



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

July 7, 2022 | 10:30 A.M.

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

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AGENDA

*Attachment

1. **Call to Order:** Wanda Smith, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 4)
2. **Continuance of Teleconferencing Meeting Option Pursuant to Government Code Section 54953 (e)** (Action)
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of June 2, 2022 Meeting Minutes (Action)*
4. **Discussion:**
 - a. Strategic Planning for Healthy Aging Goals
5. **Next Meeting:** September 1, 2022 – 10:30 AM
6. **Adjournment**

This meeting is public, and the location is ADA accessible. If you are planning to attend and need special accommodations, please call (858) 495-5885 at least three days in advance of the meeting.

Supporting documentation and attachments for items listed on this agenda may be viewed at Aging & Independence Services, 5560 Overland Avenue, Suite 310, San Diego, CA 92123, or received by calling (858) 495-5885.

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

June 2, 2022 | 10:30 AM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

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MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith Paul Ling Susan Mallett Lorelei Taylor Pualani Vazquez	Bradlyn Mulvey Eugenia Welch, community member	Kimberly McGhee, ESQ. Trust Attorney Roberto Ramirez, AIS Health Promotion
Staff			
Item	Outcome		
1. Call to Order	<p>Wanda Smith, Chair, 10:31 AM</p> <p>a. Welcome & Guest/Member Introductions</p> <p>b. Confirmation of quorum: (4 required for quorum): 5 present</p>		
2. Authorization of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	<p>a. Approval of teleconference meeting (Action) (M/S: Mallett/Ling) 5 ayes</p>		
3. Standard Business	<p>a. Public Comments/Announcements: Members or non-members: Wanda shared a resource, National Institute on Aging that has online articles on isolation. She added the Alzheimer's Association Date with a Cure, virtual event is coming up.</p> <p>Pua expressed concern for guns in the homes of those with dementia saying this should be part of the initial assessment. Kimberly added she is working on a subgroup exploring how to address guns and conservatorships.</p> <p>b. Approval of May 5, 2022, Meeting Minutes (Action) (M/S Taylor/Ling) 5 ayes</p>		
4. Guest Speaker Kimberly McGhee, Esq. certified elder law attorney	<p>a. Wanda introduced Kimberly as a resource she has called upon many times when attempting to help seniors living alone, many with dementia. Kimberly added she is an advocate for seniors and along with trusts, she helps families develop long term care plans. She said education and pre-planning are the only solutions to dealing with a crisis. This is especially true for the "gap group" those without survivors. She noted many seniors isolate themselves over time by being stubborn and combative. Often, they avoid planning and documenting final instructions as they believe they are giving up their power of control to others. The key is creating the right network in advance. It's important to educate people about having the right documents such as an advance health directive and a durable power of attorney for asset management before one is compromised. She added the "nuclear option" is conservatorship that will cost a \$5000 minimum if there are no disputes, and the person is declared incompetent by two Doctors.</p> <p>Kimberly cautioned about the "helpful neighbors" gardener etc. as so many have been taken advantage of by those who appear to be trustworthy. She also recommended against writing obituaries as this may draw attention to a widow who may be victimized. Many seniors living alone have lost a spouse in recent years.</p> <p>Kimberly makes her lower income clients aware of IHSS, in home services and supports, through Medi-Cal to help people stay in their homes. Other suggestions to combat isolation are Adult Day Programs.</p> <p>Regarding one's last wishes, she said change the narrative- documenting your final wishes is not giving away power but rather giving peace of mind. Its important to put together a</p>		

	<p>pathway to getting documents together, do you want your family involved? List them, If not family, who? Keep a decision tree handy and nominate a power of attorney which is critical. Some clients choose a professional fiduciary as that person.</p> <p>Pua said in her previous position with AAA, they partnered with a trust attorney to educate members on the importance of documenting their wishes, noting it wasn't age based as everyone should have a plan. The cautionary stories from others were compelling. Kim added she teaches classes on these topics at the Alzheimer's Association. Lorelia said she teaches classes at OASIS on downsizing and is considering adding a class on solo aging.</p> <p>Wanda mentioned the committee's work on seniors living alone and that a quarter of Alzheimer's patients live alone. How about making a decision tree for this group? Kimberly there are ways to empower people and bring the community into the process. Fiduciaries can help but she added that probate law 810 is broad as to who has capacity to make their own decisions. Additionally, San Diego judges are protective of personal rights as is California. Kimberly concluded by offering the committee future assist whenever needed.</p>
<p>5. Discussion: Goals review and update</p>	<p>Pua asked about goal #1 under new goals regarding a hospital summit focused on geriatric physical and mental health. Through her position at Scripps, she is working with TREF, a trauma center group, to put together an event "A Matter of Balance" for this Fall. There may be an opportunity to partner with AIS for this event.</p> <p>Regarding technology goal T3, walking program pedometers, Roberto Ramirez of AIS said they order pedometers and water bottles annually. He agreed to coordinate with Pua for possible distribution at the Fall event at Scripps.</p> <p>Discussion of goals concluded. (Action) (M/S Taylor/Vasquez) 5 ayes</p> <p>Roberto noted a great future topic for the committee would be the AIS Healthy Brain Initiative as they are working on a presentation for financial institutions/banks so these businesses might be more dementia friendly.</p>
<p>2. Next Meeting</p>	<p>July 7 2022 10:30 AM Virtual</p>
<p>Adjournment</p>	<p>Meeting adjourned 11:32 AM</p>

Respectfully submitted by Susan Mallett