



LIVE WELL  
SAN DIEGO

*Advisory Council for Aging & Independence Services*  
**NUTRITION & HEALTHY AGING - JOINT MEETING**

December 11, 2023 | 2:00 P.M.

5560 Overland Ave, John Gaffaney Room, 3rd Floor

*Virtual Participation*

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

[Join Zoom Meeting](#)

**AGENDA**

1. **Call to Order:** Susan Mallett, Chair, Nutrition; Wanda Smith, Chair, Healthy Aging \*Attachment
  - a. Welcome & Guest/Member Introductions
  - b. Confirmation of quorum (quorum = 4) Healthy Aging
  - c. Confirmation of (quorum= 4) Nutrition
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 Minutes - November 13, 2023, Healthy Aging (Action)\*
  - c. Approval of Minutes - October 4, 2023, Nutrition (Action)\*
4. **Presentation:** Dr. Fadra Whyte, DMD, MPH, Chief Dental Officer Medical Care Services, County of San Diego Health and Human Services Agency
5. **Next Meeting:** January 3, 2024, 1:00 PM Nutrition  
January 8, 2024, 2:00 PM Healthy Aging
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**  
 November 13, 2023, 2:15 PM

Call in: (669) 900-9128  
 Meeting ID: 941 8291 9528  
 Passcode: 196936

Click to join meeting

**MINUTES**

	Members	Absent Members	Guests
Attendance:	Wanda Smith Susan Mallett Silvia Martinez Jackie Simon Eugenia Welch- community member	Pualani Vasquez Bradlyn Mulvey	Joaquin Ortiz, Director of Education, Alzheimer's San Diego
	<b>Staff</b>		
Item	Outcome		
1. Call to Order	<b>Wanda Smith, Chair, 2:00 PM</b> a. Welcome & Guest/Member Introductions: b. Confirmation of quorum: (4 required for quorum): 4 present		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.	a. <b>n/a</b>		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Silvia shared she attended a informative presentation on Dementia with representatives from Elder Law and LTC Ombudsman. b. Approval of October 9, 2023, Meeting Minutes Simon/Mallett (M/S) unanimous		
4. Guest Speaker Joaquin Ortiz, Director of Education, Alzheimer's San Diego	<p>Joaquin provided an enthusiastic presentation focused on cognitive health; one of the four components of healthy aging described by the National Institute of Health (NIH). He said Alzheimer's San Diego provides free services and support to enhance the quality of life of those living with Alzheimer and dementia. Education and training are provided in both English and Spanish in ten sites throughout the county as well as online. Several educational webinars are available on the alzsd.org website. The goal of their community education is to build knowledge, skills, and provide access to resources.</p> <p>Topics include,            Getting Started and Brain Health that emphasizes nutrition, exercise, and brain activities.            Long-term Planning, legal and financial considerations, a class that is provided twice a year.            Caregiving Skills, medication, daily needs training, and caregiver supports.</p> <p>Joaquin said that services and education are expanding more into East County thanks to funding from the Grossmont Healthcare District and there is additional expansion into the far South County as well. He added the importance of reaching family members as early as possible with education and resources.</p> <p>Additionally, Alzheimer's San Diego partners with several community groups to provide professional training with the goal to create a compassionate community of people who interact with people living with dementia. These groups include the San Diego County Sheriff's Dept., San Diego Police Dept. the geriatric workforce, and retail service employees. Joaquin said they have a good working relationship with the Sheriff's Dept. citing the Take Me Home registry that gives law</p>		

	<p>enforcement access to information about a registered person with a disability or medical condition in case they become lost or have wandered off. Eugenia worked with the Sheriff's Dept. on the Blue Envelope Program, an enhanced communication awareness tool between law enforcement and community members diagnosed with conditions including dementia that might require additional accommodations or awareness from law enforcement. (detail obtained from the SDSO website)</p> <p>Additional free services and supports from Alzheimer's San Diego include support groups, talk with a dementia expert and memory screenings, respite for caregivers, access to research, and social activities and outings. Help for caregivers includes communication skills, coping with personality changes, adjusting one's expectations, and how to address driving concerns. Joaquin added they have a good working relationship with the Caregivers Coalition especially related to challenges of isolation and transportation needs.</p> <p>He added that the genetic research supporting those living with Alzheimer's and dementia will expand in 2024 to include families with Down's syndrome. In the coming year, they will also define and measure the organization's impact and seek sustaining funding. The goal is to promote more, get the word out so that more families living with Alzheimer's and dementia are reached and have access to services and support sooner.</p>
5. Next Meeting	December 11, 2023, 2:00 PM
6. Adjournment	Meeting adjourned 3:30 PM

Respectfully submitted by Susan Mallett

Advisory Council for Aging & Independence Services

**Nutrition Subcommittee**

October 4, 2023 | 12:00 PM

Call in: (699) 444-9171

Meeting ID: 8556 3957 4995

Passcode: 538719

**MINUTES**

<b>Members</b>		<b>Absent Members</b>	<b>Guests</b>
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Ethel Larkins, Bradlyn Mulvey Jaqueline Simon Kristine Stensberg		
<b>Staff</b>			
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	<b>Susan Mallett, Chair, 12 PM at 3901 Landis Street, SD., 92105</b> a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): (six present)		
2. Statement (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 (September 6, 2023) Meeting Minutes (Action) [M/S –Ethel Larkins /Susan Mallett: Unanimous approval]		
4. Park de la Cruz Community Center (Serving Seniors)	<p>The committee convened at the Park de la Cruz Community Center for lunch with the Serving Seniors weekday lunch program. The lunch was vegetable soup, tuna salad, with whole wheat bun, cucumber salad, whole banana and milk. Daily attendance is about 40 to 50. Attendees take home a breakfast bag - today spinach omelette. The indoor dining room has an adjoining outdoor patio for tables. It is staffed by a volunteer crew. The Aging Recreation Specialist for this program is Krysta Donaldson who spoke with us about the activities at this site, and she gave us the booklet entitled 'The Scroll' that detailed all of the Age Well Services at all of the City of San Diego sites. The programs are many and diverse for seniors. Day trips and any of the programs that have a fee can be accessed with a scholarship to cover the costs. Krysta gave a tour of the outside environment that includes an outdoor basketball court, a full enclosed gymnasium with exercise equipment and a working garden with vegetable raised beds and fruit trees. There is a vibrant community mural that was painted on a large cinder block wall. The committee was quite impressed with the breadth of the programming and the enthusiastic staff and volunteers.</p> <p>There will be no November meeting. The December meeting will convene with the Health Aging Subcommittee after the Council meeting. The guest speaker will be the County's Dental Officer, Dr. F Whyte.</p>		
5. Next Meeting	December 11, 2023, 2 PM		
6. Adjournment	Meeting adjourned 1 PM		

Respectfully submitted by Shirley King