



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

February 9, 2026 | 12:00 p.m.

5560 Overland Ave, Joaquin Anguera Room, 3rd 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
 - a. Welcome & Pledge of Allegiance
 - b. Guest/Member Introductions
 - c. Confirmation of Quorum (quorum = 14)
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 January 12, 2026 Meeting Minutes (Action)*
4. **AIS Director's Items** (Possible action)
 - a. AIS Director's Update
 - b. Legislative Update
 - i. SB 707 - Brown Act Update
5. **Guest Speaker**
 - a. In-Home Supportive Services Overview
Julia Lara, Program Specialist II
6. **Executive & Membership Subcommittee Report/Other Business** (Possible action)
 - a. **Chair's Report:** Susan Mallett, Chair
 - i. Subcommittee Appointment and Updates
 - a) Convene the Area Plan Ad Hoc Subcommittee (Action)
 - Role: Review and provide input into the 2026-27 Area Plan Update
 - Term: February 9, 2026, through approval of the 2026-27 Area Plan Update
 - Membership: Paige Colburn-Hargis, Elaine Lewis, Susan Mallett, Maureen Phillips, and Jacqueline Simon
 - b. **Membership Report:** Jacqueline Simon, Secretary
 - c. **Board of Supervisors Annual Visits** (Dates posted as confirmed):



i.	District #1: Aguirre	[Vacant/Vacant]	2/12/2026
ii.	District #2: Anderson	[Phillips/Nocon]	2/26/2025
iii.	District #3: Lawson-Remer	[King/Colburn-Hargis]	1/28/2026
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 02/09/26): Elaine Lewis, Chair
- b. Healthy Aging (met 01/12/26): Wanda Smith, Chair
- c. Affordability in Aging (met 02/09/26): David Milroy, Chair
- d. Nutrition (met 02/04/26): Shirley King, Chair

8. Other Announcements

- a. California Senior Legislature Elections*

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

Council Meeting: March 9, 2026, 12 noon

Future Subcommittee Meetings:

➤ Healthy Aging:	02/09/26	2:15 p.m.
➤ Executive & Membership:	02/24/26	9:30 a.m.
➤ Nutrition:	03/04/26	1:00 p.m.
➤ Affordability in Aging:	03/09/26	10:30 a.m.
➤ LTC Ombudsman/Facilities:	03/09/26	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, January 12, 2026 | 12:00 p.m. – 2:00 p.m.
5560 Overland Avenue, 3rd 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

	Members	Absent Members	Guests	
Attendance:	Antoinette Alioto Sabrina Bishop Paige Colburn-Hargis Shelia Coulbourn Faye Detsky-Weil Stephen Huber Rhys Jones Ted Kagan Shirley King Dennis Leggett Elaine Lewis Mikie Lochner Susan Mallett	Silvia Martinez Dan McNamara David Milroy Bradlyn Mulvey Molly Nocon Maureen Phillips Taryn Patterson Jacqueline Simon (left @ 1:17 p.m.) Smith Sirisakorn Wanda Smith Cristin Whittaker	Mina Kerr	Denise Bernal (virtual) Mr. & Mrs. Cesar B. Javier Thomas Johnson (virtual) Deepti Kurup (virtual) Tiffany Lam Shantella Slaten (virtual) Reva Subra (virtual) Linda Strohl
Staff				
	Kendall Bremner Angie Durdiev Jessica Gaylord Samantha Hasler	Wendy Garcia Jennifer Sovay Brynn Viale Long		
Outcome				
1. Call to Order	Susan Mallett Chair, 12:00 p.m. a. Welcome & Pledge of Allegiance b. Guest/Member Introductions c. Confirmation of Quorum: 24 present at this time.			
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 November 10, 2025, Meeting Minutes (Action)* [M/S – B. Mulvey / J. Simon (Passed with 21 votes, 3 abstained.)]			
4. AIS Director's Items	a. AIS Director's Update b. Legislative Update			
5. Guest Speakers	a. Impact of Polypharmacy in Older Adults <i>Tiffany (Tuyet) Lam, PharmD, Clinical Pharmacist at Scripps Health</i> Highlights included: ○ Understanding the Mechanisms ○ Medications Associated with Falls			

