



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
Healthy Aging Subcommittee

April 13, 2026 | 2:15 PM

5560 Overland Ave, 3rd Floor, John Gaffaney Conference Room

Virtual Participation

Meeting ID: 837 6653 8423

Passcode: 864575

Click here to [Join Zoom Meeting](#)

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 March 9, 2026, Meeting Minutes (Action)*
4. **Discussion:**
 - a. Discussion of Healthy Aging Goals and Objectives
5. **Next Meeting:** May 11, 2026 at 2:15 PM
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
 March 9, 2026, 2:15 PM
 5560 Overland Avenue, 3rd Floor, JG Conference Room

Meeting ID: 837 6653 8423
 Passcode: 864575

MINUTES - DRAFT

	Members	Absent Members	Guests
Attendance:	Wanda Smith, Chair Paige Colburn-Hargis David Milroy Bradlyn Mulvey Maureen Phillips Jackie Simon	Susan Mallett	
	Staff		
Item	Outcome		
1. Call to Order	Wanda Smith, Chair called the meeting at 2:08 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3) There was a quorum.		
2. Standard Business	a. Public Comments/Announcements: None b. Approval of February 9, 2026 Meeting Minutes (Action) The motion to approve the minutes from February 9, 2026, was made by Jackie Simon and seconded by Maureen Phillips. The minutes were approved.		
3. General Discussion	<p>The meeting discussion focused on potential goals and objectives for the committee. Several goals were brought up, including topics from previous meetings such as multi-use of substances by older adults: alcohol, drugs, and risky prescriptions. The committee had previously received a presentation on these topics based on collected statistics from hospital emergency room incidents.</p> <p>New topics were also introduced such as emergency disasters preparedness especially in the context of San Diego's fire prone environment. Genetic discrimination was raised as another critical issue, referencing the Genetic Information Nondiscrimination Act (GINA) and a California bill (AB1798) aimed at preventing insurance companies from using genetic information to discriminate against individuals.</p> <p>The discussion shifted to life planning and how to promote healthy aging. The committee considered potential collaborations such as involving the Hospital Council.</p> <p>The subcommittee also touched on other potential topics such as brain resilience, mindfulness, and chronic and acute care (including diabetes, heart conditions, dementia, multiple sclerosis, and Parkinson's), sensory deprivation, and potential for participation with biomedical companies. These topics will be further discussed at a future meeting to help focus the committee's attention.</p>		
4. Next Meeting	April 13, 2026 at 2:15 PM at 5560 Overland Avenue, 3 rd Floor, JG Conference Room		
5. Adjournment	Meeting adjourned at 2:55 PM		

Respectfully submitted by Bradlyn Mulvey, Secretary


AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2025 – 2028

COUNCIL FOCUS: Use or gain expertise to identify, project, and anticipate needs and trends, and advise on AIS operational actions to address the needs of older adults and persons with disabilities.







AGING ROADMAP: County of San Diego’s [regional plan](#) that is implemented and organized by 10 focus areas that collectively represent the County’s comprehensive system of care, including both person-centered and community-wide efforts. Roadmap focus areas are as follows and identified throughout the Council’s Goals:








GOALS 2025 – 2028

#	Goal	Timeline	Lead	Measure	Outcome	Status
1	Advise on Area Plan updates for FY 2025-2026. 	Feb – May 2025	Ad Hoc Area Plan Subcommittee	<ul style="list-style-type: none"> Meeting date(s) Discussion Vote and authorization of Council Chair to sign letter of transmittal 	<ul style="list-style-type: none"> Ad Hoc Area Plan Subcommittee met on 3/27/25. Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 4/14/25. Discussion included: Area Plan 2025-2026 updates and process and content of the Area Plan. The Ad Hoc Subcommittee recommends continued consultation, input, and monitoring of progress from the Advisory Council. Authorization passed with 20 votes on 4/14/25. 	Completed







AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2025 – 2028

<p>1a Advise on Area Plan updates for FY 2026-2027.</p> 	<p>Feb – May 2026</p>	<p>Ad Hoc Area Plan Subcommittee</p>	<ul style="list-style-type: none"> • Meeting date(s) • Discussion • Vote and authorization of Council Chair to sign letter of transmittal 	<ul style="list-style-type: none"> • Discussion included: 	<p>Not yet started</p>
<p>2 Monitor and plan for services for older adults to meet the needs of the growing population.</p> 	<p>Ongoing</p>	<p>Ad Hoc Area Plan Subcommittee and Advisory Council</p>	<ul style="list-style-type: none"> • Discussion 	<ul style="list-style-type: none"> • Discussion included: 	<p>In progress</p>
<p>3 Find engaging speakers for the AIS Advisory Council general meetings.</p> 	<p>Ongoing</p>	<p>Advisory Council</p>	<ul style="list-style-type: none"> • Speakers 	<ul style="list-style-type: none"> • Speakers’ topics included: 	<p>In progress</p>
<p>4 Expand participation in appropriate Auxiliary Subcommittees.</p> 	<p>Ongoing</p>	<p>Advisory Council</p>	<ul style="list-style-type: none"> • Meeting date(s) • Discussion 	<ul style="list-style-type: none"> • Auxiliary Subcommittee met on: • Discussion included: • Authorization passed: 	<p>In progress</p>
<p>5 Participate in appropriate Ancillary Subcommittees.</p> 	<p>Ongoing</p>	<p>Advisory Council</p>	<ul style="list-style-type: none"> • Meeting date(s) • Discussion 	<ul style="list-style-type: none"> • Ancillary Subcommittee met on: • Discussion included: • Authorization passed: 	<p>In progress</p>
<p>6 Research and make recommendations for priority areas to support economic security amongst older adults in San Diego County.</p> 	<p>Ongoing</p>	<p>Affordability in Aging Subcommittee</p>	<ul style="list-style-type: none"> • Finding(s) • Discussion 	<ul style="list-style-type: none"> • Topics may include, but are not limited to, affordable housing for older adults, transportation for older adults, healthcare programs for older adults, and financial supplemental programs for older adults. 	<p>In progress</p>




AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2025 – 2028

7	<p>Research and make recommendations for priority areas of healthcare and hospital community systems for older adults.</p> 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but are not limited to, neurodegenerative diseases of AD, PD, FTD, Dementia, polypharma, and life planning to increase awareness and education within the health care providers’ community. 	In progress
8	<p>Review how older adults who have the greatest economic or social need are made aware of and utilize nutrition services including CalFresh benefits.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but not limited to, review of nutrition resources and education through the AIS website, California Association of Food Banks, California Department of Food and Agriculture, and printed materials. Examine the barriers to CalFresh benefit enrollment with online and phone applications, and how enrollment assistance is promoted through navigation support. 	In progress
9	<p>Review the research and implementation efforts of local and national ‘food as medicine’ initiatives that focus on the integration of food for disease prevention and management.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but not limited to, enhancing nutritional quality through increased fruit and vegetable consumption and the importance of good nutrition for older adults living with chronic health conditions, and how local health care providers are integrating the ‘Food as Medicine’ program models for the purpose of reducing food and nutrition insecurity. 	In progress
10	<p>Increase awareness about good oral health and dental treatment options through public insurance benefits.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but not limited to, the barriers to the utilization of Medi-Cal Dental insurance benefits, the outreach efforts by California Smile, and an annual update with Dr. Whyte, County Chief Dental Officer. 	In progress
11	<p>Identify disease risk and injury reduction strategies to advocate for educational opportunities for older adults.</p> 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but are not limited to, cardiac health, diabetes, oral health, hearing and vision loss, care and nutrition, dementia, and neurodegenerative diseases. 	In progress

AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2025 – 2028

<p>12 Monitor and advise on AIS programs through presentations and site visits.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Topics may include, but not limited to, the outreach activities to the outlying and rural communities where nutrition resources are limited to distant retail businesses. 	In progress
<p>12a Congregate Meals (Title III C1) and Transportation to Dining Sites (Title III B). Review nutrition education and in-service requirements for congregate sites.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Topics may include, but not limited to, site visits for the purpose of reviewing the social engagement and nutrition education supports and CalFresh outreach. 	In progress
<p>12b Home-Delivered Meals (Title III C2)</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
<p>12c SNAP (Cal Fresh)</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Topics may include, but not limited to, tracking the proposed California legislation to maintain level of CalFresh benefits if the federal investment is decreased. 	In progress
<p>12d Older Adult Health Promotion (Feeling Fit, Fall Prevention, etc.) and Healthy Aging in life-long learning.</p> 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Awareness and Promotion of local programs in lifelong learning to support Healthy Aging. 	In progress
<p>13 Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation.</p> 	Ongoing	Advisory Council and Ad Hoc Legislative Subcommittee	<ul style="list-style-type: none"> Legislation monitored 	<ul style="list-style-type: none"> Discussion included: Recommendations: 	In progress

AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2025 – 2028

<p>14 Attend <i>Live Well San Diego</i> meetings once a quarter, and monitor AIS programs in support of the <i>Live Well San Diego</i> vision.</p> 	Ongoing	Long-Term Care & Ombudsman Facilities	<ul style="list-style-type: none"> • Date(s) of regional meeting(s) attended 	<ul style="list-style-type: none"> • Recommendations for improvement, including assessment of effectiveness or additional resources needed. • Discussion included: 	In progress
<p>15 Advise AIS on legislative proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly.</p> 	Ongoing	Long-Term Care & Ombudsman Facilities	<ul style="list-style-type: none"> • Legislation monitored 	<ul style="list-style-type: none"> • Raise and maintain awareness for the AIS Advisory Council surrounding legislation related to skilled nursing facilities and residential care facilities for the elderly. • Discussion included: 	In progress
<p>16 Monitor and advise AIS on the Ombudsman program standard of operations, goals, performance, and increasing the number of volunteers as well as advise on areas of concern related to long-term care.</p> 	Ongoing	Long-Term Care & Ombudsman Facilities	<ul style="list-style-type: none"> • Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> • Recommendations for improvement, including assessment of effectiveness or additional resources needed. • Discussion included: 	In progress