



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday, February 16th, 2016
6:00 PM – 8:00 PM

Windward School Room 210/220

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

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- **Call to order**
- **Brief Introductions**
- **Motion to approve January minutes**
- **Public comments and announcements:**
- **Guest Speaker – Adriana Mendoza – AARP and Purposeful Aging LA - Community Listening Session.** The purpose of the Community Listening Sessions is to assess the needs, wants and priorities of older adults and intergenerational residents throughout the Los Angeles region. Participants share their insights on how their community can become more age-friendly today and share their ideas for making their community more age-friendly in the future. This assessment is used to inform the Los Angeles region's age-friendly action-plan, which is being developed as part of the Purposeful Aging Los Angeles Age-Friendly Initiative.
 - Following the main discussion, we'll identify top priorities. The wrap-up will include a brief highlight of AARP's Public Policy Institute's Livability Index.
 - Everyone who provides an address or email will receive a summary of this session within four weeks.

Old Business

- **Future guest presentations –**
 - **March – Chief Armando Hogan of LAFD** - issues and wellness strategies for older adults in the community.

- **April** – Bonnie Davis – Senior living advisor. Transitioning to care and changes in homecare. Who pays for what? What funds are available? Why a skilled nursing facility vs. assisted living? How to negotiate for best pricing.
 - **May** - Medical marijuana for seniors (TBC)
 - **June** - **Alzheimer’s of Greater LA - Making Home Safe for a Person with Alzheimer’s**. This training helps caregivers understand, manage and improve the safety risk factors at home that can seriously impact individuals with Alzheimer’s or a related dementia’s ability to stay at home and in the community for as long as possible.
- Potential future speakers –
 - **Carol Hahn - how to provide safe mobility and retain some independence**. The risk of fall getting in and out of a mobility device unassisted. The role of dementia with a mobility device. Other health changes resulting from reduced activity. Options to consider - exercise, medications, surgery, injections. Which specialist should you see? Are up lift chairs a good idea – are there concerns with dementia? Balance considerations? Will have mobility devices to demonstrate.
 - **Powerful Tools for Caregivers** – Allison Bealle
- **Public comments** -
 - **Adjourn meeting**

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