



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday January 18th, 2018

6:00 PM – 7:30 PM

Windward School Room 210/220

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

Subscribe to updates here - <http://eepurl.com/cbT699>

Attendees – Sherri Akers, Birgitta Kastenbaum, Seth Kastenbaum, Cindy Akers, Stefanie Elkins, Kim Selbert, Nancy Howell, Hadas Audj, Christine Taylor, Lillian Laskin, Eva Clark, W. Gilbert Clark, Sandy Ray, Chuck Ray, Cheryl Tigner, Christina Stemar, Jade Singer, Marynell Jelinek, Marilyn Katz, Susan Black-Feinstein, Allison Beale, Reggie Rodriguez, Bonnie Davis, Nate Horowitz

Announcements –

- In lieu of a February meeting, we will join ChaiVillageLA for the special event - **MAKING LA AN AGE-FRIENDLY CITY** – a Panel Discussion - 2-3:30 p.m. February 25, 2018 at Temple Isaiah, 10345 W Pico Blvd, Los Angeles, CA 90064

We have been invited to join ChaiVillageLA, Temple Isaiah and Temple Emanuel as they welcome **LA City Attorney Mike Feuer, Purposeful Aging Initiative leader Paul Irving**, and representatives from the **LA Department of Transportation**, and **LA Department of Aging** for a lively panel discussion on this important issue. 1:30-2:00 pm - Check-in and light refreshments, 2:00-3:30 pm – Program. **FREE ADMISSION but RSVP required!!** Here is the link to register - <https://tinyurl.com/y89poy3y> .

- **Windward Teaches Tech** - the first session of 2018 for our Windward Teaches Tech workshop is fully booked. The next session will be in April.

Speaker presentation

- **Special screening of [Being Mortal](#) with a Q&A after led by Birgitta Kastenbaum**
We will screen the FRONTLINE documentary (55 minutes) that follows renowned *New Yorker* writer and Boston surgeon Atul Gawande as he explores the relationships doctors have with patients who are nearing the end of life. In conjunction with Gawande's new book, *Being Mortal*, the film investigates the practice of caring for the dying, and shows how doctors — himself included — are often remarkably untrained, ill-suited and

uncomfortable talking about chronic illness and death with their patients. **Committee Co-Chair Birgitta Kastenbaum (Bridging Transitions) will lead a discussion after the screening.**

To view the documentary on line, click here - [Being Mortal](#).

The film covers only a portion of what is in the book -

<https://www.nytimes.com/2014/11/09/books/review/atul-gawande-being-mortal-review.html>

Discussion about hospice options – Allison spoke about a new non profit hospice home in Torrance – Caring House <https://yourcaringhouse.org/>

Nate recommended the book The Emperor of All Maladies – documentary can be seen here -

<http://www.pbs.org/show/story-cancer-emperor-all-maladies/> . Book review here -

<http://www.pulitzer.org/winners/siddhartha-mukherjee>

Discussion about our wishes being honored at end of life. We will schedule another meeting to cover this material. See minutes from prior meeting - <http://www.marvista.org/files/150618-AIP-Minutes.pdf>

Stefanie and Birgitta recommend lots of great tools on the Compassion & Choices web site such as this Values Worksheet to help compile our end of life wishes - <https://www.compassionandchoices.org/values-worksheet/>

- **Future guest presentations –**

- **March 15th** – Julie Banks, [Pasadena Humane Society & SPCA](#) on the unique needs, opportunities and resources of older adults with pets.
- **June 21st** – Margaret B. Sharp on the probate process - when it occurs, what happens during the process, and some common misconceptions about the process.

*** 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.

*** 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.

*** 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>

