



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday, August 18th, 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

Draft Minutes

Attendees – Sherri Akers, Tatjana Luethi, Robin Doyno, Birgitta Kastenbaum, Allison Beale, Mohamad Hassan, Susan Black-Feinstein, Joe Barnes, Marilyn Zweifach, Charles Guinn, Hosneya Khattab, Mark Ambrose, Raleigh Reich, Frances Sotcher, Robin Dennis, Ann Boehmer, Nathan Horowitz, Mildred Simpson, Ed Gray, Latrice Williams, Eva Clark, W. Gilbert Clark, Madelyn Gian Francesco, Melinda LeBlanc, Peter Lancellotti, Carol Finley, Kenneth Wei, Gary Walker

- **Call to order:** 6:06pm
- **Brief Introductions** – skipped today due to large group
- **Motion to approve July minutes:** approved
- **Public comments and announcements:**
 - Inquiry if we should schedule a speaker to review Medicare
 - **Important Community meeting on mail theft** 8/25 at 6:30 at Windward School – see info following agenda and info at <http://www.marvista.org/node/3724>
 - **Mar Vista Fall Festival** will be October 22nd - download the forms to be a presenter or sponsor here - <http://www.marvista.org/node/3603>. We hope to have a strong presence for seniors again. Our Time Bank - Repair Café will be in the gym. Seems to be booking up quickly
 - **LA Purposeful Aging Workshop at Empower Congress of Neighborhoods on 9/24**
Overview of Mayor's initiative presented by Laura Trejo, GM of LA Dept. of Aging - By January 3, 2017, the General Managers of the Departments of Neighborhood Empowerment and Aging shall develop a Neighborhood Council outreach plan for convening the public meetings required of members of the AARP Network of Age-Friendly Communities and the WHO Global Network of Age-Friendly Cities and Communities. Partnership with LA County - 88 participating Mayors. AARP Livability Index by community will provide benchmarks - <https://livabilityindex.aarp.org/>. Solutions will be community based (not one size fits all). NC's will provide participants for 9 working groups – need to bring community input with knowledge of seniors. 2 years for needs assessment, 3 years for action plan.

Panel Discussion –

Laura Trejo – General Manager, Los Angeles City Dept. of Aging

Adriana Mendoza - Associate State Director at AARP

Sherri Akers – Mar Vista Community Council Aging in Place Committee Co-Chair

Tatjana Luethi – Mar Vista Community Council Aging in Place Committee Co-Chair (moderator)

- **New business – Guest presenter - Joe Barnes, [Compassion & Choices](#)** – understanding the new CA End of Life Option Act. <http://coalitionccc.org/tools-resources/end-of-life-option-act/>

It was so important that our MVCC AIP council endorsed the last legislation, the LA city council stepped up and it created a domino effect, and now we have the law in CA. Your attendance and vote made a big impact and contribution for this law, became effect on June 5th, and individuals have already executed their right of the CA end of life option act. We are now focusing on educating citizens about the law and how to access the law and how you can engage your doctor if this is something you choose to pursue.

About [The California End Of Life Option Act](#): it was signed into law by [Governor Jerry Brown on October 5, 2015](#). The law authorizes the practice of medical aid in dying, in which mentally capable adults, with six months or less to live, can request a doctor's prescription for medication that they could decide to take in their final days or weeks to end unbearable suffering and die peacefully. The law went into effect June 9, 2016. Let's discuss what we should know.

There are 23 committees of volunteers who are retired health care professionals to do outreach education to the public and health care providers. Joe focuses on doing presentations, going out to universities, schools, councils and libraries and provides education due to the personal experience of his father suffering from colon cancer. His father expressed he didn't want to ever go back to a hospital, and that he just want to stay and die at home. After that conversation with his father he got a call from his mom at 2am in the morning that his father didn't wake up. The mother called 911, they tried to resuscitate him and brought him back into ICU – exactly what he didn't want. Joe said the one thing he can do is to help alleviate the suffer and individual to go through what his father did due to hospital policies of keeping him alive. So Joe began to dedicate his life to support laws that generate options for people who "want to go".

Book suggestion: [Being Mortal, by Dr. Atul Gawande](#): "Life is meaningful because it is a story....and in stories, endings matter".

Study suggest that most people want to die at home surrounded by their loved ones, with no pain, some people had spiritual components, and they don't want to be a burden to their loved ones. That was there definition for a peaceful death. When you deal with a terminal illness it is a personal choice how you want to be cared for and die.

Jennifer Glass, suffering from a terminal illness was a great inspiration and had a big impact on today's laws, she said "I'm doing everything I can to extend my life. But no one has the right to prolong my death". She was an advocate to pass the law.

End of Life Options: All medical treatment interventions, discontinuing or refusing medical treatment, VSED – voluntary stopping eating and drinking - <https://www.deathwithdignity.org/options-to-hasten-death/>

Gov. Jerry Brown, made the decision and signed the bill into law. I do now know what I would do if I was dying in a long and excruciating pain. I'm certain however, that it would be a comfort to be able to consider the options afforded by this bill. I wouldn't want to deny this right others".

What is medical aid-in-dying? It is a safe and trusted practice which terminally ill, mentally capable adult with prognosis of six months or less to live has the option to request from their doctor a prescription for medication which they can choose to self-ingest to end unbearable suffering and die peacefully.

Is this covered by insurance / Medicare? Joe – we have been speaking to insurances, as of now Blue Shields said it would cover the cost of the medication. Gov. Brown initiated for medical to cover certain costs down the road. Insurance doesn't determine the medication. In CA the doctor determines which medication is best for the individual.

