



Advisory Council for Aging & Independence Services
HEALTHY AGING SUBCOMMITTEE

October 9, 2023 | 2:15 P.M.

5560 Overland Ave, John Gaffaney Room, 3rd Floor

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 865 2743 6493

Passcode: 876437

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AGENDA

*Attachment

1. **Call to Order:** Pualani Vazquez
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 4)
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 July 10, 2023 Meeting Minutes (Action)*
4. **Presentation:** Otica Appenzeller, MSN, RN, CNS Scripps Mercy Hospital San Diego, Stroke Program Coordinator, Nursing Professor at San Diego State
5. **Next Meeting:** November 13, 2023 – 2:15 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.

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

July 10, 2023 | 2:15 PM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

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MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith Susan Mallett Silvia Martinez Jackie Simon Pualani Vasquez	Dan McNamara Bradlyn Mulvey	
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, 2:07 PM a. Welcome & Guest/Member Introductions: b. Confirmation of quorum: (4 required for quorum): 5 present		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.	N/A		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: none		
4. Discussion California Master Plan on Aging	<p>General discussion of the five goals of the Master Plan. Housing for All Stages and Ages, Health Reimagined, Inclusion and Equity, Not Isolation, Caregiving That Works, Affording Aging.</p> <p>Wanda encouraged everyone to look at the data dashboard on the website, https://mpa.aging.ca.gov. The dashboard contains state and county specific data on demographic as well as housing and services.</p> <p>Wanda suggests the committee might define our focus for Healthy Aging within the Master Plan goals and the 23 strategies attached to those goals. All agreed housing is an important goal and are pleased the Council's Housing Subcommittee has been reestablished.</p> <p>The group discussed the Health Reimagined statement, nine in ten older adults take at least one prescription medication and many find they can't afford the medication even with insurance. Also, there is the issue of underdiagnosis and non-diagnosis of Alzheimer's. Many families need help navigating services and testing for Alzheimer's.</p> <p>Discussion of the committee's focus will continue in future meetings.</p>		
5. Next Meeting	September 11, 2023, 2:15 PM		
6. Adjournment	Meeting adjourned 2:45 PM		

Respectfully submitted by Susan Mallett