



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

Thursday, July 21st, 2016

6:00 PM – 7:45PM

**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

### Draft Minutes

Attendees – Sherri Akers, Tatjana Luethi, Allison Beale, Mohamed Hassan, Susan Black-Feinstein, Suzanne Benoit, Charles Guinn, Hosneya Khattab, Nathan Horowitz, Grace McKeaney, Dorothy Garven, Daniel Tamm, Christine Taylor, Holly Tilson, Eva Clark, W. Gilbert Clark, Marie Stiebing, Suellen Mayfield, Michael Fisher, David Feinstein, Ruth Lerner

- Called to order 6:01
- Brief Introductions
- June minutes approved
- Public comments and announcements
  - **"Welcome Home Event"** Saturday 7/23 at 4:00 to contribute to baskets for formerly homeless who have gained permanent housing. Learn more about this project at <http://www.lamayor.org/mayor-garcetti-launches-welcome-home-project>. This event will be hosted at the Mar Vista home of Susan Klos. Email [susan@klos.com](mailto:susan@klos.com) or [rdoynophoto@ca.rr.com](mailto:rdoynophoto@ca.rr.com) to RSVP and get the location address. More details here - <http://www.marvista.org/node/3687>
  - **UCLA Lecture at Belmont Village on Alzheimer's Disease, Diagnosis and Treatment Strategies**, July 25<sup>th</sup> 5:30 to 7. See details here - [http://www.belmontvillage.com/promo/WW\\_UCLAlecture\\_ALZ\\_2016.html](http://www.belmontvillage.com/promo/WW_UCLAlecture_ALZ_2016.html)
  - Seniors Helping Seniors is now a proud sponsor of the **Cycling Without Age program**. CWA is a movement to reintroduce our elders to the joy of cycling and getting wind in their hair. Their first event is August 4<sup>th</sup> from 9 to 11. Click here for details and see flyer at the end of minutes - <http://www.inhomecarela.com/blog/cwa/>
  - Recently, a bipartisan group of Congressional members introduced **The Senior Accessible Housing Act** (HR 5254, for the C-SPAN crowd), which would provide a tax credit of up to \$30,000 to people over 60 for aging-in-place modifications to their homes, such as widening doorways for wheelchairs and installing ramps,

nonslip flooring, handrails and grab bars.<http://www.nextavenue.org/aging-place-tax-credits-get-step-closer/>

- **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>. We hope to have a strong presence for seniors again. Our Time Bank - Repair Café will be in the gym.
- [Washington: The Ideal Place to Grow Older](#) - The Age Friendly DC Initiative is part of an international effort. In 2012, it was initiated by then Mayor Vincent Gray with encouragement from AARPDC and local faith leaders. It was selected by the World Health Organization Global Network of Age Friendly Cities and Communities to be part of an effort it started in 2007 to connect cities that serve an aging population.

- **New business –**

- a. **Daniel Tamm**, Westside Area Representative for Mayor Eric Garcetti gave a brief overview with Q&A on [Age-Friendly City Initiative: Purposeful Aging LA](#)
  - a. It is Mayor Garcetti’s intention to make LA the #1 friendliest city for aging. The Purposeful Aging LA task force has already met. There is an article recently in Time Magazine that Los Angeles is going to be in the lead of this. The work we do as a committee is very important for that vision. We are the creative and experiential power of living the lives as seniors in LA and have to tell the city. Housing and transportation are big parts of this.
  - b. Sherri has an appointment with Laura Trejo on 8/4. We want to offer Mar Vista to pilot any programs and will use the committee to implement them. We are urging the Congress of Neighborhoods to include a workshop on this and Laura Trejo has reserved the date to be a speaker. Daniel will support this effort and we can call on him if needed.
  - c. Seniors are a much higher % of pedestrian injuries and fatalities than they are a % of the population. Sherri is participating in a community feedback meeting with [Vision Zero](#) on 8/2 to discuss how we can change that.
  - d. Ensuring a safer city for the older Angelenos, like transportation and street intersections, shuttle services, on demand transportation.
  - e. Mandate included in the initiative – “By January 3, 2017, the General Manager of the Department of City Planning shall report on how to prioritize zoning matters that affect older adults, including encouraging multiple-unit developments, updating regulations to support affordable senior housing and care facilities, and promoting accessory dwelling units.” How can we do a better job of communicating the importance of multi-unit residential to our stakeholders?
  - f. Every city department has been tasked with evaluating their role in making LA aging friendly. What ideas can we contribute? Following their lead, our AIP committee needs to partner with all other committees of MVCC to provide a focus on aging – which has been part of our mission.

