



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday, November 19, 2015

6:00 PM – 7:30 PM

Windward School Room #800

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

- **Call to order**
 - **Introductions**
 - **Public comments**
 - **Motion to approve October minutes**
 - **New business –**
1. **Guest speaker and group discussion on Co-Housing - Frances "Sparky" Sotcher:** 25 years ago after four women met in a workshop on co-housing. They rented a two story home to form a community of single adults. Three years later, the landlord quit paying the mortgage and they were told to move out in 30 days. Instead, the four unrelated adults bought the house out of foreclosure. Under the name Unity Hearth seven adults ranging in age from early 20's to early 80's, both male and female tenants, live in harmony. Frances "Sparky" Sotcher brings years of experience of sharing a large home in Mar Vista with other single adults living as a community. Frances will share her knowledge about renting rooms, finding tenants, and the "House Agreement" that they have developed over the years.
 2. **Rachel Caraviello – [Affordable Living for the Aging](#)** will present this 5-minute video which promotes shared living to seniors who have extra space in their homes. Watch it here: <http://www.alasenioring.org/program-video>
 3. Potential collaboration with Vintage Grandview on intergeneration music and memories pilot program. They are currently doing a pilot program at their Sonoma location - [Of minds and music](#). Sonoma Index-Tribune After doing course work on the human brain and the effect music has on it, some volunteer students will go to **Vintage Senior Living** to work with the ...
- **Old Business –**
 - a. Recap on Fall Festival

- 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](#))
- c. Update on \$1,500 Neighborhood Purposes Grant for Westchester Playa Village
- d. Senior Friendly Stores campaign - In New York they have a program called “naturally recurring retirement communities”, apartment buildings or neighborhoods that have 60% seniors or more then the service are coming to the neighborhood versus trying to get the seniors to the where they need to go. See <http://www.nyc.gov/html/dfta/html/services/retirement.shtml> (committee will explore further).
- e. Lori Gilder: with the exploding senior population, and talking about housing.....senior couples in a home who can “delegate” how about creating “senior Au-pair”. Currently, but you can’t get a visa for someone to become a senior Au-pair. Everything is becoming so unaffordable, including caregiving, no one can afford it. I’m currently \$8,000 to a caregiver for my mother. That could be an alternative. Providing board and care for seniors (like Au-pair for Nannies to help raise children / minors). Is usually a year contract to come to this country, are younger, and students. Committee will reach out to the office of our Congressperson, Karen Bass to explore this idea
- f. **Future guest presentations**
 - **December 17th (tbc)** - Sheila Moore, Sr. Director of Comprehensive Older Adult Services Jewish Family Services – "How to make the most of your trip back home" - what to look for to determine if your parents/grandparents need additional help, how to start difficult discussions, how to use this trip home to gather info you might need in an emergency/health crisis;
 - **January** – Allison Bealle - on how to hire a caregiver, adult day care program and support organization
 - **February** - Lilly Ortiz of LA Metro will present on their [On the Move Riders Club](#) (available for Dec if that doesn't confirm).
 - **March** – Monica Moore of [UCLA Easton Center for Alzheimer’s Disease Research](#)
 - **April** – [Affordable Living for the Aging](#) roommates in Mar Vista to lead a discussion group, Q&A about their program (TBC)
 - **Future speakers – suggestions**

- **Adjourn meeting**
- **7:30 – 8:00 – opportunity to stay for further conversations**

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