



Co-Chairs: Sherri Akers, Tatjana Luethi & Birgitta Kastenbaum

Co-Founders: Sherri Akers & Tatjana Luethi

Committee Meetings - Third Thursday of each month at 6:00 PM

Meetings held at Windward School, Boardroom 800 or 1030 (refer to agenda)

The Mar Vista Community Council Aging in Place Committee has a rich and diverse community. Our committee brings a wide range of expertise related to aging – starting with seniors themselves, professionals in services and non-profits, those providing care to senior family members and those who are planning ahead for our own senior years. Each month we host a guest speaker at our meeting and provide opportunities for networking and sharing personal stories. Please join us!

The mission of the Mar Vista Community Council Aging in Place Committee is to provide an empowering voice and a network of resources to our diverse community of seniors.

- **Outreach** – keeping the community aware of issues and providing information on resources
- **Collaboration** - with the Mar Vista Chamber of Commerce, our city and county departments and elected officials, and local organizations on needs for aging in place.
- **Advocacy** – viewing issues that come before MVCC and the City Council with specific attention to how they support our ability to age in place.

The Aging in Place page on the MVCC website provides a [5-page resource list](#) that links through to non-profit, city, county and state resources. Here are a few examples -

[AARP - 8 treatable conditions that mimic dementia](#)

[AARP](#) - A great resource for information on topics and current work related to aging.

[Access Services](#) – ADA Complementary Paratransit service for functionally disabled individuals in Los Angeles County.

[Alzheimer’s Association support group](#) is an open gathering of people with common needs and interests who come together to share their feelings, thoughts and experiences in a combined effort to better cope with and manage the shared challenges of dementia in a safe environment. Support groups may include persons with dementia as well as caregivers.

Before you give up the car keys - **[brochure for a road map for transportation and independence](#)**.

[Bet Tzedek](#) – provides free, comprehensive legal services for low-income individuals and families in Los Angeles including **[Elder Law](#)** and **[Disability Services](#)**

[City of Los Angeles Department of Aging](#) – provides community based services to seniors and their caregivers to ensure the highest quality of life as possible while remaining in the community.

[Cityride](#) is a transportation assistance program for individuals age 65 or older and qualified disabled persons in the City of Los Angeles and select areas of Los Angeles County. The program offers Cityride participants reduced costs for the purchase of City of Los Angeles permitted taxi riders and Cityride Dial-A-Ride service.

[Eldercare Locator](#) - a public service of the Administration on Aging, U.S. Department of Health and Human Services, is a nationwide service that connects older Americans and their caregivers with information on senior services.

[Handyworker Program](#) – provides free minor home repairs for low-income seniors and disabled persons who own and occupy a single family home in the City of Los Angeles.

[Home Modifications to Promote Independent Living](#) - This fact sheet from AARP explains home modifications and how they can increase accessibility and safety for older adults so they can stay in their homes.

[Jewish Family Service of Los Angeles](#) is a multi-service Agency whose goals are to strengthen and preserve individual, family and community life by providing a wide range of needed human services to people in the community at every stage of

the life cycle, especially those who are poor and disadvantaged. The agency is guided by ethical and spiritual values of Judaism in its provision of services.

LADWP Senior Citizen/Disability Lifeline Rate - Customers who are 62 years of age or older or permanently disabled may qualify, based solely on their income, to have a discount applied to their electric and/or water bills. The discount is available under provisions of the Los Angeles Municipal Code or the Revenue and Taxation Code of the State of California.

Los Angeles Caregiver Resource Center - LACRC is part of a statewide system of regional resource centers created by California legislation passed in 1984 and designed to assist families and caregivers of adults with brain impairment.

Meals on Wheels Culver Palms – providing nutritious meals at an affordable price to persons who are confined to their homes because of illness, accident, convalescence or age. Delivering to Mar Vista and nearby communities.

