



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

**Thursday August 17, 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 – What did you do for yourself this month?**
- **Motion to approve July minutes**
- **Public comments and announcements**
  - **MVCC Board opening** - [http://marvista.org/readpost.php?news\\_id=510](http://marvista.org/readpost.php?news_id=510) , Persons who are interested in applying for the position must write a statement of candidacy, submitted by Tuesday, September 5th, 2017 at 12pm.
  - **Westside Senior Health and Wellness Fair Sept 16<sup>th</sup>, 11 to 3. See flyer below.** Allison Beale and Robin Doyno will be there to represent us – please stop by! <http://www.westlasawtelle.org/new-events/2017/9/16/westside-senior-health-wellness-fair>
  - **Cancellation of 2017 Mar Vista Fall Festival. Info to follow on Mar Vista Turns 90 event.**
  - **Albert Olson** – brief overview of project to create a Mar Vista Community Center from the Historic Fire Station on Centinela and how it might serve older adults.
- **Guest Speaker – Gerontologist Susi Rodriguez Shapiro, will conduct a workshop on Emergency Preparedness for Older Adults.** There are many specifics to consider for Older Adults beyond what we already know about basic emergency preparedness. She will walk us through the completion of the [File of Life](#) and how to create a [Go Kit](#). Remember that when it comes to Emergency Preparedness . . . **"You CAN'T Predict them . . . You CAN'T Prevent them . . . You Can ONLY PREPARE for them!!!"** **Susi Rodriguez Shapiro, M.S.G.**, is an award winning committed advocate for older adults and caregivers with over a decade of recognized leadership and strategic vision in the private, non-profit, and government sectors. Ms. Shapiro is a Gerontologist with a Master of Science in Gerontology degree from USC and is a *Cum Laude* graduate of UCLA. She is a Master Trainer certified

by Stanford University. Her passion for advocacy has led her to work with numerous senior-focused organizations, including AARP, Alzheimer's Association, Area Agencies on Aging for both the City and County of L.A., Community Based Organizations, and several of the major Healthcare Plans.

- **Old Business – Motion to approve a \$500 donation to support the Westside Senior Health & Wellness Fair on Saturday 9/16/17 was approved by MVCC Board.**
  
- **Future guest presentations –**
  - **September 21st-** 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 19<sup>th</sup> - 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 16<sup>th</sup> - 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.
  - **December 21<sup>st</sup> - Anastasia Bacigalupo, Executive Director of Westside Center for Independent Living**
  
- **Public comments**
- **Adjourn Meeting**

# SAVE THE DATE

## Westside Senior Health & Wellness Fair

50+ years old & Family

Saturday September 16<sup>th</sup> 2017

11:00AM to 3:00PM

Location: WLA Civic Center Plaza

1645 Corinth Ave. LA 90025

Free Parking on NW corner of Corinth & Iowa

FREE SCREENINGS, FOOD & REFRESHMENTS

SPONSORED BY COUNCILMEMBER MIKE BONIN



SUPPORTED BY WLA/SAWTELLE NC

And other Westside Neighborhood Councils

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\* **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](mailto: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](mailto: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>