



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday March 15th, 2018

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

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

Attendees – Sherri Akers, Tatjana Leuthi, Julie Bank, Marlena Ross, Hosneya Khattab, Eva Clark, Rob Kadota, Kalani Whittington, Miriam Caiden, Carmel Mims, Marilyn Culbertson, Mark Bucheim, Nathan Horowitz

- **Announcements and Public Comment**

- Rep Karen Bass has introduced a resolution to the US Congress to make May 15th Senior Fraud Awareness Day. Please contact your Congressional representative and ask them to support this!
<https://bass.house.gov/media-center/press-releases/rep-bass-introduces-bipartisan-resolution-senior-fraud-awareness>
- Free Older Adult Tech Fair – Saturday April 28th 11:00 AM to 3:00 PM Santa Monica Library - see flyer following the minutes below. More info <https://www.eventbrite.com/e/santa-monica-older-adult-tech-fair-tickets-41467232609>
- Free UCLA Memory Training Program at Mar Vista Library – 2 hours per week over 4 weeks April 2, 9, 16 and 23. See flyer following minutes below
- **Music and Health Concert for the Aging** - A Celebration of Music & Health, included singing, and a talk about how music has helped with brain injuries, memory and brain function. See flyer following minutes. RSVP recommended. Saturday April 28, 2018 - 12:15 - 1:30 p.m. Palms-Rancho Park Library, 2920 Overland Ave., Los Angeles 90064 - (310) 840-2142

- **Motion to approve January Minutes – approved unanimously**

- **Speaker presentation**

Julie Bank of the [Pasadena Humane Society & SPCA](#) joined us to discuss the unique needs, opportunities and resources for older adults with pets.

Julie Bank is the President and CEO of the Pasadena Humane Society since August of 2016. Her animal welfare career spans almost thirty years working in leadership roles in local and national non-profits and governmental

animal controls in New York, Arizona, Oklahoma City and California. She is a nationally recognized speaker and writer on animal issues and has traveled the country and internationally educating and supporting organizations and communities with their animal welfare efforts. She has a BS Degree in Management and Finance and a Masters in Museum Leadership (ABT). Aside from animals, Julie also has a passion for helping children in the dependency system working as a volunteer Court Appointed Special Advocate (CASA) and a past foster parent. Julie shares her home with her partner Tom, 9 year old son Stefin, Bobbie and Malee her two rescued dogs, and Curley her crazy kitten.

[Click here to view the PDF of the PowerPoint presented at the meeting.](#)

The Pasadena Humane Society is a shelter, but seems to have become a place to come to, walk around and see and pet animals, bring your dates and socialize. Founded in 1903 by Henry Burg who deeply cared for abused animals, then cared for abused children and women between 1903 - 1930. Henry Burg was a big catalyst in implementing protection laws. As organizations grew, with child welfare, elder organization, then eventually animal welfare came about. Offer services such as animal care, wellness, field services, outreach & education, wildlife (license to rehabilitate wildlife). More services listed on website.

Animal Shelters are Human Service Agencies. Animals don't just show up in a shelter, they were brought there for various reason, bottom line is there is a person attached to that animal, so what we are dealing with are human emotion and relationship and an animal is attached to it. It's important to create strong, trusted deep relationships and bonds with our animals.

Support: <https://pasadenahumane.org/services/helping-paws/> We all want the best for our animals, but sometimes circumstances beyond our control make it difficult to keep our pets. The Pasadena Humane Society & SPCA is here to help. Whether you need advice on your pet's behavior, low- or no-cost spay/neuter services, or free food for your pet, they are dedicated to helping you address your needs so pets can stay in their homes and out of the shelter. If you don't see the service you need, please contact them at helpingpaws@pasadenahumane.org or 626.792.7151 ext. 281 and they'll see what they can do.

There is a spectrum of Human Animal Bond:

The Good: Animals as pets, animals that provide services (police, therapy, search and rescue). **The Bad:** problems with the bond between animal and human. **The Ugly:** Cruelty, abuse, violence.

Julie played a video showcasing how Bob (80) and Molly adopted a senior dog. He kept on saying that aside from his wife, the dog is what has kept him alive throughout various health challenges.

