



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

January 13, 2023 | 9:00 A.M.

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

[Join Zoom Meeting](#)

Members of the public who wish to speak to an agenda item may call 858-495-5566 before the meeting and provide the last four digits of their phone number and the agenda item they wish to speak to.

AGENDA

*Attachment

1. **Call to Order:** Wanda Smith, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 4)
2. **Continuance of Teleconferencing Meeting Option Pursuant to Government Code Section 54953 (e)** (Action)*
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of November 3, 2022 Meeting Minutes (Action)*
4. **Discussion:**
 - a. Healthy Aging Committee Goals*
5. **Next Meeting:** February 13, 2023 – 10:00 AM
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 3, 2022 | 10:30 AM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

[Click to join meeting](#)

MINUTES

Members		Absent Members	Guests
Attendance:	Bradlyn Mulvey Susan Mallett Dan McNamara Pualani Vasquez	Wanda Smith	Silvia Martinez
Staff			
Item	Outcome		
1. Call to Order	<p>Bradlyn Mulvey, acting Chair, 10:32 AM</p> <p>a. Welcome & Guest/Member Introductions: Council member Silvia Martinez has spoken to Wanda about her interest in joining the subcommittee, Bradlyn will follow up so that Silvia may be added to the next Council agenda for approval.</p> <p>b. Confirmation of quorum: (4 required for quorum): 4present</p>		
2. Authorization of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	<p>a. Approval of teleconference meeting (Action) (M/S: Mallett/McNamara) unanimous</p>		
3. Standard Business	<p>a. Public Comments/Announcements: Members or non-members: none</p> <p>b. Approval of October 6, 2022, Meeting Minutes (Action) (M/S McNamara/Mallett) 3 ayes/1 abstain</p>		
4. Discussion Dan McNamara, Sharp Grossmont Hospital, Senior Resource Center, Program Coordinator	<p>Dan McNamara, a member of the Advisory Council and the subcommittee, has a degree in gerontology and prior to becoming the Program Coordinator at the Senior Resource Center, worked in memory care facilities. He explained the Senior Resource Center has a variety of free services and programs for older adults and they need not be members of Sharp Grossmont.</p> <p>The Center was started over 25 years ago with the goal to make the hospital experience for seniors better. It has become a resource for older adults and their caregivers to help people stay healthy and out of the hospital. Programs offered include education and information, a mall walkers' program, resource consultations, an automated daily reassurance call service, the Sharp Moves in Santee dance/exercise program and the Vial of Life card for emergency contact and information.</p> <p>A quarterly newsletter takes advantage of staff expertise and takes information out into the community on topics of caregiving, health, understanding finances, senior scam education as well as health screenings. Fall Prevention will be offered through a recent partnership with Page Harris of Scripps Risk Management.</p> <p>The Grossmont Center Mall Walkers program held on Saturday mornings has become more of a social event than just exercise. There is a walking program in Santee as well.</p> <p>Dan remarked that San Diego County is rich with resources for older adults. The Center's staff each have an area of expertise and serve as resource consultants much like a "living elder care directory". The staff stay connected to identify current and new programs, meet with facility marketeers and business owners to better understand services offered and conduct program reviews every three months.</p>		

	<p>Serving the hospital, as a part of the Geriatric Emergency Department Accreditation (GEDA), the Center staff receive a referral within 48 hours on all seniors admitted to the hospital and staff helps with resources and services to prevent a return to the hospital. A 30 day follow up is made as well through Nurses Improving Care for Healthsystem for Elders (NICHE).</p> <p>The Sharp Grossmont Checks In program is available seven days a week and the automated system is designed to call an emergency contact person if the senior doesn't answer the call. Dan added if a senior will be away at the time of the scheduled call, one just calls the system and checks in early with a designated procedure. Bradlyn said this program might be a benefit for the Tierra Santa Village Solo Agers group. Dan offered to meet with her group to discuss the program.</p> <p>Finally, the importance of the Vial of Life card posted on a senior's refrigerator was discussed. Dan added the Center's second director, Andrea Holgrem was part of AIS and the group that created the Vial of Life card for San Diego.</p>
5. Next Meeting	December 1, 2022, 10:30 AM Virtual
6. Adjournment	Meeting adjourned 11:17 am

Respectfully submitted by Susan Mallett

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

Goals 2022 – 2024

Updated May 2022

COUNCIL FOCUS: Use or gain expertise to identify, project, and anticipate needs and trends, and advise on legislative and AIS operational actions to address the needs of older adults and persons with disabilities.

