at Mar Vista Recreation Center. Tickets are \$5 and performances are open to the public. For more information contact Sam Robinson: saminsilverlake@gmail.com

- **March minutes approved**

- **New business –**

- a) **Guest speaker – April – Miriam Hall, [Affordable Living for the Aging](#)** As the population of older adults increases, so does the need for affordable housing. Seniors who have an extra room in their home are finding companionship and extra income from sharing their home. For some, finding a roommate even helps them stay in their home. If you need a place to live, this may be an option you haven't considered. Join us to hear stories about how shared living has benefited the social life and bank account of some of our Mar Vista neighbors. There will be a Q&A with people who are sharing their homes and loving it!

LA based non-profit that has been around for 20 years, talking tonight about home-sharing and long term rental.

Watched a brief video featuring various seniors sharing their story of becoming a widow and being lonely, of struggling financially and needing to find affordable rental opportunities. Financial concerns were on the top of the list of concerns. Seniors are redefining what it means to age, do I want my child to come to a place to visit me where they do not feel comfortable or where they can feel community, sharing and co-housing.

ALA's average housing provider is about 55 and seeker is about 65. ALA will go and look at the home, and do background screening, then do a referral process of compatible housing seekers. Then you get to meet the ones you are interested in meeting. Once you make a selection, you go through a trial period for a 1 week or so living together to see if you are compatible.

Attendee shared: Provides companionship, securing and extra money that seniors need now being on a fixed income.

ALA can help a home provider who needs support and companionship and financial need. Seekers use ALA because they need to find affordable rentals. This service is for all walks of life. Minimum requirement for a single individual needs to be of 18 years old. Shortest match have been 2 years, longest has been 10 years.

Attendee questions: How many people participate at ALA.

ALA: we have a large pool of seekers, but a very small pool of homeowners. We need more homeowners who want to share their homes. There is a fee, if there is a successful match, the housing provider will forego the first month rent which will go to ALA, if the match doesn't last more than 3 months, the fee will be refunded.

Cynthia, an ALA member shared her experience of home sharing. Said she used to host foreign students in past, then she started thinking about what would it be like to be on the other side of the spectrum, what about hosting older adults? She interviewed about 3 people prior to choosing her current "home seeker". She found this experience to be very rewarding, and felt she was less worried about him as an adult versus worrying about the young students not coming home or coming home late. David, lived in a big house in Pacific Palisades and

got crushed due to a financial situation affecting the architectural woodwork business. He was not happy in this family business / career anyway, after the crash he decided to completely change his life. 40-year prior he has worked as an actor. After the financial crash he decided to go back into acting, and realized that Culver City would be a great central location versus commuting from the Pacific Palisades. He went to the Senior Home and then got connected to ALA to connect him to his current “landlord”. This allowed him to completely change his life and career. He recently got a new lead role in a new film. Simplifying his life has allowed him to reinvent his life and freed him up to recreate a new fulfilling life. ALA has done a great job in understanding Cynthia and her lifestyle and what kind of person she was looking for and is very happy with her match, David.

Attendee: Where do you draw the line for tasks and duties for the renter?

ALA: personal care is the boundary; you cannot receive personal care from your renter. All tasks / duties / rules and expectations are being laid out from the very beginning. Maximum rent you can charge as a home owner is \$800, if you want to charge more than ALA is not the right agency to work with. Pets are currently not allowed as a “seeker”, are disqualified.

Attendee: what are some of the challenges that could happen?

ALA: Our clients are not used to living with someone else outside of spouse or family. The small things can become huge items if you don’t learn how to communicate about things. So ALA always recommends to communicate amongst each other first, if that doesn’t work ALA will come in and mediate. We currently match 30 clients a year. 90% of housing providers are matched within 2 months, housing seekers tends to take longer as there is a larger pool seeking.

Attendee: Can a single mom qualify as “housing provider” who can not afford the rent?

ALA: yes, as a provider, as a “seeker” you need to be at least 18 years old in order to qualify.

