



Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

April 8, 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 March 4, 2026, Meeting Minutes (Action)*
4. **General Discussion:**
 - a. Congregant Dining Site Placemat – Report from AIS Community Health Promotion Specialist about internal resources to develop future versions of the placemat.
 - b. Report from Shirley King about TREF grant funding and discussion about future site visit to Oceanside Senior Center.
5. **Next Meeting:** May 6, 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

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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, RD, Public Health Nutrition Manager Carolyn Kendle, MPH, Community Health Promotion Specialist		
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: Jacqueline Simon reported from an article in the San Diego Union Tribune, Feb 22, 2026, about two UC Davis agriculture graduates who started nonprofit, regenerative, organic farm called Barron Creek Farm on a half-acre at 1501 Kelly Street in Oceanside. Its mission is to distribute fruits and vegetables to give away to community members in need. b. Approval of February 4, 2026, Meeting Minutes (Action) M/S – Bradlyn Mulvey/Jacqueline Simon: Unanimous Vote		
4. General Discussion	Carolyn Kendle joined the subcommittee to review the surveys from six congregate dining sites that for the past month had been using the fall prevention placemats. Guests answered three questions. Though many guests did not offer suggestions for future topics, all did check the methods they use to reduce falls. The notable topics that were suggested are scams nutrition, exercises for balance, home modifications, high blood pressure, physical activity and eye diseases. Carolyn agreed to consult with Roberto Ramirez, her colleague, about the cost of designing and producing additional placemats with new topics, particularly scams and injury prevention. Delilah will continue to query her additional dining site managers for their interest in using the placemats. When those are distributed, she will attach the surveys. Shirley agreed to ask Paige Coburn-Hargis about the grant prospects with the Trauma Research and Education Foundation. Their priority is injury prevention. Carolyn will return next month to give her findings about the cost of producing a new placemat. The members talked about visiting the Oceanside Senior Center in May or June and combining a visit to the Barron Creek Farm.		
5. Next Meeting	April 8, 2026, at 1:00 PM		
6. Adjournment	Meeting adjourned at 1:54 PM		

Respectfully submitted by Shirley King