Benefits of Pet Ownership - What having a pet does for us as we get older:

- Companionship: having a pet combats loneliness.
- Exercise: Your dog forces you to get out, to move your body, exert energy, good for you, good for the dog
- Making new friends: when walking your dog people stop you and start talking to you and your dog, get to make new friends. Create cat meeting groups, and talk about your cats, have a commonality to talk about aside from your doctor visits.
- Routine: gives you a routine, gets you out of bed in the morning, gives you a reason to get up, diffuses monotonous days
- Getting out of the house: gets you to the store to buy pet food, knitting group to knit for the animals at the animal shelter. We have a volunteer that has been volunteering since 1945. She can't have a pet anymore, but going to the shelter and care for the pet gets her out of the house
- Stress Relief: there is studies that showcase how having pets reduces stress
- Taking Care of Something: kids or grandkids gone, taking care of an animal and knowing that something needs

you can be meaningful to some people

- Protection: We are not talking about getting a pet from the shelter and leave it in the backyard, no. Having a loving pet in your home does scare robbers away. Sometimes, depending on the pet, make sure it is trained and not aggressive towards home care or postal man.

- Laughter: pets make you laugh. Funny Cat videos are the number 1 watched videos on YouTube. There are cat cons.

- Purpose: having a pet gives us purpose. Sometime pets lose the zest for life. Pets invigorate purpose

[10 Health Reasons Why companion animals Are Great For Seniors – downloadable PDF](#)

Match Making - What's the best pet for you? Selecting a new pet:

- **Size:** It's not so much about the pet's size (some big dogs are okay in a small apartment, but make sure to prove them what the need: walks by you, dog walker, dog play groups, etc), it's about their activity level, energy and what they need,

- **Weight:**

- **Age:** Age is important. If you are a senior, maybe don't get a puppy or a kitten with lot's of energy and craziness, get a senior pet who is calmer and will also be more comfortable with you being a senior.

- **Activity Level:** Are you able to deal with the activity level of that animal, what's the potential and are you able to provide this animal with what it needs?

- **Temperament:** Behavior of pet and how does it match with your personality

Dogs:

What you need to be aware of>

Require you to go out of house, for you to train them, to walk them, to brush them, they have needs to be social – they are not okay to just leave them at home. If you can't leave the house you need to find somebody to help you with the dog.

Cats:

Are wonderful pets, some people have allergies. Cats have different personalities, get the right personality, clean litter boxes, cats sometimes scratch (if you have problem with blood clotting).

Critters:

Rabbits, lizards, fish tank is soothing, have to clean and participate that gives you purpose. Benefit, they are usually contained, don't have to walk them, still like petting or stroking, but not as much as a cat. Tend to be smelly and messy, sometimes you have to lift their cages. Do your research so you are aware of the care and needs of the pet.

Senior Pets:

Don't have to deal with the chewing, running around, etc. They are calm, and you know who they are, they are showing you exactly who they are, when they are puppies and kittens you don't know yet. They don't live as long, so if you are a senior and are afraid of the pet outliving you, get an older senior pet.

Basic Costs:

- Pet food & supplies

- Training

- Grooming

- Medical

- Programs > [Helping Paws](#): helps keeping animals in the home versus ending up in the shelter, they come out and help you with pet food, vaccinations, leashes, etc. So very rarely is not being able to afford a pet a reason, we help. Other shelters help.

- Pet shares: when you feel you can't have a pet, share with your neighbors, share the responsibility. There are communities, churches, and organizations out there to help. They key though is to think about all that before

you get the pet and get everything lined up.

Risks of having a pet:

- Your health (certain ailments), the pet's health
- Cost
- Responsibility: some people just don't want the responsibility. But you could still volunteer.
- Travel: can't travel? With some pets you can travel and or make arrangements for someone to care for your pets when gone. House / pet sitting.

Planning:

- Instructions to first responders (stick instruction on fridge)
- Identify pet caretaker or next of kin
- Pet "go bag" with important documents, medication, food in case of a disaster
- Moving: if you have to go into an assisted living, other

Pet assisted therapy

- where trained animals are brought to nursing homes etc for people and seniors to pet the animals

Service Dogs

- Is trained to work directly in relation to certain disabilities

Emotional Support Pets:

- are not therapy or service animals, but they do provide emotional connection, help people with anxiety, etc

Go Volunteer or become a foster parent if you can't or don't want to have a pet full time

Estate Planning:

- Consider what happens with your pet after you pass

The Ugly:

It's real for seniors and for pets. There is a real connection between domestic violence and animal abuse.

