



LIVE WELL  
SAN DIEGO

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

January 12, 2026 | 2:15 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
  - 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 November 10, 2025, Meeting Minutes (Action)\*
- 4. Discussion:**
  - a. Presentation: Paige Colburn-Hargis: Injury Trends for Aging Community
- 5. Next Meeting:** February 9, 2026 – 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 &amp; Independence Services

**Healthy Aging Subcommittee**

November 10, 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 - DRAFT**

	<b>Members</b>	<b>Absent Members</b>	<b>Guests</b>
Attendance:	Wanda Smith, Chair David Milroy Jackie Simon Bradlyn Mulvey	Paige Colburn-Hargis Maureen Phillips	
	<b>Staff</b>		
Item	<b>Outcome</b>		
1. Call to Order	Wanda Smith, Chair called the meeting at 2:18 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 October 13, 2025 Meeting Minutes (Action) c. <b>[M/S David Milroy made the motion to approve the minutes from the last meeting and Bradlyn Mulvey seconded the motion. Minutes were approved.]</b>		
3. General Discussion	The speaker for this meeting was ill so her presentation on polypharmacy was postponed until January. This meeting was centered on future presentations and discussions related to aging and dementia. Most of the meeting time was spent brainstorming topics for upcoming meetings including pharmacological impacts on aging and vascular dementia. A significant part of the discussion focused on the "Beyond" campaign which aims to broaden the understanding of dementia beyond just memory loss to include movement disorders like Parkinson's Disease. Also, there was concern about the over-medication of seniors and the lack of awareness among some doctors regarding different types of dementia and appropriate treatments.		
4. Next Meeting	January 12, 2026 at 2:15 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