



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday, August 18th, 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

Agenda

- Call to order
- Brief Introductions
- Motion to approve July minutes
- Public comments and announcements
 - **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

- **New business – Guest presenter - Joe Barnes, [Compassion & Choices](#)** – understanding the new CA End of Life Option Act. We'll be discussing the new California End of Life Option Act. What do we need to know about eligibility? Do we need to know if our doctors or hospitals will support it? Let's get an overview and have a Q&A.

[The California End Of Life Option Act](#) 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.

- **Possible motion re [AB-1930 In-home supportive services: family caregivers: advisory committee](#) asking State Assemblymembers:**

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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**
- **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>