	<ul style="list-style-type: none"> ○ Clinical Approach to Polypharmacy ○ Enhancing Communication Among Healthcare Teams ○ Opportunities for Fall Prevention and Medication Safety ○ Conclusion and Key Takeaways <p>b. Aging & Independence Services Public Health Nurse Team <i>Jessica Gaylord, Public Health Nurse Manager</i> <i>Angie Durdiev, Public Health Nurse Supervisor</i> Highlights included:</p> <ul style="list-style-type: none"> ○ Aging & Independence Services (AIS) Nurse Team ○ Adult Protective Services Nurse Role ○ In-Home Support Services Nurse Role ○ Multipurpose Senior Services Program Nurse Role ○ Long-Term Care Ombudsman Mission ○ Additional Activities ○ AIS Nurses in Action ○ Kudos & Highlights 															
6. Executive & Membership Subcommittee Report/Other Business	<p>a. Chair's Report: Susan Mallett, Chair</p> <p>b. Membership Report: Jacqueline Simon, Secretary</p> <p>i. Appoint Brett Bergmann to full term (Action) – Seat #17, effective immediately, to expire 4/7/2028 [M/S – S. King / B. Mulvey (Passed with 23 votes, 1 abstained)]</p> <p>c. Board of Supervisors Annual Visits (Dates posted as confirmed):</p> <table> <tr> <td>i. District #1: Aguirre</td> <td>[Vacant/Vacant]</td> <td></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 01/12/26): Elaine Lewis, Chair</p> <p>b. Healthy Aging (met 11/10/25): Wanda Smith, Chair</p> <p>c. Affordability in Aging (met 01/12/26): David Milroy, Chair</p> <p>d. Nutrition (met 01/07/26): Shirley King, Chair</p>															
8. Other Announcements																
9. Adjournment & Next Meeting	<p>Meeting adjourned: 2:02 p.m.</p> <p>Next Council Meeting: February 9, 2026, 12:00 p.m.</p> <p>Future Subcommittee Meetings:</p> <table> <tr> <td>➤ Healthy Aging:</td> <td>01/12/26</td> <td>2:15 p.m.</td> </tr> <tr> <td>➤ Executive & Membership:</td> <td>01/28/26</td> <td>9:00 a.m.</td> </tr> <tr> <td>➤ Nutrition:</td> <td>02/04/26</td> <td>1:00 p.m.</td> </tr> <tr> <td>➤ LTC Ombudsman/Facilities:</td> <td>02/09/26</td> <td>10:30 a.m.</td> </tr> <tr> <td>➤ Affordability in Aging:</td> <td>02/09/26</td> <td>10:30 a.m.</td> </tr> </table>	➤ Healthy Aging:	01/12/26	2:15 p.m.	➤ Executive & Membership:	01/28/26	9:00 a.m.	➤ Nutrition:	02/04/26	1:00 p.m.	➤ LTC Ombudsman/Facilities:	02/09/26	10:30 a.m.	➤ Affordability in Aging:	02/09/26	10:30 a.m.
➤ Healthy Aging:	01/12/26	2:15 p.m.														
➤ Executive & Membership:	01/28/26	9:00 a.m.														
➤ Nutrition:	02/04/26	1:00 p.m.														
➤ LTC Ombudsman/Facilities:	02/09/26	10:30 a.m.														
➤ Affordability in Aging:	02/09/26	10:30 a.m.														

Minutes respectfully submitted by Kendall Bremner



APPLICATION FOR CSL CANDIDACY

PSA _____

Incumbent _____ New Candidate _____

Name of Candidate: _____

Address: _____

City & Zip: _____

Telephone(s) (Home) _____ (CP) _____

Email: _____

My State Senator is: _____ District # _____

My State Assembly member is: _____ District # _____

My Congressional Representative is: _____ District # _____

For the Office of _____ I certify that
(Senior Senator/Senior Assemblymember)

- I am 55 years of age on election day.
- I am a registered voter.
- I reside in the Planning and Service Area (PSA) for which the election is held.
- I own a functioning computer and a printer.
- I have the ability to scan and email documents, as needed.
- I have a personal email account and basic access to and knowledge of how to use email, transmit documents, open MSOffice and PDF documents, utilize electronic drop boxes, complete Google Forms and participate in virtual meetings utilizing Zoom.
- I possess the ability to take top senior concerns/issues at local level and draft them into a legislative proposal following a template.