Each General Manager or Head of Department/Office from the following Departments/Offices shall designate a senior manager as the Purposeful Aging Liaison for the Department/Office, and shall notify the Deputy Mayor for City Services and the General Manager of the Department of Aging of that person's name and contact information (including when there is a subsequent personnel change or change to that person's contact information):

City Planning

Disability

Economic and Workforce Development  
Emergency Management  
Engineering  
Fire  
Housing and Community Investment  
Library  
Neighborhood Empowerment  
Recreation and Parks  
Street Services  
Transportation  
Water and Power

- b. **Guest presenter - [Charles Guinn, Certified Aging in Place Specialist](#)** will present on reverse mortgages - educating us in the various uses of the reverse mortgage. Handout of presentation will be attached separately.
- a. **A place to age in**
- i. A lot of people want to stay in their home when they age. These days a lot of seniors are not necessarily thinking of moving away anymore, but actually stay where you are. Social security and pension alone may not be enough. If you have a home you bought a long time ago, you built up a lot of asset, namely equity. You could sell your house, or you could do a reverse mortgage. You still have the deed to the house, but instead of getting a loan with payments every month, the payment is due to the end of the loan. As a senior, cash flow is important to you. If you had a payment for a loan you get, you'd have to make monthly payment. With reverse mortgage, the interest ads on to the mortgage. The bank will value the house now and calculate the value at the point of your passing.
  - ii. There are FHA and a jumbo reverse mortgage. Jumbo has a high interest rate and is variable. The FHA interest rates are low.
  - iii. Question: about a neighbor who did a reverse mortgage, then his wife got Alzheimer's, he couldn't sell the house to get cash because he was locked into the loan, and was caught up in a situation where he couldn't afford his wife's care at a facility.
  - iv. People have gotten hurt with reverse mortgages, for example widows. To qualify you have to be 62. In this case, they took her off the title, then the husband passed away, and she didn't have the rights to the house and didn't qualify for ~~the reverse mortgage~~ refinance. Reverse mortgages require training and workshops you have to attend to in order to learn about it before you sign the documents.  
Another way people got hurt, is due to unpaid taxes. You still have to pay property taxes and insurance when you get a reverse mortgage.  
Some people were led to believe there is never a pay back. Well, there is. The loan is due when the borrowers no longer has the home as their principal residence.
  - v. Reverse mortgages can be used the wrong way. It's important you understand it, assess your situation and your health. The most important thing is to make sure you have a sustainable place to live for the rest of your life.

