



*Advisory Council for Aging & Independence Services*

**NUTRITION SUBCOMMITTEE**

February 4, 2026 | 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

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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 January 7, 2026, Meeting Minutes (Action)\*
4. **General Discussion:**
  - a. Congregate dining fall prevention placement: Finalize survey questions to collect feedback responses from dining guests about their experiences with the education content on the placemats.
  - b. Future content and topics for the dining placemats and the sources of funding for Health Promotions.
5. **Next Meeting:** March 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.

**Nutrition Subcommittee**

January 7, 2026 | 1:00 PM

Virtual Participation

Meeting ID: 896 0847 3221

Passcode: 035415

**MINUTES - DRAFT**

	<b>Members</b>	<b>Absent Members</b>	<b>Guests</b>
Attendance:	Shirley King, Chair Susan Mallett Bradlyn Mulvey Maureen Phillips (Virtual) Jacqueline Simon (Virtual)		
	<b>Staff</b>		
<b>Item</b>	<b>Outcome</b>		
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: Susan Mallett noted that today an announcement from the Trump Administration resets the recommended Dietary Guidelines. b. Approval of November 5, 2025, Meeting Minutes (Action) M/S – Susan Mallett/Bradlyn Mulvey: Unanimous Vote		
4. General Discussion	The members reviewed the suggested survey questions from Delilah. These questions will be used with the congregate dining guests to gather an informal assessment of the new placemat's meaningfulness as a public health education tool. The placemat is centered around the understanding of the necessity for fall prevention and the available resources to minimize the risks. The members proposed giving Delilah the direction to start now the distribution to the willing sites such as Jewish Family Service and Salvation Army. After the use of these at the sites for one month, the survey questions will be introduced. Today Maureen started using the mats with her guests. She suggested that future messaging should more directly elicit whether the guests have seen the consequences of falls with their peers. Other topic areas include hearing, vision, dental and insurance benefits, mental health and the available help lines such as 988. The recommended questions are: 1. Will you do anything different after reading this information? (Y/N) 2. Is this topic important to you? (Y/N) 3. Was this information relevant to you or someone you care for? (Y/N) 4. Was it easy to read? (Y/N) Bradlyn and Maureen suggested that other learning tools to demonstrate the concepts of fall prevention such a video/YouTube can be considered at the sites if staff are amenable. Next month the members will assemble the survey questions.		
5. Next Meeting	February 4, 2026, at 1:00 PM		
6. Adjournment	Meeting adjourned at 1:50 PM		

Respectfully submitted by Shirley King