



## **Advisory Council for Aging & Independence Services LTC Ombudsman and Facilities Subcommittee**

July 14, 2025 | 10:30 a.m.

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

Virtual Participation

Call in: 619-343-2539

Phone conference ID: 766 089 682#

Meeting ID: 269 978 879 218

Passcode: LF7dq7c3

Click here to [Join the meeting now](#)

### **AGENDA**

\*Attachment

- 1. Call to Order:** Elaine Lewis, Chair
  - a. Welcome & Guest/Member Introductions
  - b. Confirmation of quorum (quorum = 3)
- 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 June 9, 2025, Meeting Minutes (Action)\*
- 4. General Discussion:**
  - a. Review LTC Ombudsman and Facilities Subcommittee Goals\*
  - b. Review Strategies for Increasing LTC Ombudsman and Facilities Subcommittee
  - c. Discuss Live Well Meeting Schedules
  - d. Explore Recommendations for Improving LTC Ombudsman and Facilities Services
- 5. Next Meeting:** September 8, 2025, 10:30 a.m.
- 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  
**Long Term Care Ombudsman and Facilities Subcommittee**

June 9, 2025, 10:30 a.m.  
 5560 Overland Ave, 3<sup>rd</sup> Floor, JA Training Room  
 San Diego, CA 92123

**MINUTES**

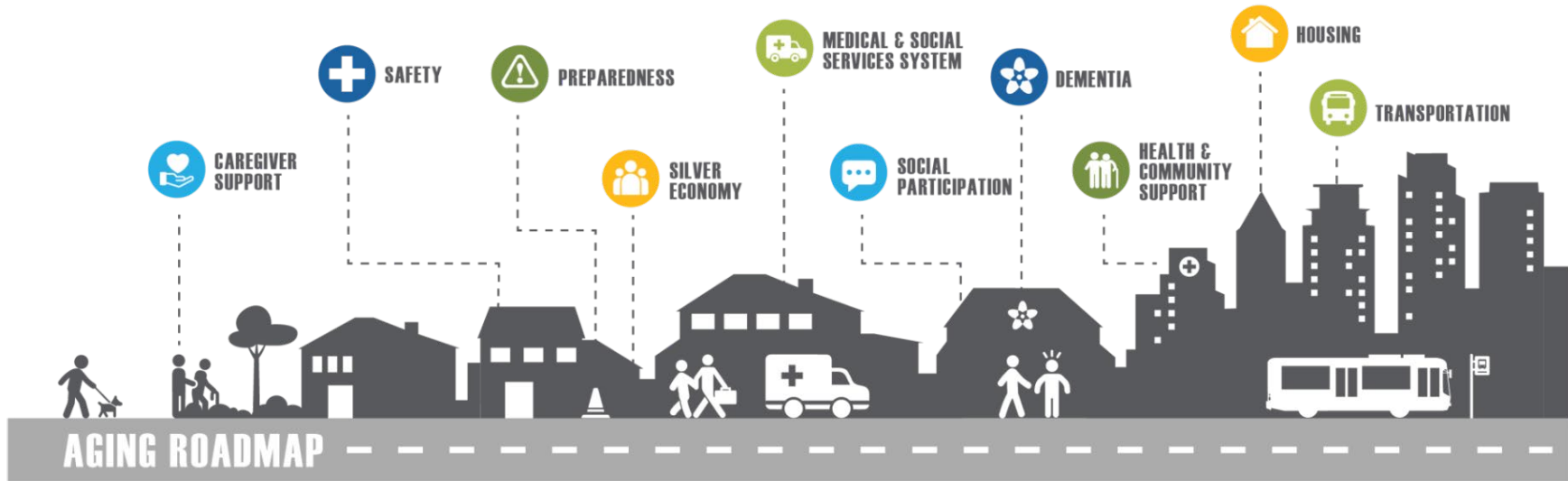
| <b>Members</b>  |   | <b>Absent Members</b> | <b>Guests</b>                |
|---|---|-----------------------|------------------------------|
| Attendance:   | Elaine Lewis, Chair<br>Bradlyn Mulvey<br>Faye Detsky-Weil<br>Rhys Jones   |                       | Stefanie Hiser<br>Denna Wood |
|   | <b>Staff</b>  |                       |                              |
|   | Sunita Upchurch, Program Coordinator  |                       |                              |
| <b>Item</b>   | <b>Outcome</b>  |                       |                              |
| 1. Call to Order  | Elaine Lewis called the meeting at 10:38 am<br>a. Welcome & Guest/Member Introductions<br>b. Confirmation of quorum (3) There was a quorum.   |                       |                              |
| 2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member | N/A   |                       |                              |
| 3. Standard Business  | a. Public Comments/Announcements: None<br>b. Approval of May 12, 2025 Meeting Minutes: M/S – F. Detsky-Weil/B. Mulvey (Passed 4-0)  |                       |                              |
| 4. General Discussion   | <p>The Advisory Committee has asked the Committee to review its goals for the next year; the Chairman has been researching other Ombudsman programs to find out what others are doing with little results to date because of the difficulty finding the minutes of other Ombudsman Committees in the state.</p> <p>The committee reviewed the goals set forward in the AIS Advisory Council Goals for 2024-2027. Since Choose Well will be discontinued, Goal #14 will be eliminated. The Chairman will present our discontent with ending the Choose Well program at the General Council meeting.</p> <p>There was a lengthy discussion about researching complaints directed to for-profit/non-profit facilities but, in the end, it was thought this was not to be part of the committee's mandate. However, the committee will focus attention to state legislation related to facilities for the elderly. The Committee discussed ways to increase the number of volunteers. Volunteer San Diego, public service announcements, and media training were discussed.</p> |                       |                              |
| 5. Next Meeting   | July 14, 2025, at 10:30 am at 5560 Overland Avenue, 3rd Floor, John Gaffaney Conference Room  |                       |                              |
| 6. Adjournment  | Meeting adjourned at 11:42 am   |                       |                              |