- vi. The title stays in your name. No monthly payments are required. Some people do make payments, which are then credited into your line of credit, so you can pull the money back out if you want it. That way you would avoid interest being added on so that the loan doesn't compound, and you can pass more equity to your kids. Heirs have up to one year to sell the property and settle the loan to protect them from not having to sell immediately in case the market is not good. You have 3 months to settle the loan, but you can file for extensions up to one year – good to know. There are times when the real estate value has really dipped, like 2008. So if someone took out a reverse mortgage a couple years prior, and passed when the home value was depressed, the loan may be larger than the home value. The heirs would not be liable for the deficiency. The house stands alone for the debt. Also, the heirs have the option to buy the house and clear the loan for 95% of the market value – advantage for heirs. If you have no heirs, you should decide what or whom you want to give the house to (could be charity).
- vii. Be careful if your loan advisor also in insurance guy trying to sell you an annuity (big commission).
- viii. Interest rates: there is an open ended loan and a closed-end loans. Open ended you can take money out as you go along and have variable interest rate. Closed-end loan means you take it out all at once at the beginning. It has a fixed interest rate that is usually higher than traditional loans with monthly payments.
- ix. Qualifications: one of the homeowner needs to be at least 62. Because of issues in past where spouse under 62 was taken of the deed (what if other spouse passes away – you lose the house), so they changed some of the law to avoid the loss and the spouse has a right to house. Has to be a single house, FHA approved condo, duplex, triplex, 4-plex, or qualified manufactured home.
- x. Reverse mortgage may have some effect on Medi-Cal, but not on Medicare or Social Security.
- xi. Costs involved with a reverse mortgage: You don't pay them up front (escrow, title insurance, filing fees, appraisal cost, origination fee, etc), they get added on to the loan, because the point is to help people by putting money in your bank, not take out. Sometimes the largest costs are the FHA Insurance fees. This happens if the homeowner needs to use over 60% of the amount available during the first year. Then 2.5% of the home value is added to the costs (with the \$625,500 limit).
- xii. Typically, the best and ideal time to do reverse mortgage is, in your early 60's when you don't necessarily need it yet, you don't take anything out, interest compounds in your stand-by line of credit account, it's like a investment, versus...if you let your house appreciate, what if the market goes down, then at least you have the money in your line of credit account. So you end up having more cash available to you through this line of credit due to interest compounding effect > growth factor. Too often the decision is event driven – out of need for money or illness.
- xiii. Reverse mortgage can be used if you are debating about at which age to take social security. The later you take it the more you get. If you are married and the larger waging spouse waits until later, then the spouse can step in and get that social security. With the reverse mortgage you can make up the shortage of cash upfront through reverse mortgage. Also, use up the reverse mortgage upfront so as not to touch your other savings.
- xiv. If you don't need a reverse mortgage don't get it (for example if you get a full pension). You must have a need for it, don't just get one just because.

- xv. As long as the home remains your primary residence have freedom, can rent out a room, etc. Every year the lenders sends you a letter asking you if you still live there.
- xvi. There are direct lenders and there are loan ~~breakers~~ brokers (discloses all the fees). Banks don't disclose anything. Direct lender discloses fees charged to you, but back-end fees (when the loan is being sold). These loans are interesting to long-term investors and holding companies. The loan may be sold to other investors, but the servicing company seldom changes.
- xvii. Make sure to have a living trust for estate planning and to avoid costly probate proceedings.
- xviii. What's the ratio of mortgage & equity in order to qualify for a reverse mortgage? Is based on age: 48% equity is needed if you 62 years old, 25% equity is needed if you are 90 years old.

- **Old Business reviewed – tabled for lack of time**

- a. **Future guest presentations**

- a. **August** – Joe Barnes, [Compassion & Choices](#) – understanding the new CA End of Life Option Act.
    - b. **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.
    - c. **October** - 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
    - d. **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.
    - e. **December** – Mandi Carpenter – When is Assisted Living a good choice? How do you assess them?
    - f. **January** - Emilia Crotty with LA Walks - Safe Routes for Seniors program and campaign, part of the Vision Zero Alliance ([Facebook](#) and [website](#)). TBC
    - g. **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**

- Hosneya asked that we send Daniel Tamm a follow up expressing our appreciation and recapping the help that we may need and discussed. Sherri will do it.

- **Adjourn meeting**

# CYCLING WITHOUT AGE

**You're never too old to feel  
the wind in your hair!**

Have a seat in our rickshaw, and learn more about the free program that brings together seniors and volunteers for a wonderful outdoor activity.

Please RSVP by Calling: **(310) 878-2045**  
OR [www.inhomecarela.com/blog/cwa](http://www.inhomecarela.com/blog/cwa)

**Date:** 8/4/2016  
**Time:** 9am - 11am  
**Location:** 101 Culver Blvd,  
Playa Del Rey, 90293  
**Cost:** **FREE RIDE**



[cyclingwithoutage.com](http://cyclingwithoutage.com) Sponsored by: **SENIORS HELPING SENIORS**



## The right to wind in your hair

---

**\* 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>