



## Mar Vista Community Council



# AGING IN PLACE

Mar Vista Community Council

**Thursday May 17th, 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

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**Attendees – Sherri Akers, Alissa Walker, Tatjana Luethi, Raymond McNally, Ron Kato, Karen Slezingeris, Sophia Slezingeris, Selena Inouye, Jason Fineis, Marilyn Culbertson, Kalani Whittington, Hosney Khattab, Debra Hochman, Liliana Cruz, Melissa Stoller, Michelle Krupkin**

- **Meeting called to order 6:12**
- **Motion to approve April Minutes - approved**
- **Announcements and Public Comment**
  - Raymond McAnally, RSVP Outreach Coordinator of the **WLA region of LA Works**. They provide seniors and retired people a way to stay involved and give back. Contact them to learn about volunteering. They are also interested in connecting with non-profits who do not have internal volunteers and might want to be part of their program. Contact [raymond@laworks.com](mailto:raymond@laworks.com) or go to [www.laworks.com](http://www.laworks.com).
  - **Senior Fraud and Safety Awareness Fair**  
**Wednesday, May 23, 2018 9:30 - 11:30 am at Felicia Mahood Senior Center**  
11338 Santa Monica Blvd., Los Angeles, CA 90025 In celebration of Older Americans Month, we will be hosting a Senior Fraud and Safety Awareness Fair to inform and protect our community. There will be safety presentations, informational booths, and some fantastic performances by the Stop Senior Scams Acting Program. Join us for a Cane Fu demonstration with Master Lawrence Rouse! FREE pastries, snacks, and coffee in the morning along with music by the University High School Choir (see flyer below)
  - Debra Hochman shared that **Maria Shriver's Woman's Alzheimer's Movement is offering Caregiver Recharge Grants** - <https://homecareassistance.com/moveforminds> . The deadline to apply is May 25<sup>th</sup> and 25 people will be selected. Here is the link to apply - <https://homecareassistance.com/caregiverrechargegrants>
  - **Senior Health & Wellness Fair 50+ years old and family & friends -**  
**Saturday June 2nd 2018 10AM-2PM**  
LOCATION: WESTCHESTER SENIOR CITIZEN CENTER 8740 Lincoln Blvd Los Angeles, 90045 Corner of Manchester Blvd & Lincoln Blvd FREE SCREENINGS, ENTERTAINMENT, GIVE-AWAYS, FOOD & REFRESHMENTS.

- **Speaker presentation –Let’s talk about sidewalks and how to adapt without driving! Alissa Walker is the Urbanism Editor for Curbed.** She covers the systems that govern our cities—like infrastructure, transportation, and policy—and how they are adapting with technology. 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. “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.”
- **Find a recap of the information that Alissa shared below -**  
Theme: What happens when you stop driving?  
Alissa herself tries to get around herself without a car, finds it easier and more fun with her young children. Her parents are very active, live in a mountain town in Colorado, they really rely on a car otherwise can’t get around. Therefore, Alissa is looking at a lot of these urban issues to find a good place for her parents.

She recently gave a “Sustainable aviation talk” about the future of our cities, what does the city of the future look like? Alissa shows us a black and white picture from 1902 with pushcarts, horse buggies, trolleys, bikes, and not one single mode is dominating. And people are walking across the street not in fear of their lives but making contact with one another. Our priorities have changed a lot over the last century. When Alissa walks her child to school they have to walk on an ugly sidewalk, walking underneath a bridge, the general bad quality of the walk way does not allow her to use a stroller. Not to mention the scary situation when trying to cross the street.

Pedestrian death is on the rise; they are higher than 30 years ago (source GHSA). [Vision Zero Cities](#) is an initiative to protect a city’s most vulnerable road users (children and older adults). Another movement is “[we are climate mayors](#)”. LA signed the next level called the “[fossil-fuel-free streets declaration](#)”. New York is much closer to implementing something like this. The only way to get to serve people is to get to fund it. Who funds it? There was talk about a gas tax, which has helped to fund many transportation systems, but on the flip side those affect the poor who are relying on a car to get to work.

So where are the funds coming from?

From various taxes, for example we voted for Measure M...

As a mother I’d want streets with zero deaths and zero emissions. How do we achieve this? The easiest solution is to say no cars, but we know that is not the most rational idea, but we can use it as an idea, maybe how can we have fewer cars, or make cars that work better for us? How to turn our streets into something that can serve people in a better way? “If you stop driving you cease to exist as a human being” by [Jay Walljasper, walkability consultant, AARP](#) - that’s how people can feel when giving up their cars. However, other countries don’t make their citizen feel that way because they have other solutions.

Let’s talk about a few innovations that have focused on older adults, like self-driving cars. We have heard about the older woman, homeless, that was hit by a self-driving Uber car while she was crossing a street, people are still skeptic of this technology. Another service is Google self-driving unit called [Waymo](#), they are offering a free program to understand how families and seniors get around in cities. They started out with mini vans great for families, and seniors with walkers, caregivers etc. They have a program you can sign up for. You can summon it with an app from your phone, there is no driver, by using this fleet (pooling) they can coordinate the most efficient and safe routing serving people, to save gas and energy and get back space that was occupied by cars, and hopefully save lives if they can develop that technology. There could be a big game changer with the emergence of autonomous smart buses. There is also a first trial route in Japan which will represent one of the first baby steps toward a wider rollout of the Easy Ride robo-taxi. That expansion is planned for the early part of the next decade and will offer app-based door-to-door service,

aiming for a range of features identical to that of a traditional taxi. This will include an interior-mounted interactive tablet screen that will respond to passenger voice commands and suggest destinations based on passenger requests. [Learn more about that here.](#)

The scooter phenomenon, like Bird, or a bicy-car that you can pedal like a car or use the electric switch. There are [Urbi's](#) which have a seat and folds up, so you can take it into places. It would be great to have a multi modal streets, and all street users are equal. MoGo launched Detroit's first public bike share a year ago and is now adding options for riders of all abilities. [And here is the Adaptive MoGo site.](#)

Challenges - getting transportation closer to housing, climate change, safety, getting people to live active life styles without cars, land use building walkable cities close to those transit.

LADOT Micro-transit is doing a beta test, available in the Mar Vista area and could be a game changer – more info here - <https://la.streetsblog.org/2018/03/29/ladot-proposes-expanded-transit-service-including-expanding-dash-and-microtransit-pilot/>

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

**Meeting adjourned at 7:30 PM**



## Senior Fraud and Safety Awareness Fair

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9:30 - 11:30 am

at Felicia Mahood Senior Center

11338 Santa Monica Blvd., Los Angeles, CA 90025

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**FREE pastries, snacks, and coffee in the morning along with music by the University High School Choir!**

Event sponsored by Supervisor Sheila Kuehl & Council Member Mike Bonin.

In Partnership with Los Angeles Recreation and Parks, Jewish Family Services, and West LA Community Coalition.



A family of services. A family that serves.



Supervisor Sheila Kuehl

**MIKE BONIN**  
Getting Things Done for Our Neighborhoods  
Councilmember, 11th District



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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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