Respectfully submitted by Bradlyn Mulvey, Secretary


## APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

**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 2024 – 2027

| # | Goal  | Timeline       | Lead                          | Measure  | Outcome   | Status    |
|---|---|----------------|-------------------------------|--|---|-----------|
| 1 | Advise on the 4-year Area Plan for FY 2024-2028.<br> | Feb – May 2024 | Ad Hoc Area Plan Subcommittee | <ul style="list-style-type: none"> <li>Meeting date(s)</li> <li>Discussion</li> <li>Vote and authorization of Council Chair to sign letter of transmittal</li> </ul> | <ul style="list-style-type: none"> <li>Ad Hoc Area Plan Subcommittee met on 2/12/24 and 3/8/24.</li> <li>Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 3/11/24.</li> <li>Discussion included: Area Plan 2024-2028 updates and process and content of the Area Plan. The Ad Hoc Subcommittee recommends continued consultation, input, and monitoring of progress from Advisory Council. Authorization passed with 18 votes on 3/11/24.</li> </ul> | Completed |























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|    |   |                      |  |  |   |                 |
|----|---|----------------------|--|--|---|-----------------|
| 1a | Advise on Area Plan updates for FY 2024-2025.<br>  | Feb – May 2025       | Ad Hoc Area Plan Subcommittee                      | <ul style="list-style-type: none"> <li>Meeting date(s)</li> <li>Discussion</li> <li>Vote and authorization of Council Chair to sign letter of transmittal</li> </ul> | <ul style="list-style-type: none"> <li>Discussion included:</li> </ul>  | Not yet started |
| 2  | Monitor and plan for the expansion of services for older adults to meet the needs of the growing population.<br>           | Ongoing              | Ad Hoc Area Plan Subcommittee and Advisory Council | <ul style="list-style-type: none"> <li>Discussion</li> </ul>   | <ul style="list-style-type: none"> <li>Discussion included:</li> </ul>  | In progress     |
| 3  | Find engaging speakers for the AIS Advisory Council general meetings.<br>  | Ongoing              | Advisory Council                                   | <ul style="list-style-type: none"> <li>Speakers</li> </ul>   | <ul style="list-style-type: none"> <li>Speakers' topics included:</li> </ul>  | In progress     |
| 4  | Expand participation in appropriate Auxiliary Subcommittees.<br>   | Ongoing              | Advisory Council                                   | <ul style="list-style-type: none"> <li>Meeting date(s)</li> <li>Discussion</li> </ul>  | <ul style="list-style-type: none"> <li>Auxiliary Subcommittee met on:</li> <li>Discussion included:</li> <li>Authorization passed:</li> </ul> | In progress     |
| 5  | Participate in appropriate Ancillary Subcommittees.<br>  | Ongoing              | Advisory Council                                   | <ul style="list-style-type: none"> <li>Meeting date(s)</li> <li>Discussion</li> </ul>  | <ul style="list-style-type: none"> <li>Ancillary Subcommittee met on:</li> <li>Discussion included:</li> <li>Authorization passed:</li> </ul> | In progress     |
| 6  | Research and make recommendations for priority areas to support economic security amongst older adults in San Diego.<br> | 2024-25 Council Year | Affordability in Aging Subcommittee                | <ul style="list-style-type: none"> <li>Finding(s)</li> </ul>   | <ul style="list-style-type: none"> <li>Topics included:</li> <li>Recommendations:</li> </ul>  | Not yet started |






