



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday September 28th, 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 July minutes**
- **Public comments and announcements**
 - **Helping Alzheimer's Family Caregivers Care with Savvy 3 FREE sessions that help you:** understand Alzheimer's & dementia, learn what to do when routine tasks become challenging, recognize the importance of taking care of you, and connect with resources in your community
Thursdays: Oct. 26th, Nov. 2nd and Nov. 9th (All Sessions Required) **4:00 to 6:00pm OPICA Adult Day Care Programs and Counseling Center** 11759 Missouri Ave. Los Angeles, CA 90025 **To register contact:** Carol Hahn, MSN, RN - 310.612.9064 or CarolHahnRN@earthlink.net
- **Guest Speaker** – Paola Cervantes of [Voyages Preschool](#) will present an overview on the GrandPals intergenerational activity program that she launched in 2016 with Sunrise Villa Senior Living. Together they set an intention to enrich the lives of participants by meeting weekly in a group they call GrandPals. The children and older adults share stories as they engage in activities manipulating multiple materials. Through these stories, they are strengthening bonds that will deepen their community ties. These bridges across lifetimes honor and reconnect the rich biological relationship between the very young and the very old and bring reflection and purpose to both.
- **Old Business** –
- **Future guest presentations** –
 - **October 19th - 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 16th - 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 21st – SPECIAL LOCATION Anastasia Bacigalupo, Executive Director of Westside Center for Independent Living. The meeting will be held at their offices at 12901 Venice Blvd <http://www.wcil.org/>**
- **January 18th – Birgitta Kastenbaum** self-advocacy and tools to empower us to have a voice and be invested in our own health.
- **February 15th – Sherry McCoy and Francine Lyles** on senior scams (TBC)

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- **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.

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*** 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>