



LIVE WELL  
SAN DIEGO

## Advisory Council for Aging & Independence Services

January 12, 2026 | 12:00 p.m.

5560 Overland Ave, Joaquin Anguera Room, 3<sup>rd</sup> Floor

### *Virtual Participation*

Call in: 1 (619) 343-2539

Meeting ID (access code): 224 849 240 117

Passcode: eq7c5wR2

Click here to [Join Teams Meeting](#)

## AGENDA

\* (attachment)

1. **Call to Order:** Susan Mallett, Chair
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 November 10, 2025, Meeting Minutes (Action)\*
4. **AIS Director's Items** (Possible action)
  - a. AIS Director's Update
  - b. Legislative Update
5. **Guest Speaker(s)**
  - a. Impact of Polypharmacy in Older Adults  
*Tiffany (Tuyet) Lam, PharmD, Clinical Pharmacist at Scripps Health*
  - b. Aging & Independence Services Public Health Nurse Team  
*Jessica Gaylord, Public Health Nurse Manager*  
*Angie Durdiev, Public Health Nurse Supervisor*
6. **Executive & Membership Subcommittee Report/Other Business** (Possible action)
  - a. Chair's Report: Susan Mallett, Chair
  - b. Membership Report: Jacqueline Simon, Secretary
    - i. Appoint Brett Bergmann to full term (Action) – Seat #17, effective immediately, to expire 4/7/2028
  - c. Board of Supervisors Annual Visits (Dates posted as confirmed):

i. District #1: Aguirre	[Vacant/Vacant]	
ii. District #2: Anderson	[Phillips/Nocon]	2/26/2025
iii. District #3: Lawson-Remer	[King/Colburn-Hargis]	1/31/2025



iv.	District #4: Montgomery Steppe	[Bishop/Milroy]	10/11/2024
v.	District #5: Desmond	[Vacant/Vacant]	

## 7. Ancillary Subcommittee Oral Reports (Possible action)

- a. LTC Ombudsman/Facilities (met 01/12/26): Elaine Lewis, Chair
- b. Healthy Aging (met 11/10/25): Wanda Smith, Chair
- c. Affordability in Aging (01/12/26): David Milroy, Chair
- d. Nutrition (met 01/07/26): Shirley King, Chair

## 8. Other Announcements

## 9. Adjournment & Next Meetings:

Meetings are held at 5560 Overland Ave., Ste. 310, San Diego, 92123

Virtual meeting details are included on agendas at [www.sandiegocounty.gov/AISAdvisoryCouncil](http://www.sandiegocounty.gov/AISAdvisoryCouncil)

**Council Meeting:** February 9, 2026, 12 noon

### Future Subcommittee Meetings:

➤ Healthy Aging:	01/12/26	2:15 p.m.
➤ Executive & Membership:	01/28/26	9:30 a.m.
➤ Nutrition:	02/04/26	1:00 p.m.
➤ Affordability in Aging:	02/09/26	10:30 a.m.
➤ LTC Ombudsman/Facilities:	02/09/26	10:30 a.m.

*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.

**Aging & Independence Services Advisory Council**  
**Monday, November 10, 2025 | 12:00 p.m. – 2:00 p.m.**  
**5560 Overland Avenue, 3<sup>rd</sup> Floor, Joaquin Anguera Room, San Diego, CA 92123**

**Call in: 1 (619) 343-2539**  
**Meeting ID (access code): 224 849 240 117 | Passcode: eq7c5Wr2**

**MINUTES - DRAFT**

	<b>Members</b>	<b>Absent Members</b>	<b>Guests</b>
Attendance:	Shelia Coulbourn Stephen Huber Rhys Jones Ted Kagan Mina Kerr Shirley King Dennis Leggett Mikie Lochner	Silvia Martinez Dan McNamara David Milroy Bradlyn Mulvey Molly Nocon Jacqueline Simon Smith Sirisakorn Wanda Smith	Sabrina Bishop Paige Colburn-Hargis Faye Detsky-Weil Elaine Lewis Susan Mallett Taryn Patterson Maureen Phillips Cristin Whittaker
<b>Staff</b>			
	Allison Boyer Wendy Garcia Samantha Hasler Michelle Hollie-Luterick	Jana Jordan Madelyn Ochoa-Wingate Sunita Upchurch	
<b>Outcome</b>			
1. Call to Order	Wanda Smith, 2 <sup>nd</sup> Vice Chair, 12:03 p.m. a. Welcome & Pledge of Allegiance b. Guest/Member Introductions c. Confirmation of Quorum: <b>16 present at this time.</b>		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.			
3. Standard Business	a. Public Comment/Announcements: Members or non-members b. Approval of October 13, 2025, Meeting Minutes (Action)* <b>[M/S – S. King/ T. Kagan (Passed with 15 votes, 1 abstained.)]</b>		
4. AIS Director's Items	a. AIS Director's Update b. Legislative Update		
5. Guest Speakers	a. Elder Law & Advocacy <i>Alexis Hernandez, Community Engagement Coordinator</i> Highlights included: <ul style="list-style-type: none"> <li>○ About Elder Law &amp; Advocacy</li> <li>○ Elder Law &amp; Advocacy</li> <li>○ Senior Legal and Caregiver Legal Support</li> <li>○ Elder Tenant Assistance Program</li> <li>○ Elder Abuse Protection</li> <li>○ About Health Insurance Counseling &amp; Advocacy Program (HICAP)</li> </ul>		

