



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

Agenda

- **Call to order**
- **Brief Introductions**
- **Motion to approve June minutes**
- **Public comments and announcements**
 - UCLA Lecture at Belmont Village on Alzheimer's Disease, Diagnosis and Treatment Strategies, July 25th 5:30 to 7. See details here - http://www.belmontvillage.com/promo/WW_UCLAlecture_ALZ_2016.html
 - 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.
 - New MVCC Board
- **New business –**
 - a. **Daniel Tamm**, Westside Area Representative for Mayor Eric Garcetti will give a brief overview on [Age-Friendly City Initiative: Purposeful Aging LA](#) (15 minutes)
 - 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. When are they advantageous and when shouldn't we get one? How could we get hurt? What are the new rules that were just established? How would a reverse mortgage affect our retirement savings? What would be left for our heirs? Could this provide an alternative to a nursing home? He'll answer any questions that we have.
- **Old Business reviewed -**
 - a. Update on new ordinance addressing short term rentals. Hearing held June 23rd – see staff recommendations here - [http://planning.lacity.org/ordinances/docs/HomeSharing/StaffRept.\(Council File 14-1635-S2\).](http://planning.lacity.org/ordinances/docs/HomeSharing/StaffRept.(Council File 14-1635-S2).)
 - b. Update on \$1,500 Neighborhood Purposes Grant for Westchester Playa Village

c. **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.

• **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.

*** 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>