



Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

March 4, 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 February 4, 2026, Meeting Minutes (Action)*
4. **General Discussion:**
 - a. Review survey results of the fall prevention placemats from the 6 dining sites.
 - b. Confer with Carolyn Kendle, MPH, Community Health Promotion Specialist, AIS, Health Promotion about the potential avenues to create additional placemats with nutrition-related topics.
5. **Next Meeting:** April 8, 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

February 4, 2026 | 1:00 PM

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MINUTES - DRAFT

	Members	Absent Members	Guests
Attendance:	Shirley King, Chair Susan Mallett Bradlyn Mulvey Jacqueline Simon	Maureen Phillips	
	Staff		
	Delilah Bisase, Public Health Nutrition Manager		
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: None b. Approval of January 7, 2026, Meeting Minutes (Action) M/S – Bradlyn Mulvey/Jacqueline Simon: Unanimous Vote		
4. General Discussion	<p>Delilah Bisase reported that she distributed the Fall Prevention placemats to the following sites (Jewish Family Service JFS; Salvation Army SA):</p> <ul style="list-style-type: none"> • Door of Hope (JFS) - 30 mats on 01/20/26 • El Cajon (JFS) - 400 mats for breakfast and lunch • Chula Vista (SA) - 200 mats on 01/14/26 • Oceanside (SA) - 50 mats on 01/30/26 • LBGTQ (JFS) - 65 mats on 02/6/26 • Bayside (JFS) - 65 mats on 02/03/26 <p>Delilah suggested the future topic for the mats to be Nutrition as it relates to fall prevention emphasizing hydration, muscle strength, Vitamin D, calcium and vision. The members worked with Delilah to finalize the survey that Delilah will distribute to the sites. The brief survey will evaluate the importance of the topic and the clarity of the messages on the placemats. The questions are:</p> <ul style="list-style-type: none"> • Would you like more information on this topic or other topics? (Y/N) If yes, what other topics? • Were any words or parts confusing? (Y/N) If, yes, which ones? • Which, of any of these safety tips would you follow? i. Add light switches at the top and bottom of stairs; ii. Get your vision checked annually; iii. Wear non-skid rubber-soled, low-heeled shoes; iv. Other. <p>Surveys will be distributed to the leads at Salvation Army and Jewish Family Service 02/09/26 to 02/20/26 and collected 02/23/26 - 03/03/26. Jackie Simon agreed to pick up from Oceanside. The members will review the responses at the next meeting. Shirley will invite Carolyn Kendle, Health Promotions, to attend the next meeting to discuss how funding from Trauma Education and Research Foundation, if applied for, could be utilized for future designs of placemats.</p>		

5. Next Meeting	March 4, 2026, at 1:00 PM
6. Adjournment	Meeting adjourned at 1:55 PM

Respectfully submitted by Shirley King