	<ul style="list-style-type: none"> <li>○ HICAP's Comparison Charts</li> <li>○ Over 20 HICAP Fact Sheets and Comparison Charts</li> <li>○ How to Get HICAP's Charts</li> <li>○ Medicare Basics</li> <li>○ What is Medicare?</li> <li>○ What does Medicare Cover?</li> <li>○ Parts of Medicare</li> <li>○ Original Medicare vs. Medicare Advantage</li> <li>○ HICAP Case Example</li> <li>○ Medicare Premium Costs</li> <li>○ First Enrollment in Medicare</li> <li>○ Enrollment Changes</li> <li>○ Low-Income Assistance Programs</li> <li>○ Assistance Programs</li> <li>○ Medicare + Medi-Cal</li> </ul> <p>b. Ombudsman Annual Report  <i>Sunita Upchurch, Long-Term Care Ombudsman Program Supervisor</i>    Highlights included:</p> <ul style="list-style-type: none"> <li>○ Long-Term Care Ombudsman Mission</li> <li>○ Older Americans Act</li> <li>○ Services/ Receive, Investigate, And Resolve Complaints</li> <li>○ Ensure A Regular Presence In Long Term Care Facilities</li> <li>○ Address Patterns Of Poor Practice</li> <li>○ Influence Public Policy</li> <li>○ San Diego County Ombudsman - San Diego County Long-Term Care Facilities</li> <li>○ Myth Vs Fact</li> <li>○ Summary &amp; Contact</li> </ul>															
6. Executive & Membership Subcommittee Report/Other Business	<p>a. Chair's Report: Wanda Smith, 2<sup>nd</sup> Vice Chair</p> <p>b. Membership Report: Jacqueline Simon, Secretary</p> <p>i. Appoint Antoinette Alioto to full term (Action) – Seat #29, effective immediately, to expire 2/9/2029  <b>[M/S – T. Kagan/B. Mulvey (Passed with 16 votes.)]</b></p> <p>c. Board of Supervisors Annual Visits (Dates posted as confirmed):</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">i. District #1: Aguirre</td> <td style="width: 30%;">[Vacant/Vacant]</td> <td style="width: 40%;"></td> </tr> <tr> <td>ii. District #2: Anderson</td> <td>[Phillips/Nocon]</td> <td>2/26/2025</td> </tr> <tr> <td>iii. District #3: Lawson-Remer</td> <td>[King/Colburn-Hargis]</td> <td>1/31/2025</td> </tr> <tr> <td>iv. District #4: Montgomery Steppe</td> <td>[Bishop/Milroy]</td> <td>10/11/2024</td> </tr> <tr> <td>v. District #5: Desmond</td> <td>[Vacant/Vacant]</td> <td></td> </tr> </table>	i. District #1: Aguirre	[Vacant/Vacant]		ii. District #2: Anderson	[Phillips/Nocon]	2/26/2025	iii. District #3: Lawson-Remer	[King/Colburn-Hargis]	1/31/2025	iv. District #4: Montgomery Steppe	[Bishop/Milroy]	10/11/2024	v. District #5: Desmond	[Vacant/Vacant]	
i. District #1: Aguirre	[Vacant/Vacant]															
ii. District #2: Anderson	[Phillips/Nocon]	2/26/2025														
iii. District #3: Lawson-Remer	[King/Colburn-Hargis]	1/31/2025														
iv. District #4: Montgomery Steppe	[Bishop/Milroy]	10/11/2024														
v. District #5: Desmond	[Vacant/Vacant]															
7. Ancillary Subcommittee Oral Reports (Possible action)	<p>a. LTC Ombudsman/Facilities (met 11/10/25): Elaine Lewis, Chair</p> <p>b. Healthy Aging (met 10/13/25): Wanda Smith, Chair</p> <p>c. Affordability in Aging (met 11/10/25): David Milroy, Chair</p> <p>d. Nutrition (met 11/5/25): Shirley King, Chair</p>															
8. Ad Hoc Subcommittee Oral Reports																
9. Other Announcements	<p>a. California Senior Legislature Caucus Report: Wanda Smith*</p>															

10. Adjournment & Next Meeting	<p>Meeting adjourned: 1:48 p.m. Next Council Meeting: January 12, 2026, 12:00 p.m.</p> <p><b>Future Subcommittee Meetings:</b></p> <table><tbody><tr><td>➤ Healthy Aging:</td><td>11/10/25</td><td>2:15 p.m.</td></tr><tr><td>➤ Executive &amp; Membership:</td><td>12/2/25</td><td>9:00 a.m.</td></tr><tr><td>➤ Nutrition:</td><td>1/7/26</td><td>1:00 p.m.</td></tr><tr><td>➤ LTC Ombudsman/Facilities:</td><td>1/12/26</td><td>10:30 a.m.</td></tr><tr><td>➤ Affordability in Aging:</td><td>1/12/26</td><td>10:30 a.m.</td></tr></tbody></table>	➤ Healthy Aging:	11/10/25	2:15 p.m.	➤ Executive & Membership:	12/2/25	9:00 a.m.	➤ Nutrition:	1/7/26	1:00 p.m.	➤ LTC Ombudsman/Facilities:	1/12/26	10:30 a.m.	➤ Affordability in Aging:	1/12/26	10:30 a.m.
➤ Healthy Aging:	11/10/25	2:15 p.m.														
➤ Executive & Membership:	12/2/25	9:00 a.m.														
➤ Nutrition:	1/7/26	1:00 p.m.														
➤ LTC Ombudsman/Facilities:	1/12/26	10:30 a.m.														
➤ Affordability in Aging:	1/12/26	10:30 a.m.														

*Minutes respectfully submitted by Michelle Hollie-Luterick.*