



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

October 13, 2025 | 2:15 PM

5560 Overland Ave, 3<sup>rd</sup> Floor, MSSP 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, Healthy Aging
  - 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 September 8, 2025, Meeting Minutes (Action)\*
4. **Discussion:**
  - a. Presentation: Beyond Memory – Clearing Up Misconceptions About Dementia
5. **Next Meeting:** November 10, 2025 – 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**  
 September 8, 2025, 2:15 PM  
 5560 Overland Avenue, 3<sup>rd</sup> Floor, MSSP Conference Room  
 Call in: 1 (619) 343-2539  
 Meeting ID: 210 078 344 97  
 Passcode: c68pX3ii

**MINUTES**

Members		Absent Members	Guests
Attendance:	David Milroy Paige Colburn-Hargis Jackie Simon Bradlyn Mulvey	Wanda Smith, Chair Maureen Phillips	
	Staff		
Item	Outcome		
1. Call to Order	Bradlyn Mulvey called the meeting at 2:15 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (4) There was a quorum.		
2. Standard Business	a. Public Comments/Announcements: none b. Approval of July 14, 2025 Meeting Minutes (Action) c. <b>[M/S Jackie Simon made the motion to approve the minutes from the last meeting and Paige Colburn-Hargis seconded the motion. Minutes were approved.]</b>		
3. General Discussion	<p>The meeting centered around determining key priorities for senior health initiatives. The committee members reviewed a list of potential focus areas, including medication management, cognitive and mental health, social isolation, home safety, mobility, and transportation, emergency preparedness, financial security, chronic disease management, and nutrition/hydration.</p> <p>A strong emphasis was placed on medication management with concerns about polypharmacy and the importance of deprescribing medication. Cognitive health and social isolation were identified as critical areas with a suggestion to combine cognitive and mental health into a single category. The discussion extended to mobility and transportation, highlighting the need to incorporate safe driving practices. Emergency preparedness was deemed essential, emphasizing the importance of how seniors know how to handle household emergencies. The group explored the village model as a successful approach to community support, discussing ways to enhance volunteer recruitment and ensure leadership succession. Ultimately, the goal was to narrow down the priority areas and assign them for future action. Unfortunately, while areas were consolidated, no one area was decided to be the committee's concentration during this meeting.</p>		
4. Next Meeting	October 13, 2025 at 2:15 PM at 5560 Overland Avenue, 3 <sup>rd</sup> Floor, John Gaffaney Room		
5. Adjournment	Meeting adjourned at 2:40 PM		

Respectfully submitted by Bradlyn Mulvey, Secretary