OPICA - Optimistic People In a Caring Atmosphere - provides stimulating and therapeutic cognitive and sensory programs that actively engage people from early to later stages of memory loss and related neurological impairment.

St. Joseph Center Senior Services - Housed Seniors: For many elderly, isolated individuals, our Senior Service Program serves as a bridge to critically needed community services. Case managers work with older individuals, and often their friends, families and neighbors, to develop service plans that will allow them to maintain the maximum level of independence appropriate to their situation. These plans address housing needs, provide advocacy for new or continuing government benefits, link seniors with In-Home Supportive Services, and assure that medical, mental health, nutritional and social needs are adequately met. **Homeless Seniors:** Our case managers work with homeless older adults to meet their unique needs. Most referrals come from hospitals, police and fire personnel, concerned community members and our own Homeless Service Center. Many homeless seniors have been on the streets for years and, having adapted to these circumstances, may not easily take to another way of life. By building trust and explaining options, our staff helps this very vulnerable group of people accept the housing, benefits, treatment and services they need to, literally, save their lives.

UCLA Division of Geriatrics - specialists in the managing of the overall health of people age 65 and older and treating the medical disorders that frequently affect the elderly, including falls and immobility, urinary incontinence (lack of bladder control), memory loss and dementia, arthritis, high blood pressure, heart disease, osteoporosis and diabetes.

Each month we host a guest speaker at our meeting. The minutes are very detailed with a great deal of information and links and [posted on our web page as a community resource](#). Here are a few examples -

[Ms. Laura Trejo, General Manager of Los Angeles Dept. of Aging](#) - overview of department programs and services.

[Rachel Caraviello, VP, Programs and Services, Affordable Living for the Aging](#) - Senior roommate and home sharing

[Joe Barnes, California Field Organizer with Compassion and Choices](#) - proposed death with dignity bill (3/19/15)

[Carol Oike Kitabayashi, Executive Director of Westchester Playa Village](#) - The Village concept of volunteer services to seniors

[Birgitta Kastenbaum](#) - Choices and options, Advanced Health Care Directive, POLST

[Tricia Keane, Director of Land Use and Planning from the office of Councilmember Mike Bonin](#) - the role the Metro plays in senior affordable housing

[Frances Sotcher of Unity Hearth](#) on Intentional Living Communities (Co-Housing)

[Allison Beale](#) presented options on how to hire a caregiver and get the tools to hire a caregiver on your own, through an agency, or a list service.

[Sheila Moore, Sr. Director of Comprehensive Older Adult Services Jewish Family Services](#) - "How to make the most of your trip back home"

[Lilly Ortiz of LA Metro - On the Move Riders Club](#)

Monica Moore of [UCLA Easton Center for Alzheimer's Disease Research](#) - [presentation](#) and [minutes](#).

[Affordable Living for the Aging](#) roommates in Mar Vista to lead a discussion group, Q&A about their program

Our Time Bank - Christy Wilhelmi and Jim Tate - [presentation](#) and [minutes](#).

June - [Wise and Healthy Aging](#) - Molly Davies, Vice President [Elder Abuse Prevention and Ombudsman Services](#), as the representative who will conduct the presentation that evening.

Upcoming Presenters -

July – A short overview by Daniel Tamm, Mayor Garcetti’s office on Purposeful Aging LA. Guest presenter Charles Guinn, Certified Aging in Place Specialist on reverse mortgages - educating homeowners in the various uses of the reverse mortgage, when not to get one, and answer any questions that we may have.

August - Joe Barnes, [Compassion & Choices](#) – understanding the new CA End of Life Option Act.

September – Officer Juan Galvan - CHP presentation on [Age Well Drive Smart](#). The program is designed to reduce accidents and pedestrian deaths and injuries experienced by older Californians and to increase seniors’ alternate transportation options when driving is no longer an option.

