



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

MONDAY, April 17th, 2017

NOTE DATE CHANGE!

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

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- Call to order
- Brief Introductions
- Motion to approve March minutes
- Public comments and announcements

- **Guest Speaker – Bonnie Davis on Senior Living Options**

Let's talk about the CURRENT realities of options for aging seniors in the Los Angeles Area:

- The pros and cons of how the Internet has changed getting information on senior options.
- What are the types of professionals who know the landscape? What do they do and what is the cost?
- How do we assess our particular family needs and determine the appropriateness of different settings?
- What are the costs for care, and who pays for what? What about MediCal?
- What are our local resources?

Bonnie Davis is certified as an Administrator for Residential Care Facilities for the Elderly, and is on the Speaker's Bureau for the Alzheimer's Association. She works to support many local organizations serving seniors and speaks throughout the Los Angeles Area. She has worked with thousands of families over the past nine years through the largest free eldercare referral company in the nation, guiding them through the maze of senior residential care options in the local area. Her expertise is in helping each family find the residential care options for their medical and social needs and provide them the tools to be a knowledgeable consumer of eldercare resources. In 2017, Bonnie started her own company called, A Home That Cares.

Old Business

- **Future guest presentations –**

- **May** - Roz Dauber - Medical Marijuana: Understanding Cannabis as Medicine <https://www.facebook.com/medmarvideo/>
- **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.
- **July** – Allison Beale – Powerful Tools for Caregivers
- **August** – Susi Rodriguez Shapiro will conduct a workshop on Emergency Preparedness for Seniors. She will walk us through the completion of the [File of Life](#) and how to create a [Go Kit](#).
- **September** - Paola Cervantes of [Voyages Preschool](#) – presentation on the GrandPals intergenerational activity program with Grandview Senior Living and discussion of ways to mentor and replicate this throughout the community.
- **October** - 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.

- **Public comments**

- **Adjourned meeting**

*** PUBLIC INPUT AT NEIGHBORHOOD COUNCIL MEETINGS** – *The public is requested to fill out a “Speaker Card” to address the Board on any agenda item before the Board takes an action on an item. Comments from the public on agenda items will be heard only when the respective item is being considered. Comments from the public on other matters not appearing on the agenda that are within the Board’s jurisdiction will be heard during the General Public Comment period. Please note that under the Brown Act, the Board is prevented from acting on a matter that you bring to its attention during the General Public Comment period; however, the issue raised by a member of the public may become the subject of a future Board meeting. Public comment is limited to 2 minutes per speaker, unless adjusted by the presiding officer of the Board.*

*** PUBLIC POSTING OF AGENDAS** - MVCC agendas are posted for public review at Mar Vista Recreation Center, 11430 Woodbine Street, Mar Vista, CA 90066. You can also receive our agendas via email by subscribing to L.A. City’s Early Notification System at <https://www.lacity.org/subscriptions>

*** THE AMERICAN WITH DISABILITIES ACT** - *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 and other auxiliary aids and/or services, may be provided upon request. To ensure availability of services, please make your request at least 3 business days (72 hours) prior to the meeting you wish to attend by contacting chair@marvista.org.*

*** PUBLIC ACCESS OF RECORDS** – *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 our website, <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, contact secretary@marvista.org.*

*** RECONSIDERATION AND GRIEVANCE PROCESS** - *For information on MVCC’s process for board action reconsideration, stakeholder grievance policy, or any other procedural matters related to this Council, please consult the MVCC Bylaws. The Bylaws are available at our Board meetings and our website, <http://www.marvista.org>*

SAVE THE DATE

1ST ANNUAL

OLDER ADULT SUMMIT

APRIL 12, 2017



Older Adult Summit will be held at:
Cathedral of Our Lady of Angels 555 W Temple St, Los Angeles, CA 90012