

Aging & Independence Services Advisory Council
Monday, January 12, 2026 | 12:00 p.m. – 2:00 p.m.
5560 Overland Avenue, 3rd Floor, Joaquin Anguera Room, San Diego, CA 92123

Call in: 1 (619) 343-2539
Meeting ID (access code): 224 849 240 117 | Passcode: eq7c5Wr2

MINUTES

	Members	Absent Members	Guests	
Attendance:	Antoinette Alioto Sabrina Bishop Paige Colburn-Hargis Shelia Coulbourn Faye Detsky-Weil Stephen Huber Rhys Jones Ted Kagan Shirley King Dennis Leggett Elaine Lewis Mikie Lochner Susan Mallett	Silvia Martinez Dan McNamara David Milroy Bradlyn Mulvey Molly Nocon Maureen Phillips Taryn Patterson Jacqueline Simon (left @ 1:17 p.m.) Smith Sirisakorn Wanda Smith Cristin Whittaker	Mina Kerr	Denise Bernal (virtual) Mr. & Mrs. Cesar B. Javier Thomas Johnson (virtual) Deepti Kurup (virtual) Tiffany Lam Shantella Slaten (virtual) Reva Subra (virtual) Linda Strohl
	Staff			
	Kendall Bremner Angie Durdiev Jessica Gaylord Samantha Hasler			
Outcome				
1. Call to Order	Susan Mallett Chair, 12:00 p.m. a. Welcome & Pledge of Allegiance b. Guest/Member Introductions c. Confirmation of Quorum: 24 present at this time.			
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.				
3. Standard Business	a. Public Comment/Announcements: Members or non-members b. Approval of November 10, 2025, Meeting Minutes (Action)* [M/S – B. Mulvey / J. Simon (Passed with 21 votes, 3 abstained.)]			
4. AIS Director's Items	a. AIS Director's Update b. Legislative Update			
5. Guest Speakers	a. Impact of Polypharmacy in Older Adults <i>Tiffany (Tuyet) Lam, PharmD, Clinical Pharmacist at Scripps Health</i> Highlights included: <ul style="list-style-type: none"> ○ Understanding the Mechanisms ○ Medications Associated with Falls 			

	<ul style="list-style-type: none"> ○ Clinical Approach to Polypharmacy ○ Enhancing Communication Among Healthcare Teams ○ Opportunities for Fall Prevention and Medication Safety ○ Conclusion and Key Takeaways <p>b. Aging & Independence Services Public Health Nurse Team <i>Jessica Gaylord, Public Health Nurse Manager</i> <i>Angie Durdiev, Public Health Nurse Supervisor</i> Highlights included:</p> <ul style="list-style-type: none"> ○ Aging & Independence Services (AIS) Nurse Team ○ Adult Protective Services Nurse Role ○ In-Home Support Services Nurse Role ○ Multipurpose Senior Services Program Nurse Role ○ Long-Term Care Ombudsman Mission ○ Additional Activities ○ AIS Nurses in Action ○ Kudos & Highlights 															
6. Executive & Membership Subcommittee Report/Other Business	<p>a. Chair's Report: Susan Mallett, Chair</p> <p>b. Membership Report: Jacqueline Simon, Secretary</p> <p>i. Appoint Brett Bergmann to full term (Action) – Seat #17, effective immediately, to expire 4/7/2028 [M/S – S. King / B. Mulvey (Passed with 23 votes, 1 abstained)]</p> <p>c. Board of Supervisors Annual Visits (Dates posted as confirmed):</p> <table> <tr> <td>i. District #1: Aguirre</td> <td>[Vacant/Vacant]</td> <td></td> </tr> <tr> <td>ii. District #2: Anderson</td> <td>[Phillips/Nocon]</td> <td>2/26/2025</td> </tr> <tr> <td>iii. District #3: Lawson-Remer</td> <td>[King/Colburn-Hargis]</td> <td>1/31/2025</td> </tr> <tr> <td>iv. District #4: Montgomery Steppe</td> <td>[Bishop/Milroy]</td> <td>10/11/2024</td> </tr> <tr> <td>v. District #5: Desmond</td> <td>[Vacant/Vacant]</td> <td></td> </tr> </table>	i. District #1: Aguirre	[Vacant/Vacant]		ii. District #2: Anderson	[Phillips/Nocon]	2/26/2025	iii. District #3: Lawson-Remer	[King/Colburn-Hargis]	1/31/2025	iv. District #4: Montgomery Steppe	[Bishop/Milroy]	10/11/2024	v. District #5: Desmond	[Vacant/Vacant]	
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7. Ancillary Subcommittee Oral Reports (Possible action)	<p>a. LTC Ombudsman/Facilities (met 01/12/26): Elaine Lewis, Chair</p> <p>b. Healthy Aging (met 11/10/25): Wanda Smith, Chair</p> <p>c. Affordability in Aging (met 01/12/26): David Milroy, Chair</p> <p>d. Nutrition (met 01/07/26): Shirley King, Chair</p>															
8. Other Announcements																
9. Adjournment & Next Meeting	<p>Meeting adjourned: 2:02 p.m.</p> <p>Next Council Meeting: February 9, 2026, 12:00 p.m.</p> <p>Future Subcommittee Meetings:</p> <table> <tr> <td>➤ Healthy Aging:</td> <td>01/12/26</td> <td>2:15 p.m.</td> </tr> <tr> <td>➤ Executive & Membership:</td> <td>01/28/26</td> <td>9:00 a.m.</td> </tr> <tr> <td>➤ Nutrition:</td> <td>02/04/26</td> <td>1:00 p.m.</td> </tr> <tr> <td>➤ LTC Ombudsman/Facilities:</td> <td>02/09/26</td> <td>10:30 a.m.</td> </tr> <tr> <td>➤ Affordability in Aging:</td> <td>02/09/26</td> <td>10:30 a.m.</td> </tr> </table>	➤ Healthy Aging:	01/12/26	2:15 p.m.	➤ Executive & Membership:	01/28/26	9:00 a.m.	➤ Nutrition:	02/04/26	1:00 p.m.	➤ LTC Ombudsman/Facilities:	02/09/26	10:30 a.m.	➤ Affordability in Aging:	02/09/26	10:30 a.m.
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Minutes respectfully submitted by Kendall Bremner