CURRENT GOALS

Directions: Do not delete any rows or goals. **Goal** or **Timeline** columns: Update text if desired. **Progress Made** column: Briefly state progress to date. **Status for Next Year** column: Enter one of the options listed.

If Retiring Goal column: briefly document your logic for retiring the goal – We were required to report these goals to the County Board of Supervisors annually. **Unanticipated Accomplishments** section: Add any!

#	Goal	Timeline	Live Well San Diego / Age Well San Diego Alignment	Progress Made (if no progress, state “none”)	Status for Next Year (Completed, Continue, Change, or Retire)	If Retiring Goal, document reasons.
[INSERT]						
H1A	Research and prepare a position paper ¹ for priority areas of healthcare. Advocate for program development on the priority areas with emphasis on equity and inclusion	Completed	Health Health & Community Support	Defined priority Areas: 1) Physical Wellbeing- Power of Walking	Completed	
H1B	Research and prepare a position paper for priority are of health care. Advocate for program development on the priority areas with emphasis on equity and inclusion	Ongoing	Health Health & Community Support	2.) Mental Health: Seniors who live Alone	Continue	
H2	Awareness and Engage the Age Well 2.0 San Diego Health & Community and Advisory Council	Ongoing	Health Health & Community Support	Members made aware of expectation to become involved with AWSD & CSC	Continue	
H3	Engage and Update with AIS programs, Senior Health promotions and senior fitness, Fall Prevention, etc.	See below	Health Health & Community Support	All members continue to explore new opportunities and oversight	Continue	
H4	Identify Risk Reduction strategies and educational opportunities of Diseases and Disorder affecting seniors such as dementia, diabetes, cancer, etc.	Ongoing	Health Health & Community Support	Members continue to explore and promote data based findings with SDC	Continue	
TECHNOLOGY						
T1	Identify ways that advanced technology can assist older adults and recommend: 1) a media campaign to educate older adults. 2.) Zoom implementation in various programs as pandemic/regulations/recommendations change	Dec 2021	Health	Members continue to do research on these exciting new communication/educational tools	Continue	
T2	Technology media campaigns- using social media, AIS newsletters and CVT, and emails	Dec 2021	Health	Member to collaborate with Christine Smith and AIS on media campaigns related to healthy aging topics.	Continue	

¹ Position papers should include legislative recommendations for County support and application to AIS programs, if advisable.

#	Goal	Timeline	Live Well San Diego / Age Well San Diego Alignment	Progress Made (if no progress, state "none")	Status for Next Year (Completed, Continue, Change, or Retire)	If Retiring Goal, document reasons.
T3	Encourage County to supply and pedometer distribution to current walking groups 1) application of the technology to one or more AIS programs, Walking program pedometer, new health apps and/or				Continue	
UNANTICIPATED GOALS & ACCOMPLISHMENTS						
U1	Advocate for preparedness for public health emergencies in the health and well-being of older adults.	Ongoing	Health and Emergency preparedness		Continue	

NEW GOALS

Directions: *Goal Category* column: Add a high-level category under which to place your goals. *Goal:* Briefly state your goal. *Timeline:* Add your target completion date. *Alignment:* Add the related [Live Well San Diego indicator](#) that this goal supports (Community, Health, Knowledge, Standard of Living, Social) and/or [Age Well San Diego](#) (Dementia Friendly, Health & Community Support, Housing, Social Participation, Transportation).

#	Goal Category	Goal	Timeline	Live Well San Diego / Age Well San Diego Alignment
1	Encourage a SD County sponsored Hospital Summit specifically focusing on geriatric physical & mental health and wellbeing (preventative & otherwise) to partner and collaborate	To bring attention to the specific health needs of the growing aging population by facilitating the sharing of best practices and a cross-pollination of ideas by all of San Diego's hospitals and healthcare providers. Further, to allow for the County's senior population to have to direct input the above-mentioned process.	Hosted yearly. First Hospital Summit to take place early 2023	Dementia Friendly, Health & Community Support, Social Participation
2	Encourage a review of pertinent federal, state and local legislation and issues	To keep abreast of those laws/issues affecting the physical and mental health of seniors, most importantly budgetary/funding issues and sources.	Ongoing	Knowledge
3				
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9				

#	Goal Category	Goal	Timeline	Live Well San Diego / Age Well San Diego Alignment
10				