



Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

October 8, 2025 | 1:00 PM

5560 Overland Ave, 3rd Floor
John Gaffaney Conference Room
San Diego, CA 92123

Virtual Participation

Meeting ID: 896 0847 3221

Passcode: 035415

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AGENDA

*Attachment

1. **Call to Order:** Shirley King, 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 September 3, 2025, Meeting Minutes (Action)*
4. **General Discussion:**
 - a. Proposed design of education tool for fall prevention and nutrition resources for senior congregate dining sites in collaboration with Paige Colburn-Hargis, Scripps Health, and the AIS Advisory Council.
5. **Next Meeting:** November 5, 2025, at 1:00 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

NUTRITION SUBCOMMITTEE

September 3, 2025 | 1 P.M.

Call In: (619) 343-2538

Phone Conference ID: 728 771 44#

Meeting ID: 231 545 090 575

Passcode: m8RV9Hh9

MINUTES

Members		Absent Members	Guests
Attendance:	Shirley King, Chair Bradlyn Mulvey Jackie Simon Susan Mallett, Ex-Officio	Maureen Phillips	Paige Colburn-Hargis
Staff			
Delilah Bisase, R.D., Public Health Nutrition Manager			
Item	Outcome		
1. Call to Order	Shirley King, Chair, 1 P.M. a. Welcome & Guest/Member Introductions b. Confirmation of Quorum (Three): (Quorum Met)		
2. Statement of (Just Cause) and/or Consideration of a request to Participate Remotely (emergency circumstances) by a Council Member, if applicable	No action taken.		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Jackie reminded the group of her message regarding the signage at the Carlsbad Farmer Market that welcomed the Senior Vouchers. b. Approval of July 9, 2025, Meeting Minutes (Action) [M/S - Bradlyn Mulvey/Jacqueline Simon: Unanimous vote]		
4. General Discussion	1. Paige Colburn-Hargis, Scripps Health Injury Prevention Community Outreach Coordinator joined the meeting to discuss methods to promote education combining fall prevention and nutrition guidance at the senior congregate dining sites. Paige described data related to the impact of trauma nationwide for seniors. Since the inception of the San Diego County Trauma System in 1984, the preventable death rate from traumatic injury in the county fell from 21 percent to less than 1 percent. Geriatric falls constitute 35% of traumatic injuries. (Yr 2024) Motor vehicle crashes are 14% of which 34% are related to DUI. Typically, seniors are not tested for drug/alcohol exposure at the time of an injury. Senior bike injuries represent 17% of the total. Also, seniors experience injuries as pedestrians in circumstances of crossing streets or maneuvering sidewalk irregularities. Falls do represent the leading cause of injury and death for those over age 65. Paige described the programmatic materials available to educate seniors about fall prevention actions such as the Standing Stronger workshops. We discussed how this awareness can be presented regularly to seniors at the congregate dining sites. Just as seniors who attend the sites need to be reminded about maximizing their use of CalFresh and dental benefits, the committee discussed how to make the information available each day when diners attend the meals. The proposal of a dining placemat embedded with important concepts for fall prevention and nutrition security was discussed. Paige agreed to look for a low-cost method to produce this kind of tool. She suggested that the local Trauma Based Foundation may have interest in funding the costs. The committee noted that the County Health Promotion team would need to be consulted about the utility of this intervention. Delilah agreed to ask the administrators at the dining sites for the numbers of		

	diners. Paige reinforced that capturing some data for this tool would help to justify its use and costs, such as a call to action for the diners to seek more information or enroll in a fall prevention class. Paige suggested that initially this tool would be English language. Shirley agreed to ask Roberto Ramirez of Health Promotions to suggest a staff person who could attend a meeting for the purpose of assessing the viability of this tool.
5. Next Meeting	October 8, 2025, 1 P.M.
6. Adjournment	Meeting adjourned at 2:00 P.M.

Respectfully submitted by Shirley King.