



AGING IN PLACE

Mar Vista Community Council

Tuesday, October 16th, 2018

6:00 PM – 7:30 PM

Windward School, Room 1030

11350 Palms Boulevard | Mar Vista, CA 90066

Co-Chairs – Sherri Akers, Tatjana Luethi, Birgitta Kastenbaum

Co-Founders – Sherri Akers, Tatjana Luethi

Agenda

- Meeting called to order
- Motion to approve June 21st Minutes
- Announcements and Public Comment
 - New program starting in November – the California Healthier Living program, designed for people with chronic conditions. See flyer below.
- **Speaker presentation - Our topic this month will be what it is like to live with dementia and some tips for communicating with people who have dementia.**
 - As part of the City and County’s [Purposeful Aging Los Angeles](#), Alzheimer’s Greater Los Angeles recently launched [Dementia Friends California](#), a global social movement that is changing the way people think, act, and talk about dementia. Dementia Friends are individuals who help those in the community living with dementia and their families. After attending a one-hour interactive session, you will learn about dementia, what it is like to live with the disease and some tips for communicating with people who have dementia. **Our speaker will be** Dick C Williams. Dick is President and CSA of Homewatch CareGivers West LA and South Bay.

For more information, visit the Dementia Friends page on the Alzheimer's Los Angeles website: <https://www.alzheimersla.org/alzheimers-los-angeles-services/classes-and-workshops/dementia-friends/>

- Public Comments
- Adjourn

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**A
FREE
COMMUNITY
WORKSHOP**

CALIFORNIA Healthier Living



*Live Your
Best Life...*

6 Tuesdays
Nov. 6 – Dec. 11, 2018
1:00 - 3:30 pm

Space is limited!

You must attend one of the first two sessions to secure your place in the group.

Healthier Living Workshop

- Meets 2½ hours per week for 6 weeks
- Trained peer leaders
- Meet new people and gain social support
- Get tools to live a healthier life

Supports self-management of ongoing health conditions such as arthritis, heart disease, diabetes, high blood pressure, lung disease, and cancer



Saint John's
Health Center
PROVIDENCE Health & Services



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Benefits of Healthier Living...

- Feel better and sleep better
- Become more active
- Help control pain
- Have more energy
- Better relationships with health care providers

To sign up, call:
(310) 390-3454
or (310) 394-9871 x264

Workshop Series Location:
Mar Vista Branch,
Los Angeles Public Library
12006 Venice Blvd.
Los Angeles, CA 90066

WISE
Healthy Aging

www.wiseandhealthyaging.org

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