



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

Thursday, May 19th, 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

### Minutes

**Attendees – Sherri Akers, Tatjana Luethi, Birgitta Kastenbaum, Marilyn Zweifach, Rob Kadota, Charles Guinn, Christine Taylor, Maura Vitav, Felicia Bander, Michael Millman, Jim Tate, Christy Wilhelmi**

- **Called to order** - 6:05
- **Brief Introductions**
- **Public comments and announcements**
  - a. Update on Senior Fraud Awareness Day – connections with Assemblymembers Richard Bloom and Sebastian Ridley Thomas, Councilmen Paul Koretz and Mike Bonin, LA County Supervisor Sheila Kuehl, Rep Karen Bass and Ted Lieu, Consumer Reports Tobie Stanger. Media – The Argonaut and Santa Monica Mirror
  - b. MVCC Board election – June 5<sup>th</sup> at Mar Vista Farmers Market. Details and link to candidate info at <http://www.marvista.org/node/3466>
  - c. JFS Health Fair - <http://www.jfsla.org/document.doc?id=866> - FRED A MOHR SENIOR CENTER, Thursday May 26<sup>th</sup> - 10:00am-1:00pm, 330 North Fairfax Ave., Los Angeles, CA 90036 (see flyer to follow)
  - d. Information on LA City Services for low income seniors – including home repairs – noted by Jim Tate that handicapped can qualify as well <http://hcidla.lacity.org/low-income-sr> .
  - e. Marilyn attended Leading for Change: Los Angeles County's Plan to Transform Transportation and was very inspired by the movement to reclaim our city for community life. (<https://investinginplace.org/2016/05/19/3-lessons-learned-on-how-to-lead-for-change-in-la-regions-transportation-system/>)
  - f. Sherri met with Emilia Crotty for a walk through Mar Vista after being introduced by Mike Bonin's office. She is with LA Walks and they are developing a Safe Routes for Seniors program and campaign as part of the Vision Zero Alliance ([Facebook](#) and [our website](#)). It was very eye opening as we walked our downtown center with the perspective of a mobility challenged senior. We hope to be considered for any pilot program or outreach on this initiative.
  - g. Rob mentioned National Night Out (<https://natw.org/>) on August 2<sup>nd</sup> - they want to get an intergenerational engagement. Sherri will introduce him to Emilia for a potential outreach opportunity.
  - h. Discussion about the Fall Festival and outreach opportunities – Jim suggested have a Repair Café at the event. Sherri will introduce him to Albert Olson, lead organizer.

- i. Marilyn will be attending this conference and will share insight at the next meeting - <https://cme.ucsd.edu/alzheimers/>

- **April minutes unanimously approved**

- **New business –**

- a. **May – Christy Wilhelmi and Jim Tate of Our Time Bank-** <http://ourtimebank.communityforge.net/>  
Our Time Bank is a community of people living in the West Los Angeles area who support each other. They started in Culver City, Palms and Mar Vista and are expanding into nearby neighborhoods. Timebanking is an alternative currency, exchanging services within the community. Instead of dollars, you use Time Credits. For every hour you help another member, you earn a Time Credit. Then you can use that Time Credit to have a neighbor help you. There's no minimum or maximum time commitment.

Unlike bartering, which places a cash value on goods and services (and is taxable), TimeBank services are traded for Time Credits (not taxable) and you don't have to trade directly with the person who helps you. Members use a simple internet-based system to list the services they would like to offer or want and to keep track of Time Credits exchanged. Members range in age, skill sets and involvement.

**TimeBanking–** [see slide show presentation here.](#)

**What is a TimeBank?** Founded by Edgar Cahn - a <http://timebanks.org/about/>, 'community of caring', Members form a network of relationships - helping each other – as persons, groups associations and organizations, building trust and a sense of community through neighborhood projects and events, making transformational change. Started to connect the aging and experienced with the young and inexperienced.

**Where Are TimeBanks?** Began in 1987, USA was founded in 1995, have spread to 38 countries, now in 44 states with 800+ in US

**TimeBanking Core Principles** - Assets: We all have something to give, Honoring Real Work: The work of building home, family, community, Reciprocity: Asking receivers to become givers as well, Community: Acknowledging our interdependence, Respect: Giving voice and demanding accountability for all

**Pay It Forward – Create A Circle of Giving** - Time Credits as a medium of exchange to create a circle of giving. Unlike bartering, which places a cash value on goods and services (and is taxable), TimeBank services are traded for Time Credits (not taxable) and you don't have to trade directly with the person who helps you. One hour given in service to others = One Time Credit earned. Members use Time Credits earned to receive services from others. TimeBank giving & receiving can be Organic – the result of individual decisions by members or Planned – designed to achieve specific goals and outcomes ([Repair Café](#), [Sharing Economy](#), more). One hour = one credit. All credits are the same value – 1 hour for dentist same as 1 hour for companionship or transportation. Can gift TB credits to a senior parent. Four step process to join – application, create profile, orientation, suggested donation. Get TB credit for each step in process and when do first posts – total of 10 hours. Suggested annual dues \$25 due every June. Currently 150 members.

