



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

**Thursday July 20, 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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Follow us on Facebook here - <https://www.facebook.com/marvistacc/>

Attendees – Sherri Akers, Tatjana Luethi, Allison Beale, Eva Clark, Bob Fitzpatrick, Marilyn Zweifach, Robin Doyno, Christine Stemar, Hosneya Khattab, Ron Kato, Melinda LaBlanc, Deborah McMahon, Zane Burch, Caroline Payne, Ann Kaneko, Paola Cervantes, Susan Black-Feinstein

- **Called to order: 6.11pm**
- **Brief Introductions**
- **Motion to approve June minutes: approved unanimously**
- **Public comments and announcements**
  - **LADOT Venice Blvd Great Street Open House - STAY UP TO DATE ON THE LATEST PROJECT DETAILS.** Please RSVP here <https://www.veniceblvdmarvista.org/rsvp/>. If unable to attend, you can also submit feedback at that link. The LA Department of Transportation hosts the first post-implementation Open House on the Venice Blvd Great Street on Saturday, July 22 from 1:00-3:00 pm at Windward School Gymnasium, 11350 Palms Blvd, Mar Vista CA 90066. Vehicles should enter via Sawtelle Blvd entrance. LADOT will be publicly releasing data from their one-month review as well as taking feedback.
  - **Educational speaker on Alzheimer's** - hear the newest, most groundbreaking discoveries in Alzheimer's and dementia research as presented at the Alzheimer's Association International Conference (AAIC) in London, England. **Guest speaker: Keith Fargo, Ph.D.**, Director of Scientific Programs and Outreach, Medical and Science Relations, Alzheimer's Association. Date: **Thursday, August 10, 2017** Time: **6 p.m.-7:30 p.m.** Location: **Santa Monica Public Library**, Martin Luther King Jr. Auditorium, 601 Santa Monica Blvd., Santa Monica, CA 90401 [https://www.alz.org/socal/in\\_my\\_community\\_education.asp](https://www.alz.org/socal/in_my_community_education.asp)

- **Melinda LeBlanc invited members to support and participate in Music Mends Minds** - <http://www.musicmendsminds.org/>
- **New Business – Motion to approve a \$500 donation to support the Westside Senior Health & Wellness Fair on Saturday 9/16/17. Currently sponsored by CM Mike Bonin and supported by the WLA/Sawtelle NC (see flyer as addendum)**
  - Motion approved unanimously with one abstention by Ron Kato as he was the requesting the donation.
  - Allison Beale and Robin Doyno have volunteered to table at the event to do outreach for MVCC Aging in Place.
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- **Guest Speaker – Allison Beale presented on [Powerful Tools for Caregivers](https://www.powerfultoolsforcaregivers.org/caregiver-classes/)**, which was developed over 3 years of pilot testing, refinement and evaluative research and the program has been offered since 1998. Powerful Tools for Caregivers has been shown to minimize the negative impact that caregiving has on their lives and help them seek and find resources. The goal is to help caregivers to thrive as individuals. In this book, you will find information for in-home caregivers, working caregivers, long-distance caregivers, and grandparent caregivers. If you were unable to attend this information filled session, please feel free to email Allison your questions at [Allison.SeniorCare@gmail.com](mailto:Allison.SeniorCare@gmail.com)

Allison presented a condensed version of class one - the foundation of a six class series (<https://www.powerfultoolsforcaregivers.org/caregiver-classes/>) . This class is funded by grants and it's free to participants. This is for anybody that is providing caregiving without getting paid for it (family members or friends caring for a loved one, this class is not for professionals who are employed/get paid). If you are interested in participating check out [www.PowerfulTools.org](http://www.PowerfulTools.org) to find a class offered in the area.

#### **Purpose of Class #1: Taking Care of You:**

Statistics show that 69% of caregivers die before the patient they care for due to stress and ignoring their own health. As a caregiver, you need a break too. It's important to take care of yourself and balance yourself. The class provides a box of self-care tools" for yourself as a caregiver. The challenge of caregiving. You will learn how to make an action plan for yourself.