- **Old Business reviewed -**

- a. Motion to Congressman Karen Bass passed unanimously by MVCC Board and has been sent (see copy to follow)
- b. Update on Board response to motion supporting Councilmember Mike Bonin to create a new ordinance addressing short term rentals ([Council File 14-1635-S2](#)) A final draft of the ordinance has been released and is open for public comment.
- c. Update on \$1,500 Neighborhood Purposes Grant for Westchester Playa Village
- d. **Future guest presentations**
 - a. **May** – Our Time Bank- <http://ourtimebank.timebanks.org/>
 - b. **June** – Wise and Healthy Aging - Molly Davies, Vice President Elder Abuse Prevention and Ombudsman Services, as the representative who will conduct the presentation that evening.
<http://www.wiseandhealthyaging.org/city-and-county-of-los-angeles-long-term-care-ombudsman>
 - c. **July** – [Charles Guinn, Certified Aging in Place Specialist](#) on reverse mortgages - educating homeowners in the various uses of the reverse mortgage, when not to get one, and answer any questions that we may have.
 - d. **August** – Steve Barbour – With an Executive Certificate in Home Modification from USC Davis School of Gerontology, Steve will present on home modifications for aging in place. He will give an overview of what home modifications can be done, the process, how to pay for it, & how to

find a contractor who is qualified and why they matter. MA, OTR/L, ECHM, Co-CEO, Vice President, [Evolve Therapy](#)

- e. **September** – Joe Barnes, [Compassion & Choices](#) – understanding the new CA End of Life Option Act.
- f. **October** - Carol Hahn, MSN, RN, RYT, CPT, CDP - [CarolHahnRN.com](#) tools that support making the journey with a loved one with dementia as positive as possible **Wellness and Fitness Nurse** - helping people over 50 increase their quality of life. Certified Dementia Practitioner
- g. **November** – reserved for dealing with clutter pending discussion of best approach.

- **Adjourned meeting 7:30**

DRAFT

April 12, 2016
VIA EMAIL

TO: The Honorable Congressmember Karen Bass, California 37th District Karen.Bass@mail.house.gov

CC: Maral Karaccusian, District Director, Congressmember Karen Bass Maral.Karaccusian@mail.house.gov

Whereas by 2030, 20% of our community will be 65 or older

Whereas 1 in 3 will have dementia or Alzheimer's – almost 2/3 of them women

Whereas Medicare does not cover any of the essential services needed to care for those with dementia – forcing family caregivers out of the work force.

Whereas 25% of Boomers care for an aging parent resulting in an average loss of income of over \$300K. Yet when forced to leave the workplace they face further hardship if taking social security early with a reduction of benefits of almost 30%

The Mar Vista Community Council respectfully urges Congressmember Karen Bass to support our senior community by

- Introducing a proposal that early retirement taken to provide family caregiving be an exception to the reduction for early benefits, as done with disabilities.
- Supporting the proposal by Congressmember David Jolly that will change how the cost of living increase is calculated on social security. ([Keeping Our Promise to Seniors Act - H.R.4551](#))
- Supporting the [Credit for Caring Act](#), which provides a tax credit to working family members equal to 30 percent of a caregiver's expenses greater than \$2,000. The bill aims to reward working taxpayers and encourage continued participation in the workforce while providing care to a loved one. It was introduced by Rep. Linda Sánchez, D-Calif., who chairs the Congressional Hispanic Caucus, and Rep. Tom Reed, R-N.Y.

Thank you for your consideration in this matter,



**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 <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, please contact secretary@marvista.org.*

***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, or any auxiliary aids and/or services may be provided upon request. To ensure availability of services, please make your request at least 3 business days prior to the meeting you wish to attend by contacting chair@marvista.org*

Councilmembers Mike Bonin and Paul Koretz, Assembly Members Richard Bloom and Sebastian Ridley-Thomas, City of L.A. Dept. of Recreation and Parks, Jewish Family Service of Los Angeles, and the Stop Senior ScamsSM Acting Program invite you to

LOS ANGELES SENIOR FRAUD AWARENESS DAY

THURSDAY MAY 12, 2016 9:30 AM – 1:30 PM



Felicia Mahood Senior Multipurpose Center
11338 Santa Monica Blvd., Los Angeles, CA., 90025



GUEST SPEAKERS FROM FEDERAL TRADE COMMISSION – CSLB -
W.L.A. DIV. POLICE DEPT - L.A. COUNTY DISTRICT ATTORNEY & MORE...

FEATURING

STOP SENIOR SCAMSSM ACTING PROGRAM

COMMUNITY INFORMATION BOOTHS AND REFRESHMENTS

FOR MORE INFORMATION CALL 310 479-4110 Free Parking on Corinth Ave.



ASSEMBLY MEMBER
Sebastian Ridley-Thomas
DISTRICT 54



ASSEMBLY MEMBER
Richard Bloom
DISTRICT 50



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