Elder abuse:

Neglect to animals due to dementia, fragility, transportation, finance.

- Some seniors spend all time and money on pet versus themselves. Or eat the pet food.
- Refusal to get care
- Home health people afraid of the pets of the senior
- Hoarders, is a very real thing. Recently we rescued 54 cats from a home in Pasadena. Woman was an elder. Were able to remove the cats, but couldn't help her, she refused help for her
- Abuse: elder abuse when it comes to pets, family members if you don't give me your money etc, I will get rid of your pet / kill your pet – happens all the time to elders – the pet is a bond in their abuse
- Rescuers: when you see something say something, don't just not act

How can you help?

- Volunteer
- Foster
- Donate
- Attend an event

- DIY Fundraising
- Share on social media

Where to find them:

pasadenahumane.org

Phone: 626.792.7151

Email: hello@pasadenahumane.org

361 S. Raymond Ave., Pasadena, CA 91105

Adjourned 7:40

- **Future guest presentations –**

- **April 19th – Birgitta Kastenbaum of Bridging Transitions** - Has your family discussed plans for aging and end of life? Let's discuss our wants, options, and the tools to accomplish them. We'll also review Advanced Health Care Directive, POLST and the new Advanced Directive for Dementia (<https://dementia-directive.org/>)
- **May 17th - Alissa Walker – Let's talk about sidewalks!** Americans are, in general, living five to 10 years longer than they should physically be behind the wheel, says Jay Walljasper, author of *America's Walking Renaissance* and a walkability consultant for AARP, which has become one of the [biggest advocates for walkable cities](#). "We are outliving our ability to drive safely and comfortably," he says, yet seniors keep driving because their independence relies on it. "If you stop driving, you cease to exist as a viable human being."

- **June 21st** – Margaret B. Sharp on the probate process - when it occurs, what happens during the process, and some common misconceptions about the process.

SAVE THE DATE

FREE OLDER ADULT TECH FAIR

Saturday, April 28, 2018
11:00 am-3:00 pm

Santa Monica Public Library
Main Library
601 Santa Monica Blvd.

Questions?
Call (800) 516-5323

Older Adults Task Force
SANTA MONICA PUBLIC LIBRARY
CITY OF SANTA MONICA

Sign up
now!

UCLA Memory Training Program

A “Tune-Up” for Your BRAIN

About the Program

- Free on-site workshops
- Meets 2 hours per week for 4 weeks
- Trained leaders
- Developed by neuroscientists at UCLA
- For people who are concerned about their memory*

Workshop Topics

- What to expect as we grow older
- Different types of memory
- Remembering lists
- Name/face recognition
- “Tip of the tongue”

*This program is not suitable for people with dementia or memory loss

You **MUST** attend ALL 4 sessions for maximum benefit

The UCLA Memory Program © is licensed by the Regents of UC and is provided under license.

Mondays

12:00 - 2:00 pm

April 2
April 9
April 16
April 23

These classes meet at
Mar Vista Branch Library:
12006 Venice Blvd.
Los Angeles, CA 90066

Sign up in person at library
or call (310) 394-9871 x264

For ADA accommodations, call (213) 228-7430



LOS ANGELES
PUBLIC LIBRARY

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.

Offered By:

WISE
Healthy Aging

www.wiseandhealthyaging.org

The Friends of the Palms-Rancho Park Branch Library Present:



POWER OF MUSIC

An afternoon of music performance and dialogue
Presented by local talent including



Inga



Laurie



Kalani



Jerry

A celebration of Music & Health
RSVP recommended

Saturday April 28, 2018

12:15 - 1:30 p.m.

Palms-Rancho Park Branch

2920 Overland Ave.

Los Angeles 90064

(310) 840-2142

Located on Overland Ave., North of Overland Exit of the 10 Freeway, South of Pico Blvd.
For ADA accommodations, call (213) 228-7430 at least 72 hours prior to event.



LOS ANGELES PUBLIC LIBRARY

*** 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>*