



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday, April 21st, 2016

6:00 PM – 7:30 PM

Windward School Room #1030

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. Los Angeles Senior Fraud Awareness Day May 12th at 9:30 at Felicia Mahood Center – details <http://www.marvista.org/node/3478> and flyer attached
 - b. Information on LA City Services for low income seniors – including home repairs - <http://hcidla.lacity.org/low-income-sr>
- **Motion to approve March minutes**
- **New business –**
 - a) **Guest speaker – April – Miriam Hall, [Affordable Living for the Aging](#)** As the population of older adults increases, so does the need for affordable housing. Seniors who have an extra room in their home are finding companionship and extra income from sharing their home. For some, finding a roommate even helps them stay in their home. If you need a place to live, this may be an option you haven't considered. Join us to hear stories about how shared living has benefited the social life and bank account of some of our Mar Vista neighbors. There will be a Q&A with people who are sharing their homes and loving it!
- **Old Business reviewed -**
 - a. Motion to Congressman Karen Bass passed unanimously by MVCC Board and has been sent (see copy to follow)
 - b. Update on Board response to motion supporting Councilmember Mike Bonin to create a new ordinance addressing short term rentals ([Council File 14-1635-S2](#)) A final draft of the ordinance is heading to the city council as early as this month.
 - c. Update on \$1,500 Neighborhood Purposes Grant for Westchester Playa Village
 - d. **Future guest presentations**
 - a. **May – Our Time Bank-** <http://ourtimebank.timebanks.org/>

- b. **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>
- c. **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.
- d. **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](#)
- e. **September** – Joe Barnes, [Compassion & Choices](#) – understanding the new CA End of Life Option Act.
- f. **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
- g. **November** – reserved for dealing with clutter pending discussion of best approach.

- **Adjourn meeting**

April 12, 2016
VIA EMAIL

TO: The Honorable Congressmember Karen Bass, California 37th District Karen.Bass@mail.house.gov

CC: Maral Karaccusian, District Director, Congressmember Karen Bass Maral.Karaccusian@mail.house.gov

Whereas by 2030, 20% of our community will be 65 or older

Whereas 1 in 3 will have dementia or Alzheimer's – almost 2/3 of them women

Whereas Medicare does not cover any of the essential services needed to care for those with dementia – forcing family caregivers out of the work force.

Whereas 25% of Boomers care for an aging parent resulting in an average loss of income of over \$300K. Yet when forced to leave the workplace they face further hardship if taking social security early with a reduction of benefits of almost 30%

The Mar Vista Community Council respectfully urges Congressmember Karen Bass to support our senior community by

- Introducing a proposal that early retirement taken to provide family caregiving be an exception to the reduction for early benefits, as done with disabilities.
- Supporting the proposal by Congressmember David Jolly that will change how the cost of living increase is calculated on social security. ([Keeping Our Promise to Seniors Act - H.R.4551](#))
- Supporting the [Credit for Caring Act](#), which provides a tax credit to working family members equal to 30 percent of a caregiver's expenses greater than \$2,000. The bill aims to reward working taxpayers and encourage continued participation in the workforce while providing care to a loved one. It was introduced by Rep. Linda Sánchez, D-Calif., who chairs the Congressional Hispanic Caucus, and Rep. Tom Reed, R-N.Y.

Thank you for your consideration in this matter,



**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*

Councilmembers Mike Bonin and Paul Koretz, Assembly Members Richard Bloom and Sebastian Ridley-Thomas, City of L.A. Dept. of Recreation and Parks, Jewish Family Service of Los Angeles, and the Stop Senior ScamsSM Acting Program invite you to

LOS ANGELES SENIOR FRAUD AWARENESS DAY

THURSDAY MAY 12, 2016 9:30 AM – 1:30 PM



Felicia Mahood Senior Multipurpose Center
11338 Santa Monica Blvd., Los Angeles, CA., 90025



GUEST SPEAKERS FROM FEDERAL TRADE COMMISSION – CSLB -
W.L.A. DIV. POLICE DEPT - L.A. COUNTY DISTRICT ATTORNEY & MORE...

FEATURING

STOP SENIOR SCAMSSM ACTING PROGRAM

COMMUNITY INFORMATION BOOTHS AND REFRESHMENTS

FOR MORE INFORMATION CALL 310 479-4110 Free Parking on Corinth Ave.



ASSEMBLY MEMBER
Sebastian Ridley-Thomas
DISTRICT 54



ASSEMBLY MEMBER
Richard Bloom
DISTRICT 50



A family
of services.
A family
that serves.