



## 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

### Draft Minutes

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**Attendees – Nancy Howell, Roz Daubin, Sherri Akers, W. Gilbert Clark, Eva Clark, Robin Dennis, Allison Beale, Mandi Carpenter, Sandy Ray, Chuck Ray, Melinda Ewen, Nate Horwitz, Miriam Gatden, Susan Black-Feinstein, Birgitta Kastenbaum, Tatjana Leuthi, Melinda LaBlanc, Scott Littell, Nancy Desser, Mark Bucheim**

- **Called to order:** 6.08pm
- **Brief Introductions**
- **Motion to approve April minutes – unanimously approved**
- **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.
  - *Windward Teaches Tech* Spring pilot series was such a success, they are creating a full program during the 2017-18 school year. Updates late this Summer.
  - We sadly announced that Dorothy Garven passed away on May 11th. Dorothy inspired the creation of our Aging in Place Committee. She will be greatly missed in our community.
  - Allison shared that the Senior Tech Fair held at the Santa Monica library was a great success and advised of two people who offer their service coaching older adults with technology. Stephanie M. Moran (424.269.4433)

[smoran@seniorsensory.com](mailto:smoran@seniorsensory.com) [www.seniorsensory.com](http://www.seniorsensory.com)) and Melissa Barry (310.367.2193 [guidingeyetech@gmail.com](mailto:guidingeyetech@gmail.com) [www.guidingeyetech.com](http://www.guidingeyetech.com))

- **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/>

**This is a recap of our May speaker presentation for informational purposes only and should not be considered to be medical advice.**

Roz has been a documentary maker for a long time. Has no medical training, but has done a lot of research for her documentary on this topic, and has done professional research for companies for many years.

A lot of change has been happening in the last few years, and this is a very unregulated industry. It's going to take a long time to figure this out. We are in a very unique and strange situation; here we have products that are incredibly effective to help people, yet at the same time we have to be afraid that we are doing something wrong?

There are various examples of cancer survivors and former drug addicts that found that medical marijuana has helped them transition during these tough times symptom relief, etc. Legal marijuana is the fastest growing industry in the US.

Roz herself is a cancer survivor, had tons of treatments, was never sick before; this experience has hugely affected her life. She saw people suffering during this, and a lot of doctors didn't know much about marijuana. It's bi-phasic, people the same size can take the same dose, yet can have the opposite experience, and you can have different experiences on different days. For kids who have ADD, it might calm them down - for other people it might make them more agitated. There are doctors now who specialize in MM, you work with them for at least 6 months because it takes months to figure out the right dose. Dr. Allen Frankel, well known in Santa Monica and works with adults - <http://www.greenbridgemed.com/> . And Dr. Bonni Goldstein, works with children, had great results with children with epilepsy - <http://www.canna-centers.com/> . All mammals have endo- cannabinoid systems with CB1 and CB2 receptors. Marijuana is a neuro-regulator which is why people react differently and its specific to your body.

Internationally the world is fascinated what the US is doing: for we have State rights that can affect the Government. It's legal in some States, but still illegal on a Federal level, depending which state you are in, if you consume it in a Federal park, it is illegal even if legal in the state.

If you are in business and sell M, you cannot legally deposit your sales into a bank. Therefore, it's a cash business, or traded as bit coins. If you are not comfortable going into a dispensary, you can order it online these days and have it delivered.

There are two common strains, sativa and indica. She has interviewed various researchers who say there is no difference since they have been so hybridized – the perceived difference may even be a placebo effect. If you have a compromised immune system (for example cancer patient, cancer survivor), you want to know where and how the plant is grown. You don't want anything with chemical. As of now, this industry is not regulated yet as it relates to chemicals and pesticide used during growth. There has been a recent death of patients who used M that unfortunately had a fungus in it.

Start out small, you don't want to take too much at the beginning. If you took too much and have a reaction you can take CBD to balance it out.

To purchase M, you need to get a license. You can do so by going to a medical M doctor to issue one. People 55+ are the fastest growing group of using MM.

Insurance does not pay for any of this, it's all out of pocket. There are companies who are giving MM for FREE to people with cancer for example. It's quiet expensive, it's taxed by the state and can also be taxed by local city tax. You can grow your own, that's legal, but there are no nurseries at this point.