I agree that all decisions regarding my candidacy, election and/or recall are the responsibility of the CSL JRC and are final and binding.

Signature _____ Date Signed _____

Attach the following documents to this application:

- Resume outlining broad base of experience at the city and county levels on issues dealing with seniors
- Signed Code of Ethics
- Signed Volunteer Agreement and Waiver
- Signed Statement of Commitment

CALIFORNIA SENIOR LEGISLATURE

CODE OF ETHICS

Recognizing that the needs of the over 60 age groups are in the interests of all people, the California Legislature in 1980 created the California Senior Legislature to propose legislation to meet the needs and concerns of Older Californians.

Members of the Senior Legislature elected by their peers are cognizant of their obligation to discharge the responsibility given to them by the State Legislature, and vow to follow the path of high moral conduct and service implicit in the following code:

1. I realize that I am subject to a code of ethics
2. I accept the plural ethnicity of California Senior Legislature members, their cultural and educational variations. I will value the commitment of each as much as I do my own, and show respect to each.
3. I will show respect to the members of the State Legislature and their staff people.
4. I will work faithfully to accomplish the objectives of the California Senior Legislature.
5. I will work with the Area Agency on Aging and/or Legislative Council and other seniors in my community to develop proposals for legislation addressing their concerns.
6. I will strive to maintain the dignity of the Senior Legislature in all my speaking engagements and written articles.
7. I will be responsible for informing the public as widely as possible concerning the CSL in a positive manner.
8. I recognize and accept the administrative policies, responsibilities, and procedural concepts of the California Senior Legislature as they are enunciated in the CSL Procedures Manual and Bylaws, including the use and design of CSL business cards and stationery.
9. I promise to bring to my work with the California Senior Legislature an attitude of open-mindedness; to be willing to be trained for it; to bring to it interest and attention; and to work in support of CSL programs and priorities.
10. I will attend the annual session of the California Senior Legislature unless excused because of illness or death of a family member or other legitimate reasons.

11. I promise to conduct my campaign for office as either a Senior Senator or Senior Assemblyperson in an ethical, above-board and honest manner, in both my oral and printed campaign statements. And in no way will I mislead or deceive potential voters while campaigning. I will abide by the final election results and decision of the CSL JRC.
12. I promise not to use my office as a CSL member in any manner that reflects negatively on the high moral standards of the CSL, or negatively on any CSL member.
13. I accept and promise to comply with the STATEMENT OF COMMITMENT.

I have read and accept the code of ethics and intend to follow the code to the best of my ability.

Print Your Name: _____ Date: _____

Signature: _____

CALIFORNIA SENIOR LEGISLATURE

VOLUNTEER AGREEMENT AND WAIVER OF LIABILITY

In consideration of my desire to serve as a volunteer for the California Senior Legislature (CSL), I hereby agree to the following terms:

- I fully understand the nature of the volunteer activities that I will be performing on behalf of CSL and hereby confirm that I am qualified, in good health, and in proper physical condition to participate in such activities.
- I currently have no known mental or physical condition that would impair my capability for full participation as intended or expected of me.
- I hereby assume all responsibility for any and all risk of property damage or bodily injury that I may sustain while participating in any voluntary capacity including the use of equipment and facilities in connection with CSL volunteer duties.
- I acknowledge and agree that CSL, its directors and officers, its volunteers or any of its representatives, are not liable to me for any injuries, damages, liabilities, losses, judgments, costs or expenses which I might suffer or sustain in connection to the performance of my volunteer activities for CSL.
- Further, I, for myself and my heir, executors, administrators and assigns, hereby release, waive and discharge CSL and its officers, directors, employees, agents and volunteers of and from any and all claims which I or my heirs, administrators and assigns ever may have against any of the above for, on account of, by reason of or arising in connection with such volunteer activity or my participation therein, and hereby waive all such claims, demands and causes of action. I will indemnify, defend and hold CSL harmless from and against any claims, lawsuits, injuries, damages, losses, costs or expenses sustained by any person in connection with my participation in CSL activities and elections.
- If I suspend volunteer activities, or upon request, I will promptly return all CSL supplies, equipment, records, moneys and other items in good, clean, serviceable condition.. This Agreement is binding upon CSL, CSL representatives, me and my respective heirs, successors, assigns, executors and personal representatives.
- I hereby grant and convey to CSL all right, title and interest in any and all photographic images in which I appear including video or audio recordings, made by CSL or others on CSL's behalf during my volunteer work for CSL, including, but not limited to, any royalties, proceeds, or other benefits derived from such photographs or recordings. I expressly agree that this Waiver is intended to be as broad and inclusive as permitted by the laws of the State of California, and that this Waiver shall be governed by and interpreted in accordance with the laws of the State of California. I agree that in the event that any clause or provision of this Waiver shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Release which shall continue to be enforceable.

