



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
HEALTHY AGING SUBCOMMITTEE

November 13, 2023 | 2:15 PM

5560 Overland Ave, John Gaffaney Room, 3rd Floor

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

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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. **Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.** (Possible Action)
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of October 9, 2023 Meeting Minutes (Action)*
4. **Presentation:** Joaquin Ortiz, Director of Education, Alzheimer's San Diego, Cognitive Health Presentation
5. **Next Meeting:** December 11, 2023 – 2:15 PM. Joint meeting with Nutrition Committee.
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

October 9, 2023 | 2:15 PM

Call in: (669) 900-9128

Meeting ID: 865 2743 6493

Passcode: 876437

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MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith Susan Mallett Silvia Martinez Jackie Simon Pualani Vasquez Eugenia Welch- community member	Bradlyn Mulvey	Otica Appenzeller, MSN, RN, CNS Scripps Mercy Hospital
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, 2:32 PM a. Welcome & Guest/Member Introductions: b. Confirmation of quorum: (4 required for quorum): 5 present		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.	N/A		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Wanda and Eugenia shared the Walk4ALZ, local Alzheimer’s walk, will be October 21 st . b. Approval of July 10, 2023, Meeting Minutes Mallett/Simon (M/S) unanimous		
4. Guest Speaker Otica Appenzeller, MSN, RN, CNS Scripps Mercy Hospital San Diego, Stroke Program Coordinator, Nursing Professor at SDSU	<p>Otica shared some of her nursing background having worked at Scripps Mercy Hospital for 23 years as well as teaching nursing at SDSU. About a year and a half ago, she became the Stroke Program Coordinator, and her group supports several departments related to Cardiac Health. Her presentation included several informative slides related to heart disease risk factors such as lifestyle factors, Type II diabetes, hypertension, abnormal blood lipid levels, tobacco, physical inactivity, and obesity. Genetic risk factors, non-modifiable factors, contributing to heart disease are age, gender, genetics, and ethnicity. For women, after menopause, one’s risk factor for heart disease is closer to that for men.</p> <p>Heart disease can present as a number of conditions that affect the heart i.e .blood vessel disease, irregular heartbeats (arrhythmias), congenital heart defects, disease of the heart muscle, as well as disease of the heart valve. Otica suggested patients need to be proactive and ask questions of their doctors and share their concerns. This is especially true for women as heart attack symptoms are different than those for men. The symptoms, (lower chest pain, back or jaw pain, palpitations, dizziness, shortness of breath, nausea, or anxiety) may not be as widely known as are the symptoms for men leading to a woman’s complaints being dismissed at times.</p> <p>Otica reports some alarming statistics related to the rate of cardiovascular disease (CVD) in the U.S. of those 80 years of age and older, 85% will have some condition of CVD. Every 34 seconds there is a death from CVD and of death from a stroke occurs every 3 minutes 17 seconds. Stroke is not the number 1 killer, but it is the number 1 disability medical condition. Heart disease is also being diagnosed at even younger ages.</p> <p>The American Heart Association presents Life’s Essential 8 for heart health. In 2022, the list increased to eight with the addition of sleep as a healthy essential. Other essentials are healthy diet, exercise, quitting smoking, managing weight, controlling cholesterol, managing blood sugar, managing blood pressure, and getting 7-8 hours of sleep each night.</p>		

	<p>To control some of these risk factors, blood pressure should be <120 (systolic or upper number), blood sugar A1C <7 and cholesterol <200. Otica remarked you should know your risk factors and live your life in a balanced way, addressing health issues if you have them. She added 25.5% of adults have high cholesterol, 115.9 million adults have prediabetes, 47% of adults have high blood pressure, and only 25% of adults report adequate aerobic and muscle strengthening activities to meet the recommended physical guidelines for good health. Sleep of 7-8 hours a night is recommended and decreased and increased amounts of sleep can pose risk for Cardiac Disease. Finally, the health care costs for cardiovascular disease and stroke in 2018-2019 was \$11.6 billion for patients 65 years of age and older, representing 41% of the total cost for these diseases.</p> <p>Otica shared an informative chart “Know the Signs of Stroke” using the first letters BEFAST representing some critical symptoms of stroke:</p> <p>Balance, Eyes, Face drooping, Arm weakness or numbness, Speech slurred or difficulty speaking, Time immediacy to call 9-1-1.</p> <p>Group discussion followed as Wanda suggested the committee be proactive and recommend AIS pass on this important health resource information via the newsletter or through distribution at AIS community events.</p> <p>The final presentation slide stressed the importance of activating 9-1-1. Statistics show 9-1-1 is only activated 50% of the time and doing so can decrease time to reach care as well as preparing medical staff prior to a patient’s arrival. Eugenia added that everything good for your heart is also good for your brain.</p> <p>The committee thanked Otica for her presentation and Pua for arranging for our guest speaker from Scripps Mercy Hospital.</p>
5. Next Meeting	November 13, 2023, 2:15 PM
6. Adjournment	Meeting adjourned 3:30 PM

Respectfully submitted by Susan Mallett