



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

May 8, 2023 | 2:15 P.M.

5560 Overland Ave, John Gaffaney Room, 3rd Floor

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

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AGENDA

*Attachment

1. **Call to Order:** Wanda Smith, Chair
 - 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 April 10, 2023 Meeting Minutes (Action)*
4. **Discussion:**
 - a. Healthy Aging Topics for future meetings
5. **Next Meeting:** June 12, 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

April 10, 2023 | 2:15 PM

MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith Susan Mallett Silvia Martinez Pualani Vasquez Bradlyn Mulvey (via Zoom, not included in quorum)		Jacqueline Simon
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, 2:18 PM 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. (possible action)	a. n/a		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: none b. Approval of January 13, 2023, Meeting Minutes (Action) (M/S Mallett/Vasquez) unanimous		
4. Discussion AIS-Walking Programs Update (possible action)	<p>Wanda started the discussion by saying the subcommittee was tasked with developing a Walking Paper and AIS staff recognized the gap in promoting these types of programs. The committee members had hoped for a coordinator to develop a walking program modelled on the UCSD program described in the Walking Paper.</p> <p>Ultimately a list of walking groups was added to the AIS website, in the Healthy Living section. Robert Ramirez, Health Promotion Manager, said they do add to the walking groups list as they learn of new groups. This list is only on the AIS website in a 3-page pdf spreadsheet, not an easy format for distribution.</p> <p>Pua pointed out it would be better to have a flyer, postcard and/or a bookmark with a link to the AIS list. The group talked about various places in the community frequented by older adults where some simple messages about walking groups could be distributed. Additionally, the AIS quarterly newsletter could promote the walking groups and provide a link as well.</p> <p>Silvia raised a concern about walking downtown but thinks walks could be designed for different interests such as hiking in nature vs. city street routes.</p> <p>In summary, Wanda asked committee to consider what is our “ask” of AIS regarding the walking programs. The Walking Paper described some health benefits of walking and we had hope for a way to gather data. At this point, the committee suggests two requests of AIS staff,</p> <ol style="list-style-type: none"> 1. Ask Robert Ramirez to make a vanity URL for the walking groups document so that it is more easily accessible. A caution was expressed as to how to reach those not tech savvy, indicating the need for a simple message flyer etc. as discussed earlier. 2. Ask Sally Jackson, AIS Communications Manager of the Health & Community Engagement Team, to include an article on the walking groups with a link to the list in a future AIS newsletter. <p style="text-align: center;">Motion to have Wanda make both requests of AIS Health Promotion staff through Jana Jordan, (Action) (M/S: Mallett/Vasquez) unanimous</p>		
5. Next Meeting	May 8, 2023, 2:15 PM		
6. Adjournment	Meeting adjourned 3:15 PM		

Respectfully submitted by Susan Mallett