



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Wednesday, November 16th, 2016

6:00 PM – 7:30 PM

Windward School Boardroom 1030, Building C (by baseball diamond)

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

Subscribe to updates here - <http://eepurl.com/cbT699>

Follow us on Facebook here - <https://www.facebook.com/marvistacc/>

- **Call to order**
- **Brief Introductions**
- **Motion to approve October minutes**
- **Public comments and announcements:**
 - Upcoming older adults get together with Mike Bonin on 11/22
 - Nancy is Missing <http://nancyismissing.blogspot.com/> - 6 of 10 with Alzheimer's wander - <http://www.alz.org/care/alzheimers-dementia-wandering.asp>
- **New business – Guest presenter – “The Gift of a Downsized Home.”** Guest presenter Robin Gurse Dennis of *Got Clutter?* guides you in how to have “the downsizing conversation” with your favorite senior. Robin addresses the impact on family members faced with years of physical possessions, suggests ways to prepare for the conversation, and provides an action plan you can personalize for your specific needs.

Old Business

- **Future guest presentations – room 1030 in Building C (by the baseball diamond) will be our ongoing location.**
 - a. **December** – Mandi Carpenter – When is Assisted Living a good choice? How do you assess them?
 - b. **January** - Emilia Crotty with LA Walks - Safe Routes for Seniors program and campaign, part of the Vision Zero Alliance ([Facebook](#) and [website](#)).
 - c. **February** – Adriana Mendoza – AARP Livable Cities and Purposeful Aging LA
 - d. **March - Birgitta Kastenbaum** – the psycho-emotional effects of aging and the awareness of impermanence.
 - e. **April** – Bonnie Davis – Senior living advisor. Transitioning to care and changes in homecare. Who pays for what? What funds are available? Why a skilled nursing facility vs. assisted living? How to negotiate for best pricing.

Public comments -

- **Motion to adjourn 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>*