



LIVE WELL  
SAN DIEGO

*Advisory Council for Aging & Independence Services*

**HEALTHY AGING SUBCOMMITTEE**

JULY 31, 2020 | ZOOM | 10:00 A.M. Pacific Time

Join Zoom Meeting

<https://us04web.zoom.us/j/4701683943?pwd=ZTJEZDZFMndOOFBjdHZFeG1laTINZz09>

Meeting ID: 470 168 3943

Passcode: mt5bh1

**AGENDA**

1. **Call to Order:** HEALTHY AGING SUBCOMMITTEE, WANDA SMITH, Chair
  - a. Welcome & Guest/Member Introductions
  - b. Confirmation of quorum (quorum = 3)
2. **Standard Business:**
  - a. Public Comment/Announcements: Members or non-members
  - b. Approval of February 2020 Meeting Minutes (Action)\*
3. **Guest Speaker:** Khalisa Bolling, UCSD Health Educator, PEER EMPOWERMENT WALKING PROGRAM FOR SENIORS
4. **POSITION PAPER**
  - a. Review of Past concepts
  - b. Moving Forward
5. **Next Meeting:** AUGUST 31, 2020
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.

Healthy Aging  
(Subcommittee Name)

Feb. 10, 2020 | 2:15 pm

Date | Time

5560 Overland Ave, Suite 310, San Diego, CA 92123

MINUTES

	Members	Absent Members	Guests
Attendance:	Wanda Smith Rosemarie Bahmani Lorelei Taylor Kalesa <del>Diana Milburn</del> Bolling	Enrique Nelgar	<del>Kalesa Bolling</del> Diana Milburn
	Staff		
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, called meeting to order at: 2:20		
	a. Welcome b. Guest/Member Introductions		
	c. Confirmation of quorum ( <u>3</u> required for quorum): <u>4</u> present at call to order		
2. Standard Business	a. Public Comments/Announcements: Members or non-members: none		
Names are noted when vote is not unanimous	b. Approval of (insert date) Meeting Minutes (Action) Motion <u>L. Taylor</u> / Second <u>R. Bahmani</u> (unanimous) Aye: Nay: Abstain: none		
3. Guest Speaker	and short-term		
4. Goal Discussion H-1	a) Discuss and review long-term goals priorities: physical well-being, feeling fit, walking groups, Tai-chi, yoga social connectedness brain health, balance		
5. Position Paper	b) Develop timelines and schedule: tabled Discussion of expected delivery in May 2020. a) Discussion of position paper <del>goals</del> goals:		
6. Statement of Emphasis	Committee Roster to state: "recommend the expansion of existing programs to more communities and the adoption of new evidence-based programs to reduce or eliminate the occurrence of disease and disabilities H: L. Taylor, S: R. Bahmani (unan.)"		
a) Statement of Emphasis			
b) Review the proposed			
new Statement			
7. Next Meeting & Adjournment	Date: Feb. 10, 2020 Time: 3:31 Location: 5560 Overland Ave		

Respectfully submitted by R. Bahmani