Various committee attendees shared that they are caring for spouses or family members, or are helping neighbors. Individuals who don't have siblings are working double as hard if taking care of parents themselves. Allison has great resources she can help you with. There is no cost for you to contact Allison, as this is part of her community outreach and support. We as caregivers can be in a variety of positions and situations. We are in a silver tsunami, 10,000 people a day turn 65 years old. Assisted living place will be booked out, and will become more expensive as minimum wage will increase. We need to create systems and community of support.

#### **Why is it important to take care of you?**

Dealing with the affects of caregiving, the combined stress, loss of physical demands, not eating enough oneself, not leaving the house oneself, biological vulnerability that comes with age (especially in spouse caretaking), or a family caregiver passing before the person they care for on a daily basis.

#### **Questions to consider:**

What are some of the challenges faced by caregivers:  
 - Their own health problems

- Work/life/caregiving balance – caregiving can be a 24/7 job
  - Finding resources: availability of rooms / beds available in the local community to be able to go by every day (versus far away)
  - Affordability of assisted living homes / nursing homes
  - Afraid that I'm passing before my parents pass because of the intensity of the daily care I provide for parents whom I live with (lack of balance and self-care)
- > Solution: what's the action plan to put in place to better take care yourself?

### **Questions ask yourself:**

- What can I learn: educating oneself can help empower you how to deal with the issues and challenges > you'll become a better caregiver.

### **Support Groups/Referral Sources:**

- Allison provided a hand out with a great list of resources for all attendees.
- You can also contact local support groups to help you cope with feeling overwhelmed, anxious, etc. Use the resources in your community.
- Ask Allison if you are not sure where to begin looking for resources.

There is a lot of help out there, realizing that you need help and can't be on your own all the time doing this is very powerful. Other community resources: hospital are great resources, disease-related organizations, national caregiving associations, neighborhood newsletters, government/public organizations, family and friends and neighbors, don't forget to look into phone book/newspapers, schools, county extension services, faith-based communities, hotline numbers, local support groups, libraries, especially the Santa Monica library hosts a lot of senior related activities, events and provides resources. But do make sure to do your due diligence and research/check these resources.

### **Action Plans:**

It's your commitment to yourself, you are doing this for yourself because you care about yourself and the person you are caring. To continue caring for your loved one you have to be healthy and take care of yourself. Ideas:

- Make your own doctors appointments, go see your dentist
- Take half hour breaks
- Ask others (son/daughter, friend etc.) to stay with loved one, go for a walk around the block
- Walk 3 times a week
- Accept help from others, share the system you have created for your loved on, create a list with instructions and give it to those who want to help.

What's your action plan? Really find something that you want to do, and make it attainable. See Allison's hand out of how to create your 'Action Plan'. Have an accountability partner to help you follow through and keep you accountable for yourself: share what worked, seek other solutions, learn about other strategies, embrace the support. You deserve that. Take care of you!

Suggestion - in our introductions each month lets mention what we did do for ourself this past month / what are we planning for next month – our committee group will be our accountability partner ;-).

You can contact Allison Beale at: [Allison.SeniorCare@gmail.com](mailto:Allison.SeniorCare@gmail.com) or call 310.953.2888

Ron Kato offered the evenings attendees a complimentary session with Ron for a Japanese Tea Ceremony and Energy and Flower Session at MOA Wellness Center - <http://www.moawellness.org/>

- **Future guest presentations –**

- **August 17th**– 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 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 - none**
- **Adjourned Meeting 7:40**

## Alzheimer’s Research Update

Join us to hear the newest, most groundbreaking discoveries in Alzheimer’s and dementia research from the July 2017 Alzheimer’s Association International Conference (AAIC) in London, England.



**Guest Speaker: Keith Fargo, Ph.D.**  
 Director of Scientific Programs and Outreach  
 Medical & Science Relations, Alzheimer’s Association

**Thursday, August 10, 2017**  
**6:00 p.m.-7:30 p.m.**

Join us for a reception with light refreshments at 6:00 p.m.  
 The presentation will start promptly at 6:30 p.m.

**Santa Monica Public Library**  
**Martin Luther King Jr. Auditorium**  
 601 Santa Monica Blvd.  
 Santa Monica, CA 90401  
 No-host Parking \$2.00-\$3.00

*This program is not sponsored by the Santa Monica Public library*

**RSVP: 800.272.3900 or [vagomez@alz.org](mailto:vagomez@alz.org)**

# 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 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>

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\* **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>