



*Advisory Council for Aging & Independence Services*

**NUTRITION SUBCOMMITTEE**

November 5, 2025 | 1:00 PM

5560 Overland Ave, 3<sup>rd</sup> Floor  
John Gaffaney Conference Room  
San Diego, CA 92123

*Virtual Participation*

Meeting ID: 896 0847 3221

Passcode: 035415

Click here to [Join Zoom Meeting](#)

**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 October 8, 2025, Meeting Minutes (Action)\*
4. **General Discussion:**
  - a. Guest Speaker: Carolyn Kendle, Community Health Program Specialist, County of San Diego, Aging & Independence Services: Content and design of public health messages (Fall Prevention, Nutrition, Oral Health, and CalFresh enrollment reminders) for congregate site dining placemats. (Two sample placemats)\*
5. **Next Meeting:** January 7, 2026, 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**

October 8, 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 Maureen Phillips		
	Staff		
	Delilah Bisase, R.D., Public Health Nutrition Manager		
Item	Outcome		
1. Call to Order	Shirley King, Chair, 1:10 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	Remote participation granted to Jackie Simon with 'Just Cause'		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Susan reminded the members of the snack rotation for Advisory Council meetings. Nutrition Subcommittee will bring the snacks for the January 2026 meeting. December will become an additional 'dark' month - no meetings. b. Approval of September 3, 2025, Meeting Minutes (Action) [M/S - Bradlyn Mulvey/Susan Mallett: Unanimous vote]		
4. General Discussion	Proposed design of fall prevention/nutrition education tool in the form of a dining placemat for senior congregate dining sites: Delilah reported from her contact with the administrators at two congregate sites - the Salvation Army and Chula Vista Norman Park - that about 1,000 diners were served between April to June 2025. Subcommittee Members discussed the advantage of two pilot sites with this number of attendees for the trial period of an educational dining placemat at each guest's table place. The dining placemat concept and design with promotional messages about fall prevention and nutritional nudges and reminders about changing CalFresh requirements will need to be screened and approved by the Health Promotion staff. Introducing this to the congregate sites will have to be cleared with the on-site staff for any extra work demand such as the distribution of these placemats to the guests. Delilah agreed to bring this proposal to the site staff. It was suggested that a monthly placemat theme be incorporated in addition to area-specific population factors and language translation. Once implemented, feedback from the dining guests could be collected with a tear-off mini survey. Paige Colburn-Hargis will attend the next Subcommittee meeting, bringing the information about cost and the hopeful funding through the Trauma Research and Education Foundation (TREF). It was clarified that this is not sponsored by Scripps Health. At next month's meeting with a Health Promotions team member in attendance, the members will emphasize the key elements: 1) the initial product will have a monthly theme with Spanish language translation (to start).		

	<p>2) the workflow at the dining sites needs to be respected.</p> <p>3) a pilot period at two sites.</p> <p>4) educational content will be balanced with messages about fall prevention and nutrition support.</p> <p>Shirley will speak with Jana about arranging for team member from Health Promotion to attend next month's meeting.</p>
5. Next Meeting	November 5, 2025, 1 P.M.
6. Adjournment	Meeting adjourned at 2:00 P.M.

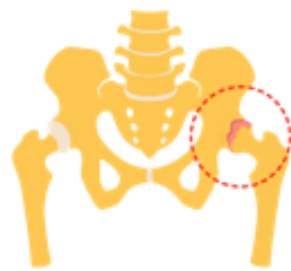
Respectfully submitted by Shirley King.

# Prevent Falls, Stay Independent.

Falls affect us all—whether personally or someone we love or care about. Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling. The good news is that many falls are preventable, and there are simple steps you can take to decrease your fall risk.



**EVERY SECOND OF EVERY DAY** an older adult (65+) falls in the U.S. Falls are the leading cause of injury-related death in this age group.



Each year, over **300,000** older people are hospitalized for hip fractures. **More than 95%** of hip fractures are caused by falling, usually by falling sideways.

## Unscramble these common fall risk factors:

1. KACL FO CIAVTTIY \_\_\_\_\_
2. LVGINI ALEON \_\_\_\_\_
3. ROPO NIVISO \_\_\_\_\_
4. ISRHYTO FO LALFS \_\_\_\_\_
5. EMIDTNAE \_\_\_\_\_

ANSWERS: 1. LACK OF ACTIVITY 2. LIVING ALONE 3. POOR VISION 4. HISTORY OF FALLS 5. DEMENTIA



**For more fall prevention information and resources, visit:**

- ▶ [CDC.gov/STEADI](https://www.cdc.gov/STEADI)
- ▶ [NCOA.org/FallsFreeCheckUp](https://www.ncoa.org/FallsFreeCheckUp)
- ▶ [HealthierLivingSD.org](https://www.healthierlivingSD.org)







## Fall Prevention Checklist

- ☐ Join a good balance and physical activity program.
- ☐ Regularly review your medications with your doctor or pharmacist.
- ☐ Use an assistive device if you need extra support when walking.
- ☐ Get your vision checked annually, and update your eyeglasses.
- ☐ If you are 50+, get a hearing screening every 3 years, or more frequently if you are at a higher risk for hearing loss. Ask your doctor if hearing aids are recommended.
- ☐ Talk to your healthcare provider, family, and friends about falls, near falls, or fear of falling.
- ☐ Wear non-skid, rubber-soled, low-heeled shoes.
- ☐ Manage your health conditions, like diabetes.
- ☐ Fall-proof your home.

## Fall Prevention Trivia

- How can you increase safety in a home stairway?**
  - Add light switches at top and bottom of the stairs
  - Add railings on both sides of the stairs
  - Use non-skid contrasting tape on non-carpeted stairs
  - All of the above
- Unless a fall results in injury, it's unnecessary to inform a medical provider.**
  - True
  - False
- What can you do to your bathroom to make it safer? (circle all that apply)**
  - Add a throw rug in front of your sink
  - Add grab bars by the toilet and shower
  - Wax your floor tiles
  - Add a non-slip mat to your bathtub or shower floor
  - Add a raised toilet seat
- What should you do if an item is out of reach? (circle all that apply)**
  - Use a step ladder or chair
  - Climb on your tippy toes
  - Use a reacher/grabber tool
  - Wait and call someone for help

ANSWERS: 1. D 2. B 3. B, D, and E 4. C and D



## Find that Hazard!

Find and circle these common home hazards.

CLUTTER	CORDS	LOW BED
POOR LIGHT	SPILLS	LADDER
STAIRS	THROW RUGS	LOOSE STEPS

P B L F N A O W G X Y G W I I  
Q V G U M E N X W H I U Z Y I  
F W M A S O L O W B E D G F P  
Y D T E T W P O Y I I Z M P B  
R P F G C A Q R X F F E U C H  
Q H J S P L T U V Z A P Z L N  
R Q T C T O O H T S K J V U F  
K Y L X U A O O R O Q K A T C  
P H A I J O I R S O S Z R T S  
Y E D J Z U I R L E W L R E P  
Z I D Y Y H W X S I S R A R I  
R I E Z J V Z L Y M G T U R L  
C O R D S K R T L Z X H E G L  
F B Z B N W O O Q U P F T P S  
H E F R U V J N S A N S T G S