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|           |   |         |                            |  |  |             |
|-----------|---|---------|----------------------------|--|--|-------------|
| <b>7</b>  | Research and make recommendations for priority areas of healthcare programs and groups for older adults.<br>   | Ongoing | Healthy Aging Subcommittee | <ul style="list-style-type: none"> <li>Finding(s)</li> </ul> | <ul style="list-style-type: none"> <li>Topics may include, but are not limited to, where the older adult population meets, nutrition, socialization, geography/communities, disabilities, mental health, neurodegenerative diseases of AD, PD, FTD, Dementia, ways to increase awareness and education in hospitals re: geriatric issues.</li> </ul> | In progress |
| <b>7a</b> | Research the impacts of isolation and explore the “Seniors Who Live Alone” topic.<br>  | Ongoing | Healthy Aging Subcommittee | <ul style="list-style-type: none"> <li>Finding(s)</li> </ul> | <ul style="list-style-type: none"> <li>Discussion included:</li> </ul>   | In progress |
| <b>8</b>  | Review how older adults who have the greatest economic or social need are made aware of and utilize nutrition services including CalFresh benefits.<br>                                | Ongoing | Nutrition Subcommittee     | <ul style="list-style-type: none"> <li>Finding(s)</li> </ul> | <ul style="list-style-type: none"> <li>Topics may include review of nutrition resources and education through the AIS website, printed materials.</li> <li>Examine the barriers to CalFresh benefit enrollment and how enrollment assistance is promoted.</li> </ul>   | In progress |
| <b>9</b>  | 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.<br> | Ongoing | Nutrition Subcommittee     | <ul style="list-style-type: none"> <li>Finding(s)</li> </ul> | <ul style="list-style-type: none"> <li>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.</li> </ul>  | In progress |
| <b>10</b> | Increase awareness about good oral health and dental treatment options through public insurance benefits.<br>  | Ongoing | Nutrition Subcommittee     | <ul style="list-style-type: none"> <li>Finding(s)</li> </ul> | <ul style="list-style-type: none"> <li>Discussion included:</li> </ul>   | In progress |
| <b>11</b> | Identify disease risk reduction strategies and educational opportunities  | Ongoing | Healthy Aging Subcommittee | <ul style="list-style-type: none"> <li>Finding(s)</li> </ul> | <ul style="list-style-type: none"> <li>Topics may include cardiac health, diabetes, oral health care and nutrition, dementia and neuro-degenerative disorders and Parkinson’s disease.</li> </ul>  | In progress |

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|            |  |         |  |   |  |             |
|------------|--|---------|--|---|--|-------------|
|            | for diseases and disorders affecting older adults.<br>  |         |  |   |  |             |
| <b>12</b>  | Monitor and advise on AIS programs through presentations and site visits.<br>    | Ongoing | Nutrition Subcommittee<br>Healthy Aging Subcommittee | <ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul> | <ul style="list-style-type: none"> <li>Discussion included:</li> </ul>   | In progress |
| <b>12a</b> | Congregate Meals (Title III C1) and Transportation to Dining Sites (Title III B). Review nutrition education and in-service requirements for congregate sites.<br>    | Ongoing | Nutrition Subcommittee                               | <ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul> | <ul style="list-style-type: none"> <li>Discussion included:</li> </ul>   | In progress |
| <b>12b</b> | Home-Delivered Meals (Title III C2)<br>    | Ongoing | Nutrition Subcommittee                               | <ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul> | <ul style="list-style-type: none"> <li>Discussion included:</li> </ul>   | In progress |
| <b>12c</b> | SNAP-Ed (Cal Fresh)<br>    | Ongoing | Nutrition Subcommittee                               | <ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul> | <ul style="list-style-type: none"> <li>Discussion included:</li> </ul>   | In progress |
| <b>12d</b> | Older Adult Health Promotion (Feeling Fit, Fall Prevention, etc.) and Healthy Aging in life-long learning.<br>   | Ongoing | Healthy Aging Subcommittee                           | <ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul> | <ul style="list-style-type: none"> <li>Awareness and Promotion of local programs in lifelong learning to support Healthy Aging.</li> </ul> | In progress |
| <b>13</b>  | Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation.<br>    <br>     | Ongoing | Advisory Council and Ad Hoc Legislative Subcommittee | <ul style="list-style-type: none"> <li>Legislation monitored</li> </ul>           | <ul style="list-style-type: none"> <li>Discussion included:</li> <li>Recommendations:</li> </ul>   | In progress |
| <b>14</b>  | Monitor and make   | Ongoing | Long Term Care                                       | <ul style="list-style-type: none"> <li>Date(s) of Choose Well</li> </ul>          | <ul style="list-style-type: none"> <li>Recommendations for improvement, including assessment</li> </ul>                                    | In progress |

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|    | recommendations for enhancements to Choose Well.<br>  |         | & Ombudsman Facilities                 | meeting(s) attended<br>• Quarterly meetings.         | of effectiveness or additional resources needed.<br>• Discussion included:   |                 |
|----|--|---------|--|--|--|-----------------|
| 15 | Advise AIS on legislation proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly.<br>  | Ongoing | Long Term Care & Ombudsman Facilities  | • Legislation Monitored                              | • Raise and maintain awareness for the AIS Advisory council surrounding legislation related to skilled nursing facilities and residential care facilities for the elderly.<br>• Discussion included: | In progress     |
| 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.<br>        | Ongoing | Long Term Care & Ombudsman Facilities  | • Meeting(s) and date(s) attended                    | • Recommendations for improvement, including assessment of effectiveness or additional resources needed.<br>• Discussion included:   | In progress     |
| 17 | Monitor and advise on success of existing technology programs and promote access to and utilization of technology.<br><br> | Ongoing | Advisory Council and All Subcommittees | • Finding(s)<br>• Number and topic of media campaign | • Recommendations may include a media campaign to promote existing programs or identify opportunities for new programs.  | Not yet started |