



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

**Monday**, October 17th, 2016  
6:00 PM – 7:30 PM

**Windward School Boardroom 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

- **Call to order**
- **Brief Introductions**
- **Motion to approve September minutes**
- **Public comments and announcements:**
  - Upcoming older adults get together with Mike Bonin – details to follow
  - MVCC email server crashed, [please resubscribe to our new Mailchimp account here](#).
  - For important breaking news follow MVCC on Facebook - <https://www.facebook.com/marvistacc/>
  - Mar Vista Fall Festival will be October 22<sup>nd</sup>
  - Registration is now open for the 16th Annual Caregivers are: Learning More (C.A.L.M.) Conference. <http://fcscgero.org/16th-annual-caregivers-are-learning-more-calm-conference/>
  - Herb Wesson letter on regulating format for marijuana - <http://nwsanpedro.org/2016/10/wesson-letter-on-marijuana-regulatory-framework/>
- **Recap - LA Purposeful Aging Workshop at Empower Congress of Neighborhoods**
- **New business –**
  - Lisa Weinstein will briefly share about the [Music Mends Minds](#) inter-generational band/choir comprised of seniors with neuro degenerative conditions (Alzheimer's, Parkinson's, and Dementia in the early stages) and Windward students. The band gets together twice per week for rehearsals and they generally have two performances per year. The Holiday performance is scheduled for Dec 3. They meet on Mondays at the Brentwood Presbyterian Church and Wednesdays at Windward School from 2:30-4:00pm in the Music Room (400). Everyone is welcome to come check it out anytime.
  - **Guest presenter – Join Carol Hahn, MSN, RN at the MVCC Aging In Place meeting when she discusses “Tools to Support the Journey of a Loved One With Dementia”.** This presentation will include an overview of

dementia, how to effectively communicate, and learning to deal with challenging behaviors often experienced. Carol will help answer your questions to help you support loved ones with dementia.

Carol is a Wellness and Fitness Nurse. In addition to her vast experience in nursing, Carol is also a Registered Yoga Teacher, Certified Personal Trainer, and a Certified Dementia Practitioner. Carol is the Education Consultant at [OPICA Adult Day Care Program & Counseling Center](#). OPICA has been serving adults challenged with memory loss and their families in the West Los Angeles area for more than 35 years. For more information – 310-478-0226 or <http://www.opica.org/>

- **Old Business**
- **Future guest presentations**
  - a. **November – NOTE THIS MEETING WILL BE HELD WEDNESDAY 11/16 DUE TO SPECIAL EVENT AT WINDWARD.** “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.
  - b. **December** – Mandi Carpenter – When is Assisted Living a good choice? How do you assess them?
  - c. **January** - Emilia Crotty with LA Walks - Safe Routes for Seniors program and campaign, part of the Vision Zero Alliance ([Facebook](#) and [website](#)).
  - d. **February** – Adriana Mendoza – AARP Livable Cities
- **Public comment**
- **Adjourn meeting**

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**\* 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](mailto: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>*