



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

Thursday, September 15th, 2016

6:00 PM – 7:30 PM

**Windward School Boardroom 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

### Minutes

**Attendees – Officer Juan Galvan, Officer Travis Iseri, Sherri Akers, Tatjana Luethi, Robin Dennis, Allison Beale, Susan Black-Feinstein, Hosneya Khattab, Mildred Simpson, Ed Gray, Nathan Horowitz, Ann Boehmer, Eva Clark, W. Gilbert Clark**

- **Called to order:** 6.07pm
- **Brief Introductions**
- **Motion to approve August minutes:** motion carries
- **Public comments and announcements:**
  - 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/>
  - Important meeting next week on Baseline Mansionization – tentatively Weds evening at 7 pm at Mar Vista Park. Check the MVCC calendar for confirmation - <http://www.marvista.org/calendar> . This ordinance will impact the amount we can add on if remodeling our home. We have until 9/25 for public input. It is proposed that Mar Vista will be R1V2. The old ordinance allowed building to 60% of the floor area ration (FAR) with a potential 20% bonus. The new ordinance would allow 45% for 6,000 SF and under lots to a high of 35% for lots over 10,000 SF - with no bonus options.  
We have until 9/25 to submit feedback or ask questions. Contact info -  
Email - [neighborhoodconservation@lacity.org](mailto:neighborhoodconservation@lacity.org)  
Phone - (213) 978-1363  
Mail - Christine Sponara, 200 N. Spring St., Room 667, LA, CA 90012  
Facebook - Neighborhood Conservation  
Website contact us form - <http://preservation.lacity.org/contact>  
Here is the web page with updates and links  
- <http://preservation.lacity.org/.../neighborhoodconser.../updates>. Next steps - this will go to LA City Council PLUM Committee with our feedback and hopefully presented to the full Council in November. Once approved, it will take effect 45 days later.
  - **Portman Calls on Senate to Pass the Senior Tax Hike Prevention Act** - U.S. Senator Rob Portman (R-OH) delivered remarks on the Senate floor urging the Senate to pass the *Senior Tax Hike Prevention Act*. The bipartisan legislation, which was introduced with Senator Sherrod Brown (D-OH) and endorsed by

the AARP, will help seniors with rising health care costs by preventing an increase in the threshold to claim the medical expense tax deduction for seniors. The current rate of 7.5 percent of income is scheduled to increase to 10 percent for seniors on December 31, 2016.

- **Mar Vista Fall Festival** will be October 22<sup>nd</sup> - download the forms to be a presenter or sponsor here - <http://www.marvista.org/node/3603>. Only 3 booths left!
- **LA Purposeful Aging Workshop at Empower Congress of Neighborhoods on 9/24** - you are invited! Register here - <http://www.nccongressla.com/#>
- **New business – Guest presenter** – Officers Juan Galvan and Travis Iseri - CHP presentation on [Age Well Drive Smart](#). The program is designed to reduce accidents and pedestrian deaths and injuries experienced by older Californians and to increase seniors' alternate transportation options when driving is no longer an option

The intention is to raise awareness on senior driving and help you keep driving safe as long as possible. Driving is a key aspect of our lifestyles and maintaining independency. You decide if and when to stop driving. There are no absolute criteria, you have to anticipate the inevitable and understand the alternatives. It's a conversation all of us will need to have one day, either for ourselves, or with an aging loved one.

Myths about older drivers: driving risks increase with age, not necessarily true if compared to a 16 year old driver. When renewing your driver's license, the DMV will automatically check your driving ability – nope, they only check your vision. Your doctor will tell you when it's time to stop driving – nope, not really, can't rely on your doctor. Know you can get a DUI if under the influence of "medication" prescribed to you.

Self-awareness questionnaire:

- How important is driving in your life?
- How confident are you with your current driving ability? At night? During the day? Be honest. Rearrange when you are driving.
- How would you rate your vision?
- How would you rate your reaction time?
- **Should you drive when taking your medication?** We recently were involved with an accident; it was a 60+ year old gentlemen who got involved in a fender bender. We didn't smell any alcohol, but thought something wasn't right. Then we saw he had a prescription medication on the seat, and we learned he was at the doctor's, had an outpatient procedure done, and was under the influence of medication. He should not have been driving. Unfortunately, we had to proceed under the protocol of a DUI and arrest him. Make sure to talk to your doctor and pharmacists, especially the pharmacist knows how all of your different medications prescribed to you by different doctors are interacting with each other (example: I'm taking all of these 4 drugs all at the same time, what's the impact of these medications, and is it okay for me to be driving).

In the event that you decide to give up or limit your driving, how aware are you of transportation options and resources available other than your car. Explore what options you have and how much they cost. Talk to a social worker to help you.