Further, I have carefully read the foregoing Agreement and Waiver and understand the contents thereof and sign this release as my own, free act. I agree to abide by every term specified above and will not dispute or challenge them in any way form or fashion.

Signed on this ____ day of ____, 20____

Printed Name of CSL Volunteer

Signature of CSL Volunteer

CALIFORNIA SENIOR LEGISLATURE

STATEMENT OF COMMITMENT

Responsibilities of Members of the California Senior Legislature

(Note: This is to be signed by the candidate and attached to her or his application.)

As a member of the CSL I:

1. Shall be non-partisan.
2. Shall represent the best interests of state-wide California Older Adults.
3. Shall express the major concerns of California Older Adults.
4. Shall speak for the CSL on CSL-approved issues only. Otherwise, shall identify myself as a CSL member expressing own personal views.
5. Shall use only CSL - authorized cards and stationery.
6. Shall identify myself as "Senior Senator" or "Senior Assemblymember" or "Senior Assemblywoman" or "Senior Assemblyman." If given "Emeritus" status one should identify themselves as either "Senior Senator – Emeritus" or "Senior Assemblymember/woman/man – Emeritus".
7. Shall accept the responsibility for submitting at least one proposal every two years.
8. Shall accept the responsibility for attending and participating in all meetings of the Annual Session, except when an extreme emergency arises.
9. Shall develop working relationships in my PSA (Planning and Service Area) with the Area Agency on Aging, the Advisory Council or Commission on Aging and other senior groups and caucuses; and shall routinely attend their meetings and report on CSL activities.
10. Shall develop working relationships with my State and National Legislators and their staffs, particularly with my Legislators' District's staffs.
11. Shall develop and maintain a local legislative advocacy program, keeping up a two-way communication with my constituents.
12. Shall activate letter and phone campaigns to support CSL priority proposals.
13. Shall respond to calls (Alerts) from the Joint Rules Committee (JRC) to write letters, make phone calls, and visit my State Legislators and their District offices on behalf of CSL priority issues.
14. Shall develop and carry out local public relations and publicity for goals established by the CSL.
15. Shall study the Annual Schedule of Suggested Activities and follow this schedule whenever its items are applicable to my local situation.

16. Shall maintain a professional working relationship with all members of CSL as well as with the Area Agency on Aging and the Advisory Council or Commission on Aging.
17. Shall endeavor to raise funds throughout the year in order to meet the funding needs of CSL for travel and reimbursement of expenses of the Annual General Session and for meetings..
18. Shall promote CSL fund-raising activities on a local and statewide level.

As a member of CSL I acknowledge that:

19. Failure to submit at least one original proposal in any one of two consecutive years constitutes failure to live up to this commitment.
20. **Failure to live up** to the STATEMENT OF COMMITMENT and the CODE OF ETHICS is grounds for review, reprimand and possible removal from office by JRC Executive Committee action.
21. All decisions regarding my candidacy, election and/or recall are the responsibility of the CSL JRC and are final and binding.
22. There is no salary connected with this position and that lodging, meals and transportation costs will be furnished for the Annual Session, provided funds are available.
23. Lodging, meals and transportation costs may be furnished for Legislator visits ("Walk the Halls") during the course of the year provided funds are available.
24. Expenses for postage, copying, printing and telephone usage during the year are my responsibility. Transportation costs not referenced above are my responsibility as well.

To Be Signed by the Candidate:

I have read and accept responsibilities noted above and intend to follow these responsibilities to the best of my ability.

Print or Type Your Name: _____ Date: _____

Signature: _____