



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

**Thursday October 19th, 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**
  - **Windward Teaches Tech is returning!**

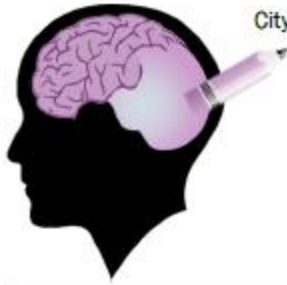
Windward School will be hosting its first session of the school year on Friday, November 3rd from 3:20 p.m until 4:20 p.m. At this workshop, Windward Student Leaders will teach social media, apps, and rideshare services. The classes will cover such programs as Netflix, Hulu, Lyft, Uber, and Amazon. Other subjects may be available upon request. The class will take place on the Windward Campus in Room #210. If you are interested in attending the session, please click [Here](#) and fill out the form. They will accept the first 12 signups. Windward School is located at [11350 Palms Blvd.](#) in Mar Vista.
  - **MATTERS OF THE MIND - A COMMUNITY FORUM ON UNDERSTANDING AND RESPONDING TO ALZHEIMER'S OTHER RELATED DEMENTIAS.** A forum for health care and social service professionals, business owners and employees, community members and family caregivers. Free Admission & Parking. CEU's for Licensed Professionals. See flyer below. [www.mindweho.eventbrite.com](http://www.mindweho.eventbrite.com).
  -
- **Guest Speaker – Maintaining Mobility and Independence in Older Adults** - Carol Hahn is a Wellness and Fitness Nurse, and Community Educator at OPICA Adult Day Care Programs & Counseling Center. We'll discuss the importance of safe mobility and fall risk reduction that supports the health and quality of life of all older adults, including a person with dementia. Several assistive devices will be available for demonstration. Let's discuss how mobility devices can increase independence!
- **Old Business –**

- **Future guest presentations –**

- **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> – 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 18<sup>th</sup> – Birgitta Kastenbaum** self-advocacy and tools to empower us to have a voice and be invested in our own health.
- **February 15<sup>th</sup> – Sherry McCoy and Francine Lyles** on senior scams (TBC)

- **Public comments**

- **Adjourn Meeting**

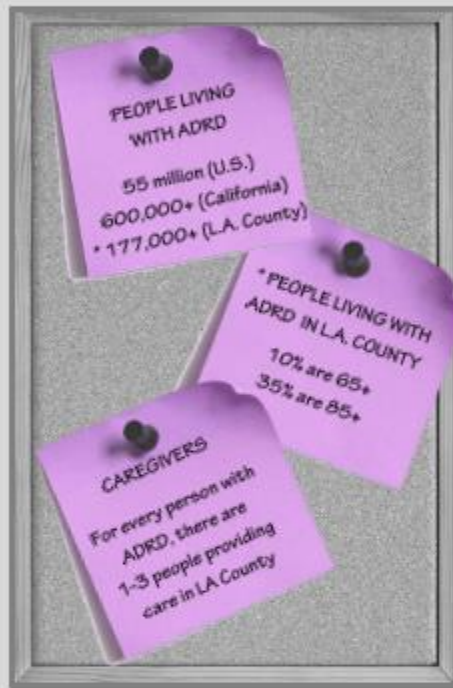


City of West Hollywood, Supervisor Sheila Kuehl, Jewish Family Service of Los Angeles, and Alzheimer's Greater Los Angeles present

## MATTERS OF THE MIND

A Community Forum on Understanding and Responding to Alzheimer's and Other Related Dementias (ADRD)

For Health Care and Social Service Professionals, Business Owners and Employees, First Responders, Community Members, and Family Caregivers



**DEMENTIA: WHAT IS IT AND HOW IS IT DIAGNOSED?**  
(9 a.m. - 10:15 a.m.)

**LINDA M. ERCOLI, PhD**

*Clinical Psychologist Specialist*

*UCLA Semel Institute of Neuroscience and Human Behavior*

**CAREGIVER STORY (10:30 a.m. - 10:40 a.m.)**

**LISA BRICKER**

**PANEL DISCUSSION (10:40 a.m. - 12 p.m.)**

*Overview & Facts - Symptoms & Causes*

*Caregiving & Caretaking - Support and Resources*

**CATHY LADD, MSW**

*Vice President, Programs - Alzheimer's Greater Los Angeles*

**SHEILA MOORE, MSG, LCSW**

*Senior Director of Comprehensive Older Adult Services*

*Jewish Family Service of Los Angeles*

**ANNA AVDALYAN**

*Program Manager, Aging & Adult Services Branch*

*Workforce Development, Aging & Community Services*



**VAL ZAVALA, Moderator**

*Anchor, KCET's "SoCal Connected"*

**WEDNESDAY, NOVEMBER 8, 2017**

**9 a.m. - 12 p.m.**

**WEST HOLLYWOOD LIBRARY COUNCIL CHAMBERS**

**625 N. San Vicente Blvd.**

**West Hollywood, CA 90069**

**FREE ADMISSION & PARKING! \*CEU's FOR LICENSED PROFESSIONALS**

**RSVP - [www.mindweho.eventbrite.com](http://www.mindweho.eventbrite.com)**

*\*This course meets the requirements for 2.5 Units of continuing education for LCSWs, LMFTs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. JFSLA is a CAMFT-Approved Continuing Education Provider. Provider number: 135371.*

*Please let us know if you require special accommodations in accordance with local, state and federal regulations including the ADA. Contact Corey Roskin at [croskin@weho.org](mailto:croskin@weho.org) or (323) 848-6403 if accommodations are needed.*



*Sheila Kuehl*  
Supervisor Sheila Kuehl



A family of services.  
A family that serves.

**Alzheimer's**  
GREATER LOS ANGELES

**\* 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>*