



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

January 7, 2026 | 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 November 5, 2025, Meeting Minutes (Action)*
- 4. General Discussion:**
 - a. Build the steps to start a two-month trial introduction of the Health Promotions dining placemat to congregate sites recommended by Delilah Bisase, Public Health Nutrition Manager.
- 5. Next Meeting:** February 4, 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

November 5, 2025 | 1:00 PM

Virtual Participation

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MINUTES - DRAFT

Members		Absent Members	Guests
Attendance:		Susan Mallett Maureen Phillips (phone connection)	Carolyn Kindle Paige Colburn Hargis (Virtual)
Staff			
Item	Outcome		
1. Call to Order	Shirley King, Chair, 1 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (Three): (Quorum achieved)		
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: (no announcements) b. Approval of October 8, 2025, Meeting Minutes (Action) M/S – Bradlyn Mulvey/Jacqueline Simon: Unanimous Vote		
4. General Discussion	Today's in-person guest was Carolyn Kindle, Community Health Specialist and Fall Prevention Program Coordinator with Health Promotions. She was invited to demonstrate the dining placemat project she developed in collaboration with Paige Colburn-Hargis, Scripps Health. Carolyn brought samples of the laminated placemat (11" x 17") that she had designed for her Fall Prevention campaign to educate diners at congregate sites. She has about 1,000 placemats in stock. The placemats are waiting to be used. The members agreed to talk with Delilah Bisase, RD who is attending a conference today about introducing the placemats to two congregate dining sites - Salvation Army and Chula Vista Norman Park Senior Centers. The attendance at these sites was estimated by Delilah during the period from April to June 2025. The placemats can be used daily and wiped clean. Carolyn suggested building a template with other public health messaging that would align with the Subcommittee's goals such as oral health, nutrition tips and CalFresh reminders that can be used as alternates. Carolyn reported that the CalFresh Healthy Living Initiative will be discontinued in March 2026. The materials from this Initiative will be available for use with the new placemat template. The committee agreed to develop a brief survey tool to evaluate the value of the information on the placemats to the congregate site dinner. Carolyn will mail 75 placemats to Maureen Phillips for her community center's senior dinners in Jacumba. The next meeting in January will be used to finalize with Delilah Bisase the sites, which have agreed to use the placemats for one month to start. Carolyn agreed to be available as needed.		
5. Next Meeting	January 7, 2026, at 1:00 PM		
6. Adjournment	Meeting adjourned at 2 PM		

Respectfully submitted by Shirley King