



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday May 18, 2017

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 April minutes**
- **Public comments and announcements**
 - Please share this message from [Lena Riess](#) with anyone who may be a candidate!
My name is Lena and I'm a scientist and PhD student at UCLA's School of Public Health. My husband and I live on Standwood/Sawtelle. I am currently working on a project around the experiences of older adults with hearing aids. I am looking for individuals who are 60 years or older and who use a hearing aid to participate in a 45-60 minute one-on-one interview. If you or someone you know is interested in participating contact me at 949.383.7806 or lenariess@ucla.edu. I'm happy to answer any questions you may have. Participants will receive a \$25 GIFT CARD for TARGET. Thank you for your support.
- **Guest Speaker – Roz Dauber - Medical Marijuana: Understanding Cannabis as Medicine.** Roz has produced a unique video addressing the increasing demand for knowledge regarding medicinal use. We'll discuss how and when cannabis may be appropriate for medical conditions and how to navigate the health care system to collaborate with your doctors. <https://www.facebook.com/medmarvideo/>
- **Future guest presentations –**
 - **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 - Maintaining Mobility and Independence in Persons with Dementia** - Carol Hahn is a Wellness and Fitness Nurse, and Community Educator at OPICA Adult Day Care Programs & Counseling Center. She will discuss the importance of safe mobility and fall risk reduction that supports the health and quality of life of a person with dementia.
- **November** - Brent Gaisford will present on multifamily and co-living development in Los Angeles. Let’s talk about innovative living spaces and how they will support our ability to age in place in our community. Brent is a partner in Upwell Real Estate Group (<http://upwellrealestate.com/>). They have broken ground on their first co-living property in Hollywood.

- **Public comments**

- **Adjourn 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>*