



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

Agenda

- **Call to order**
- **Brief Introductions**
- **Public comments and announcements**
 - a. 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 5th 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> - FREDA MOHR SENIOR CENTER, Thursday May 26th - 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 - <http://hcidla.lacity.org/low-income-sr>
- **Motion to approve April minutes**
- **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.

- **Old Business reviewed -**

- a. Update on Board response to motion supporting Councilmember Mike Bonin to create a new ordinance addressing short term rentals ([Council File 14-1635-S2](#))
- b. Update on \$1,500 Neighborhood Purposes Grant for Westchester Playa Village
- 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.

- **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.*

***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, or any auxiliary aids and/or services may be provided upon request. To ensure availability of services, please make your request at least 3 business days prior to the meeting you wish to attend by contacting chair@marvista.org*