



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday, June 16th, 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**
- **Approve May minutes**
- **Public comments and announcements**
 - a. Update MVCC Board election
 - b. Mayors [Age-Friendly City Initiative: Purposeful Aging LA](#) (see handout) and Empowerment Congress 9/24
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.
 - c. Marilyn recap of conference - <https://cme.ucsd.edu/alzheimers/>
- **New business – Guest presenter** - Wise and Healthy Aging - Molly Davies, Vice President Elder Abuse Prevention and Ombudsman Services, as the representative who will conduct the presentation that evening. The decision to place a loved one in a long term care facility can come with a wave of emotions and much confusion. How to select the right nursing home, assisted living or board and care? How does one pay for such care? What should we expect when we get there? What are mine or my loved one's rights? Most folks don't realize that the Long-Term Care Ombudsman Program, administered by WISE & Healthy Aging, is a free resource that can assist with all of these issues, and is just a phone call away. Come and learn more about this resource and have any of your long term care facility questions addressed in this session. Presented by Molly Davies, MSW, Vice President of Elder Abuse Prevention and Ombudsman Services.
<http://www.wiseandhealthyaging.org/city-and-county-of-los-angeles-long-term-care-ombudsman>
- **Old Business reviewed** -

- a. Update on new ordinance addressing short term rentals. Draft regulations will limit STR to an occupied primary residence for a maximum of 90 days - <http://planning.lacity.org/ordinances/docs/HomeSharing/STROrdinancePublicDraft.pdf> (Council File 14-1635-S2).
- b. Update on \$1,500 Neighborhood Purposes Grant for Westchester Playa Village – proposing a Fall Prevention Fair within the Mar Vista Fall Festival
- c. **Future guest presentations**
 - a. **July** – [Charles Guinn, Certified Aging in Place Specialist](#) on reverse mortgages - educating homeowners in the various uses of the reverse mortgage, when not to get one, and answer any questions that we may have.
 - b. **August** – Steve Barbour – With an Executive Certificate in Home Modification from USC Davis School of Gerontology, Steve will present on home modifications for aging in place. He will give an overview of what home modifications can be done, the process, how to pay for it, & how to find a contractor who is qualified and why they matter. MA, OTR/L, ECHM, Co-CEO, Vice President, [Evolve Therapy](#)
 - c. **September** – Joe Barnes, [Compassion & Choices](#) – understanding the new CA End of Life Option Act.
 - d. **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
 - e. **November** – reserved for dealing with clutter pending discussion of best approach.
 - f. **December** – Mandi Carpenter – When is Assisted Living a good choice? How do you assess them?
 - g. **January** - Emilia Crotty with LA Walks - Safe Routes for Seniors program and campaign, part of the Vision Zero Alliance ([Facebook](#) and [website](#)). TBC
 - h. **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**

**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 <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, please contact secretary@marvista.org.*

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