October - Carol Hahn, MSN, RN, RYT, CPT, CDP - [CarolHahnRN.com](#) tools that support making the journey with a loved one with dementia as positive as possible **Wellness and Fitness Nurse** - helping people over 50 increase their quality of life. Certified Dementia Practitioner

November – Got Clutter? How can decluttering help with safety and fall prevention?

December – Mandi Carpenter – When is Assisted Living a good choice? How do you assess them?

January - Emilia Crotty with LA Walks - Safe Routes for Seniors program and campaign, part of the Vision Zero Alliance ([Facebook](#) and [website](#)).



Events and Outreach

Workshops and Classes were co-hosted with JFS and the LA Dept. of Aging on –

- [UCLA Memory Training](#)
- [Powerful Tools Workshop for Caregivers](#)
- [Arthritis Foundation Exercise Class](#)

The [Senior Scam Stopper Seminar](#) was co-hosted with Assemblymember Sebastian-Ridley Thomas



We've created a [Seniors Fair](#) within the Mar Vista Fall Festival which will expand this year with the addition of the Repair Café held in the gymnasium by Our Time Bank.



We've collaborated with the MVCC Green Committee by hosting a [towel and blanket collection](#) for pet shelters and a [blanket collection](#) for Westside Pacific Village at the Mar Vista Farmers Market Green Tent.



We participated in [Los Angeles Senior Fraud Awareness Day](#) where we were presented with certificates of recognition by the City of Los Angeles, Congressman Karen Bass and the California State Assembly.



We were invited by Los Angeles City Councilmember Paul Koretz and City Councilmember David Ryu to the City Council's annual presentation proclaiming the month of May as "Older Americans Month"



We look forward to partnering with the City of LA and LA Dept. of Aging on Mayor Garcetti's [Purposeful Aging Los Angeles Initiative](#) and have appealed to have this added as a workshop at the Congress of Neighborhood Empowerment.

One of the Mayor's mandates is specifically addressed to Neighborhood Councils – *By January 3, 2017, the General Managers of the Departments of Neighborhood Empowerment and Aging shall develop a Neighborhood Council outreach plan for convening the public meetings required of members of the AARP Network of Age-Friendly Communities and the WHO Global Network of Age Friendly Cities and Communities.*

How can we partner with the committee that you chair?

Motions

The Mar Vista Community Council supports the passage of SB128.

Specifically, this bill will allow terminally ill patients the right to obtain a prescription from his or her physician for medication to be self-administered. [See March 2015 minutes.](#)

\$1,500 Neighborhood Purposes Grant awarded to Westchester Playa Village (now Westside Pacific Village) to support outreach for expansion into Mar Vista. [See August 2015 minutes.](#)

Motion approved supporting Councilmember Mike Bonin's motion to create a new ordinance addressing short term rentals – [see October 2015 minutes.](#)

"The Mar Vista Community Council believes that short term rentals will be a key component in our fight to help seniors stay in their home as they age. Therefore, the MVCC urges the LA City Council to authorize a host to rent all or part of their primary residence to short-term visitors, permitting someone to rent a spare room, a back house, or even their own home while they are out of town, as proposed by Councilmember Mike Bonin."

The Mar Vista Community Council respectfully urges Congressman Karen Bass to support our senior community by –

- Introducing a proposal that early retirement taken to provide family caregiving be an exception to the reduction for early benefits, as done with disabilities.
- Supporting the proposal by Congressman David Jolly that will change how the cost of living increase is calculated on social security. (see info in addendum below)
- Supporting the Credit for Caring Act, which provides a tax credit to working family members equal to 30 percent of a caregiver's expenses greater than \$2,000. The bill aims to reward working taxpayers and encourage continued participation in the workforce while providing care to a loved one. It was introduced by Rep. Linda Sánchez, D-Calif., who chairs the Congressional Hispanic Caucus, and Rep. Tom Reed, R-N.Y.

[See March 2016 minutes.](#)