



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

November 10, 2025 | 2:00 PM

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:** 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 October 13, 2025, Meeting Minutes (Action)\*
4. **Discussion:**
  - a. Presentation: Paige Colburn-Hargis Injury Prevention Outreach Program Coordinator Scripps Memorial Hospital Trauma Services, Topic: Polypharma
5. **Next Meeting:** January 12, 2026 – 2:00 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**  
 October 13, 2025, 2:15 PM  
 5560 Overland Avenue, 3<sup>rd</sup> Floor, JG Conference Room  
 Call in: 1 (619) 343-2539  
 Meeting ID: 210 078 344 97  
 Passcode: c68pX3ii

**MINUTES**

Members		Absent Members	Guests
Attendance:	Wanda Smith, Chair David Milroy Paige Colburn-Hargis Jackie Simon Bradlyn Mulvey Maureen Phillips		
	Staff		
Item	Outcome		
1. Call to Order	Wanda Smith, Chairman called the meeting at 2:18 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (4) There was a quorum.		
2. Standard Business	a. Public Comments/Announcements: Paige Colburn-Hargis reported on the fall prevention activity at Scripps Hospital. The program reached nearly 100 people with positive evaluations. b. Approval of September 8, 2025 Meeting Minutes (Action) c. <b>[M/S David Milroy 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	There was a discussion about the importance of addressing the fear of falling and the potential for incorporating resources into AIS monthly meetings. The majority of the meeting was a presentation of Wanda Smith on the Kissack Foundation's work through their "Beyond Memory" campaign to highlight the fact that dementia is not only about memory loss but also involves movement, awareness, and behavior components. Also, Wanda discussed advancements in dementia research, the importance of early and accurate diagnoses, and the need for increased awareness and prevention efforts, including starting exercise habits before a crisis occurs. Finally, there was a suggestion for Paige to present to the committee on polypharmacy.		
4. Next Meeting	November 10, 2025 at 2:00 PM at 5560 Overland Avenue, 3 <sup>rd</sup> Floor, JG Conference Room		
5. Adjournment	Meeting adjourned at 2:49 PM		

Respectfully submitted by Bradlyn Mulvey, Secretary