**What to Give, What to Receive** - possibilities are endless – examples: Transportation (errands, shopping, medical, worship, local, public, long distance, miscellaneous). Help at Home (child care, cooking, sewing, hair & beauty, housekeeping, chores, pet care, respite, etc.). Companionship (dining, clubs, email & IM, home visits, telephone calls, visiting, medical trips, etc.). Wellness (complementary therapy, counseling, diet & nutrition, fitness, exercise, meditation, yoga, etc.). Recreation (dancing, games, events, books, videos, sports, travel, walking, tours, etc.). Education (advocacy, classes, workshops, computers, language, finances, tutoring, mentoring, etc.). Arts, Crafts,

Music (classes, workshops, entertainment, photo, theater, lessons, miscellaneous). Home Care (house-sitting, carpentry, electrical, garden, yard work, painting, plumbing, car care, etc.). Business Services (clerical, computer support, financial, legal, marketing, research, translation, etc.). Information (medical, transport, services, education, community, vendors, service providers, etc.). Organizations can join (example, Sivananda Yoga Center). Monthly potluck for orientation builds community.

**Video of interviews** - <https://youtu.be/v7rYrB7RXpE>

**Map showing area covered.**

**The Power of TimeBanking** - Circles of giving & receiving expand and deepen over time. TimeBanks draw together people of different generations, ethnicities and income levels through the five core values/principles

**Timebanking Day to Day** - coordinator/leadership team manages the day-to-day running of the TimeBank. Signs up members, organizes events, manages admin, outreach etc. Leads funding efforts (along with board or sponsors). Encourages members' enthusiasm, leadership and ownership for operating/managing/growing/funding the TimeBank. Always includes members. Schedules events and projects. Admin is all volunteer and earns time credit. Leadership goal – three people who know how to do each admin task. Occasionally plan 'work parties' to catch up on backlog.

**How It Works (Members' View)** - coordinator/s sign up new members. What members give/want is listed on *Community Forge* software ([www.ourtimebank.com](http://www.ourtimebank.com)). The software helps to set up the what, where, when of member activities. Members record their completed activities. *Community Forge* keeps track of members' offers/wants, giving/receiving, earning/spending

**What's a Repair Café?** **What do you do when you've got something you like but it no longer works?** Throw it out and buy a new one? Stick it in the attic, the basement or under the stairs? Pay to get it fixed? Fix it yourself? Chances are you toss it out. Or maybe you store it away until that magical day when you can figure out what to do with it.... right. **A Repair Café gives you another option!** The **Westside Repair Café** is a volunteer-run, community service dedicated to encouraging the repair and reuse of goods rather than relegating them to landfills. **Repair Café Goals and Objectives** - Encourage Repair and Reuse. Demonstrate the Circular Sharing Economy. Reduce Landfill Waste. Save Residents Money. Fix Resident's Treasured or Favorite Items. Promote DIY Repairs and Spread How-To Education. Foster Community Building, Neighborhood Networking. Inspire Re-Cycling and Re-Purposing. Help Build Sustainable Neighborhoods. Teach that "Repair is Better than Re-Cycling". Next one will be August 6<sup>th</sup> at [Camera Obscura](#) – open to the public.

**What's a Sharing Economy?** OTB's Sharing Economy helps the "people who need stuff" connect with the "people who have stuff". OTB's philosophy of "Share | Lend | Be Green" fosters reuse and sharing of goods, thereby reducing the carbon footprint while enabling members to save money during these tough economic times. The concept of re-using what we already have instead of producing more is being identified by the environmentalists as the best and fastest way to save the environment. By promoting sharing and re-use as an alternative to buying and creating new products, we can minimize the creation of new waste and help improve the environment.

**OTB's Sharing Economy** Examples of what can be shared – Appliances, Tools, Sports Equipment, Electronics, Utensils, Books, Tapes, Videos, Clothing and More.

**For more information** - <http://ourtimebank.communityforge.net/> or [Facebook](#)

- **Old Business reviewed -**

- a. Update on Board response to motion supporting Councilmember Mike Bonin to create a 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. **June** – Wise and Healthy Aging - Molly Davies, Vice President Elder Abuse Prevention and Ombudsman Services, as the representative who will conduct the presentation that evening. <http://www.wiseandhealthyaging.org/city-and-county-of-los-angeles-long-term-care-ombudsman>
- b. **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.
- c. **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](#)
- d. **September** – Joe Barnes, [Compassion & Choices](#) – understanding the new CA End of Life Option Act.
- e. **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
- f. **November** – reserved for dealing with clutter pending discussion of best approach.
- g. **December** – Mandi Carpenter – When is Assisted Living a good choice? How do you assess them?
- h. **January** - Emilia Crotty with LA Walks - Safe Routes for Seniors program and campaign, part of the Vision Zero Alliance ([Facebook](#) and [website](#)). TBC
- i. **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.

- **Adjourned meeting – 7:15**

*\*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](mailto:secretary@marvista.org).*

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