The biggest problem for users, you don't really know what you are getting. Testing is not standardized. In Colorado, there are more rules. But in other states you can't really trust and know what you are really taking, especially when you get the plants. If it's a medical reason you are taking it for, get it tested or work with your doctor and his recommendations.

**Note** – the LA City Council under the direction of Council President Herb Wesson is holding community meetings to develop regulations. Updated information can be seen here and you can subscribe for updates - <https://cityclerk.lacity.org/lacityclerkconnect/index.cfm?fa=ccfi.viewrecord&cfnumber=14-0366-S5>. The LA City Council adopted RULES, ELECTIONS, INTERGOVERNMENTAL RELATIONS, AND NEIGHBORHOODS COMMITTEE REPORT relative to the creation of a Cannabis Licensing Commission in March [http://clkrep.lacity.org/onlinedocs/2014/14-0366-S5\\_CA\\_03-24-2017.pdf](http://clkrep.lacity.org/onlinedocs/2014/14-0366-S5_CA_03-24-2017.pdf)

MM is considered effective for intermittent and chronic pain. It is also being used for drug addictions to get off opioids. It's not a cure, but shown to be great for arthritis, migraines, muscle soreness, chronic pain, sleeplessness, people who take medicine for HIV, and patients with organ transplants, has anti-inflammatory qualities, glaucoma, brain, may help keep Alzheimer's at bay, helps lessen symptoms for Parkinson Disease, made some patients of MS functional. There is a nursing home in N.Y that is giving their residents M. In Israel it has been used for a long time.

Today, people don't smoke as much anymore, they use vapes. For pain, edible are much more effective. Start out with a small dose, in Colorado everything is marked in small, increasing doses. Edibles come in various forms. You can also get tinctures (in water, alcohol, oil), sprays, which function the fastest; there are also patches to go through your skin, powder for your coffee and food (good for travel). There is a brand for women, Foria, used for menopause and menstrual problems.

If you prefer to smoke it, you need a vapor device, there are also dabs or shatter. If you grow your own, it's easy to make an oil, steep it and boil it in oil for days. You can make butter. There are also lotions and sprays. Some people juice it. This is a such a new field, even though it has been used medicinal for thousands of oils throughout history. There is conflicting ideas, researchers say it's not working, yet interviewing all these people have tremendous success. You just have to try what's working for you. Watch documentary about Rafael Meschoulom - <https://www.youtube.com/watch?v=n3fkiwTABag>

You can take M with prescription drugs, it's safe to combine. It is not good for young people, it affects their brain (we are talking heavy use). Kids with ADD and social anxieties this really has to be monitored. They say you shouldn't take it until you are 17, others say until you are 26.

CBD (doesn't make you high) and THC (is the cannabinoid that makes you high). You can do "micro-dosing", so as not to have any reactions, but still gives you pain relief. THCVA is raw marijuana juice. There are no rules, you have to experiment. CBD's are great for aging animals as well for pain management. Get CBD's from a marijuana plant versus a hemp plant.

Speaker, talked about how it helped with relieving migraine. Another speaker talked about doing micro-dosing after surgery and being on pharmaceutical drugs, and had great relief from MM.

As of January next year, recreational M will be legal, until then you still need to get a prescription / medical card.

There is an organization called Patients Out of Time <http://www.medicalcannabis.com/> , and Americans for Safe Access <http://www.safeaccessnow.org/> . M is legal now in some form in 29 States. 90% is grown in CA is exported to other states. Growers are promoting you to grow your own, it's the safest to do, but have to do a desire to do so and have a green thumb.

In Colorado they have made so much money from sales that they State is re-investing it into research now.

You do have to be careful as a consumer, you need to know where it's coming from, they are doing anything to grow it fast (so you don't know what you are consuming). It's safest to grow your own.

Roz welcomes people to call or email her - [rozdauber@yahoo.com](mailto:rozdauber@yahoo.com), (310) 804-7281

The release date on her documentary (medmarijuanafilm.com) is still to be determined as she is recruiting corporate donors.

- **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.
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- **Public comments**

- **Adjourn Meeting**

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