Eligibility Requirements: Have to be a CA resident, 18 years or older, terminally ill with a prognosis of 6 months or less, capable of making medical decisions.

Other requirements include: physician must inform person about all end of life care options. Two verbal requests and one written request – there has to be 15 days in between the two verbal requests, the written request can happen immediately after the second verbal request. Two physicians must confirm eligibility – has to be an attending physician (doesn't have to be your primary doctor), he then has to bring in a consulting second physician that has the ability to make the prognoses and validate what the first doctor said. Two witness must attest to the voluntary nature of the individuals' request – can be a family member and a friend. Person must be able to take and ingest the medication themselves – anyone can help prepare the medication but the individual has to take the medication themselves – it would be a felony for another person to administer the medication, the feeding tube is an option but the individual has to press the button to pump the medication through the feeding tube. 48 hour of attestation form – 48 hrs before you take the medication you have to fill out that form and will be given to your doctor and will be a permanent record, which then will have to be submitted to the State.

Provisions of the law: wills, contracts, insurance and annuity policies are not affected by a person choosing medical aid-in-dying. Medical aid-in-dying is not considered suicide or assisted suicide.

We encourage you to start talking about this with your doctor so you can find out if your doctor is comfortable with this or not, then you can be active and start researching doctors that are. It provides peace of mind knowing that you have everything in place when needed.

For statistics refer to presentation. We learned that we have to educate the health care system, empower individuals, educate the public to know about this law existing now, and behave supportive, including Kaiser South and North, UC System, Cedar Sinai. River Side County Eisenhower Hospital are not supportive, and have received hundreds of calls from the community to support the new law, the hospital is now open to listen to their community and reconsider.

Public Outreach to retirement communities and senior centers, assisted living facilities, service clubs, health and wellness fairs, libraries, newspapers newsletter and social media. Medical Outreach: physicians nurse, medical social workers, hospice staff and leadership, long term care managers, conferences, professional training workshops at hospitals and hospices, giving presentations to professional associations.

How can you help? Volunteer with Compassion and Choices. Connect us with groups or organizations that would like a speaker to give a presentation. Connect us with medial professionals who want to learn more about the law. If you are a medical professional, become a champion for the medical aid-in-dying within your organization.

Visit: www.endoflifeoption.org
www.compassionandchoices.org/attend-an-event

For additional toolkits check out:

<https://www.compassionandchoices.org/wp-content/uploads/2016/02/Good-to-GoToolkit-FINAL-2.1.16.pdf>

Question: what's the fraction of doctors in CA that refuse to participate in this law?

- Most physicians are affiliated with health care systems now. We focus on educating the health care systems, then doctors feel more accommodating to write such a prescription. When doctors are asked how they want to die themselves, the majority answered "I don't want to die like my patients". So they too want a death with dignity for themselves.

- Sunset Clause - We have to go back to the legislator in 10 years with a report how this law is doing and working.

- Question: my worst fear is dementia, where my mind is going but my body is still alive. Is there any law to do something about that and have a choice for medical aid-in-dying for such situations? No, unfortunately not.

- Question: is there any resistance in the assisted living facilities to embrace medical aid-in-dying? We are doing outreach, and are getting positive responses. We are also working with hospices to help them develop their policies. In CA you can not take this medication in public, it has to be somewhere private.

- Question: medical facilities reluctance should be superseded by the law, no? Most don't know what's in the law. It takes education and outreach to the health care system, and then we support them with working out their policies.

- Question: how can we avoid 911 responses that takes us to the hospital? Discussion re POLST for those on hospice care or with terminal illness - <http://polst.org/about-the-national-polst-paradigm/what-is-polst/> Great tool kit at Compassion and Choices - <https://www.compassionandchoices.org/wp-content/uploads/2016/02/Good-to-GoToolkit-FINAL-2.1.16.pdf>

- **Motion re [AB-1930 In-home supportive services: family caregivers: advisory committee](#) asking State Assemblymembers. Motion moved by Robin Doyno, Seconded by Birgitta Kastenbaum, 1 abstention, unanimously approved.**

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.

- **Old Business – none covered**
- **Future guest presentations**
 - a. **September** - Officer Juan Galvan - 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.
 - b. **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
 - c. **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.
 - d. **December –** Mandi Carpenter – When is Assisted Living a good choice? How do you assess them?
 - e. **January** - Emilia Crotty with LA Walks - Safe Routes for Seniors program and campaign, part of the Vision Zero Alliance ([Facebook](#) and [website](#)). TBC
 - f. **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**

COMMUNITY MEETING

**ON
MAIL AND PACKAGE THEFT HOSTED BY THE MVCC COMMITTEE ON PUBLIC SAFETY
AND
THE WINDWARD SCHOOL**

Thursday, **August 25, 2016** at 6:30 p.m.
The Windward School (Second Floor CTL) *
11350 Palms Blvd.
Los Angeles, CA 90066

SPECIAL GUESTS

Adrian Acosta, Senior Lead Officer, *LAPD, Pacific Division*
Kenneth Ahn, Constituent Services Representative, *Office
of United States Representative Karen Bass*
Claudia Aragon, Constituent Services Representative,
Office of United States Representative Karen Bass
Angel Gomez, Burglary Detective, *LAPD, Pacific Division*
Gerardo Ramirez, Inspector, *United States Postal
Inspection Service, Los Angeles Office*
Lee Versoza, Inspector, *United States Postal Inspection
Service, Los Angeles Office*

*Park in Sawtelle lot and see guard for directions.

* **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>*