Taking Control and observe your vision and hearing changes, observe your mental vitality, what's your level of physical fitness (limitations in turning head, neck, shoulder area), it's important to do stretches and mobility in your neck, talk to your doctor. Sleep and rest (this is often underestimated – it limits your ability to see oncoming traffic). If you take sleeping medication be aware there are side effects. Nutrition is an important aspect. Medication and alcohol have side effects, talk to your pharmacist. What's your reaction time.... Transportation and interaction of different transportation mediums are getting more complex and are evolving (example: light signals, trains, cross train tracks, bus, pedestrian cross walks, stop sign and one way street all within one intersection).

Remember the terrible accident in 2004 at the Santa Monica farmer's market where a 86-old man drove his mid-size Buick through a crowded farmer's market. He told police he couldn't stop and may have hit the accelerator instead of the brake. Nine people were killed, including a 3-year old girls. There were 54 people hurt including 14 people with critical injuries. Two of those critically injured were under the age of 2.

Safe Driving Practices:

- Plan your trip
- Follow at a safe distance
- Drive the speed Limit
- Avoid distractions
- Ignore road rage
- Wear your seatbelt

If you drive too slow, you can also get a ticket, you are impeding driving traffic. Let's say you are driving 45 where traffic speed is 65, you are risking those approaching you from behind to swirl or rear end you. When it rains, stay out of the left and right lane, that's where the water puddles. Stay in middle.

Check your vehicle: windshield and wipers, tires and tire treads, lights, oil level, fuel. This can be an issue for seniors living on a fixed income, they don't have the money to spend on their car, tires. Those are the things we find people neglect, which is why we point these out.

Life without driving, here are some mobility options:

Ask family and friends

Public transportation

Para-transit

Light rail and trains

Access and Cityride (make sure to explore those)

For more information visit:

[www.dmv.ca.gov](http://www.dmv.ca.gov)

[www.chp.ca.gov](http://www.chp.ca.gov)

- Check out the Metro
- Check out Uber (download the Uber app), they now have a senior components
- Check out Lyft
- Explore buses (download the GoLA app, super helpful to tell you how to get from A to B via public transportations (functions like a GPS but for public transportation options).
- ARP offers 2 day workshops on driving, peer to peer, taught by seniors to seniors.
- Wise and Healthy Aging in Santa Monica has a video game to go in and test your driving
- Adaptive Driving Class for people who are recovering from a brain injury (ask your doctor, it's like occupation physical therapy to retrain the brain)

We have also seen seniors downsizing, and moving into high risers into downtown because of the convenience factor of having everything nearby, markets, doctors, pharmacies, etc to age in place and maintain independence.

Creating a walkable city so we don't have to leave Mar Vista. We have a lot here on Venice Blvd, but it's all individual SFH, there will be a time (age) where we can't keep all this up and when we are older it would be nice

to stay in this neighborhood where we have friends and people we know, for that we need availability for multiunit housing to downgrade to.

Is there assistance service for Mobility scooters? Not that we know, but check with AAA premium motorcycle and RV coverage.

- **Old Business - Board action on motion re [AB-1930 In-home supportive services: family caregivers: advisory committee](#) asking State Assembly members. Motion was approved by MVCC Board**

AB-1930 would, until January 1, 2019, establish the In-Home Supportive Services Family Caregiver Benefits Advisory *Committee within the State Department of Social Services*, as specified, for the purpose of describing the availability of, and barriers to accessing, employment-based supports and protections, as specified, and studying the impact of the lack of access to these supports and protections on individuals who provide supportive services a spouse or as the parent of a recipient child. The bill would require the advisory committee to submit a peer-reviewed report to the Legislature, as specified, on or before January 1, 2018.

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

Whereas 1 in 3 will have dementia or Alzheimer's

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. 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 Assemblymembers Sebastian Ridley Thomas and Autumn Burke to request that [AB-1930 In-home supportive services: family caregivers: advisory committee](#) include caring for senior parents and requests their support.

- **Future guest presentations**

- a. **October - NOTE THIS MEETING WILL BE HELD WEDNESDAY 10/19 DUE TO SPECIAL EVENT AT WINDWARD.** 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
- b. **November – NOTE THIS MEETING WILL BE HELD WEDNESDAY 11/16 DUE TO SPECIAL EVENT AT WINDWARD.** Could decluttering actually help us stay in our homes longer? Robin Gurse of [Got Clutter?](#) will lead a discussion and gives us tools to accomplish it.
- c. **December –** Mandi Carpenter – When is Assisted Living a good choice? How do you assess them?
- d. **January** - Emilia Crotty with LA Walks - Safe Routes for Seniors program and campaign, part of the Vision Zero Alliance ([Facebook](#) and [website](#)). TBC
- e. **Film screening and panel discussion?** We could use Windward 2nd floor CTL room which can fit about 130 people comfortably. Attendees prefer this be planned as separate event, not in place of monthly speaker meeting

- **Public comment**
- **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](mailto: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](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>