



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, Room 1030

Contact: Sherri.Akers@MarVista.org

The Mar Vista Community Council Aging in Place Committee has a rich and diverse community and 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.

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.

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.

Topics and organizations that have been presented

- Ms. Laura Trejo, General Manager of Los Angeles Dept. of Aging
- Affordable Living for the Aging
- Compassion and Choices
- Westchester Playa Village
- 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)
- Options on how to hire a caregiver
- Sheila Moore, Sr. Director of Comprehensive Older Adult Services Jewish Family Services
- LA Metro - On the Move Riders Club
- UCLA Easton Center for Alzheimer's Disease Research –
- Affordable Living for the Aging
- Our Time Bank
- Wise and Healthy Aging - Elder Abuse Prevention and Ombudsman Services
- Certified Aging in Place Specialist on reverse mortgages
- CHP presentation on Age Well Drive Smart
- Tools that support making the journey with a loved one with dementia
- How can decluttering help with safety and fall prevention
- When is Assisted Living a good choice? How do you assess them?
- LA Walks - Safe Routes for Seniors, part of the Vision Zero Alliance

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.

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

We are d.eveloping a Senior Tech Lab for seniors by Windward School

Motions passed:

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.

Motion Opposing the City Council motion that would prohibit adults without children from visiting children's playgrounds in LA City parks.