



## Advisory Council for Aging & Independence Services Healthy Aging Subcommittee

September 8, 2025 | 2:00pm

5560 Overland Ave, 3<sup>rd</sup> 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:** Bradlyn Mulvey, 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 July 14, 2025, Meeting Minutes (Action)\*
4. **Discussion:**
  - a. Risk Reduction Areas of Interest
    - i. Prioritization Emergency Preparedness
    - ii. Cognitive Health and Fall Prevention
  - b. Healthy Aging Goals – Expansion and Revisions Guest Speaker
5. **Next Meeting:** October 13, 2025
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 & AFFORDABILITY IN AGING**

July 14, 2025, 2:15pm  
 5560 Overland Avenue, 3<sup>rd</sup> Floor, John Gaffaney Conference Room

Call in: 1 (619) 343-2539  
 Meeting ID: 210 078 344 97  
 Passcode: c68pX3ii

**MINUTES**

Members		Absent Members	Guests
Attendance:	Wanda Smith, Chairman Bradlyn Mulvey David Milroy Maureen Phillips Paige Colburn-Hargis Susan Mallett, AIS Chairman Smith Sirisakorn Silvia Martinez Mike Lochner Jacqueline Simon	Molly Nocon Ted Kagan Dennis Leggett	Elaine Lewis
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith called the meeting at 2:14 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 June 9, 2025, Meeting Minutes (Action) c. <b>[For the Healthy Aging Subcommittee, Jackie Simon and Maureen Phillips M/S made the motion to approve the minutes from the last meeting and for the Affordability in Aging Subcommittee, Smith Sirisakorn and Sylvia Martinez M/S made the motion to approve the minutes from their last meeting. Minutes were approved for each subcommittee.</b>		
3. General Discussion	a. The purpose of the meeting today was to assist the Affordability in Aging Subcommittee in determining its unique mandate since the purposes of the subcommittee have shifted from a housing focus to affordability. Housing is not covered by AIS. b. The two subcommittees discussed possible ideas to help the Affordability in Aging Subcommittee find their focus. In the subsequent discussion, several possibilities came up: Living in San Diego County is expensive for everyone including seniors; how can seniors afford housing: long term care, board and care, and assisted living, food, transportation, or medical care when many are on a fixed income? c. To help focus on the committee, Susan introduced the AIS role which is to advise and give recommendations to the General Council. For example, using the Healthy Aging Subcommittee, we looked to all the county programs that aimed at healthy living to see what was missing and that the committee could recommend. Thus, came the development of the walking program. This was not easy to develop but, finally, there was a link to a website. Then the committee moved into the second issue which was isolation-seniors living alone. It was an issue the county was interested in but then it became complicated because other entities were involved so we eventually ended the effort. What the committee wanted was a separate entity that focused on isolation issues but that didn't happen. d. Another possibility was introduced by Elaine; she discussed the idea of a one-stop shopping center where someone, with a certain amount of disposable income, could see what they could afford to spend on housing, food, medical, etc. and apply that to see what would be available to them. e. Another member presented the financial difficulty of a senior applying for a credit check each time an application is submitted. It was suggested there might be a proposal to centralize the entity that processes these credit checks so that each applicant doesn't have to submit individual payments for credit checks. The committee could show that this is a problem, there		

	<p>is a need for the service, and how the problem might be resolved and then recommend that to the General Council of AIS. Difficulty with entities working together was discussed.</p> <p>f. To summarize, specific areas were discussed like transportation, the concept of affordability and quantity of housing and increasing food costs.</p>
4. Next Meeting	September 8, 2025, at 11:30 AM for Affordability in Aging, and 12:00 PM for Healthy Aging, at 5560 Overland Avenue, 3rd Floor, JG Room
5. Adjournment	Meeting adjourned at 3:08 pm

Respectfully submitted by Bradlyn Mulvey, Secretary