



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

June 2, 2022 | 10:30 A.M.

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

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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 May 5, 2022 Meeting Minutes (Action)*
4. **Guest Speaker:** Kimberly R. McGhee, Esq.
5. **Discussion:**
 - a. Healthy Aging Subcommittee Goals Review and Update*
6. **Next Meeting:** July 7, 2022 – 10:30 AM
7. **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

May 5, 2022 | 10:30 AM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith Paul Ling Susan Mallett Bradlyn Mulvey Lorelei Taylor	Eugenia Welch, community member	
Staff			
Item	Outcome		
1. Call to Order	<p>Wanda Smith, Chair, 10:32 AM</p> <p>a. Welcome & Guest/Member Introductions</p> <p>b. Confirmation of quorum: (3 required for quorum): 5 present</p>		
2. Authorization of Teleconferencing Meeting Option Pursuant. to Government Code 54953(e)	<p>a. Approval of teleconference meeting (Action) (M/S: Taylor/Mallett) 5 ayes</p>		
3. Standard Business	<p>a. Public Comments/Announcements: Members or non-members: Wanda said May is Older Americans Month and it's encouraging that there has been a lot of discussion of issues facing older adults by the legislature.</p> <p>b. Approval of April 7, 2022, Meeting Minutes (Action) (M/S Mallett/Ling) 5 ayes</p>		
4. Discussion:	<p>a. Group discussed some examples of proactive recommendations to include in the White Paper on seniors living alone. Paul wondered if these seniors might be connected to agencies that could assist in obtaining and completing the Vial of Life. Other ideas included a fact sheet of resources and the development of a toolkit of resources which could include the Vial of Life.</p> <p>Lorelei suggested we use the term 'solo ager' to describe the senior living alone. Additionally, for the committee members, she described the typical course for White Papers going through the Council and on to AIS Director Kim Gallo. The committee doesn't have to address the paper's recommendation/ask to a particular AIS group, if it's feasible, Director Gallo will send to the appropriate group for response.</p> <p>Wanda noted that Dr. Ayers, our April speaker, agreed to review the White Paper and provide feedback. Wanda will add the suggested recommendations to the draft and send it to Dr. Ayers. Any input from her will be added to the draft for the committee's review.</p> <p>Wanda added Jewish Family Services assists seniors living alone and are available to speak to the committee as well.</p> <p>b. Wanda shared the committee goals via shared screen and made edits as the group discussed each goal.</p> <p>H1 Goal, Status column- change to" completed" for Power of Walking paper 2) add to mental health, Seniors Who Live Alone paper, Status column- ongoing/continue</p> <p>H2 and H3 -keep goals as written but add 2.0 to Age Well</p> <p>H4 Senior Fitness, to be added to H3 as examples of AIS programs</p> <p>Discussed concerns about "monitor" in these goals as that isn't what the committee does-agreed to change "monitor" to "engage and update"</p> <p>New H4-Research risk reducing strategies and educational opportunities for diseases and disorders affecting seniors.</p> <p>Technology, T1-discussion around goal, how to add access and separate pedometer from 1) and have it become 3). Pedometer distribution</p> <p>Unanticipated goals, U2 goal becomes U1 and delete COVID reference</p>		
a. Seniors Who Live Alone- White Paper			
b. Healthy Aging Goals- Review and Update			

	New goals- add Equity and Inclusion in AIS health promotion programs Wanda to finalize suggestions so that committee goals can be presented at the Council's June meeting
2. Next Meeting	June 2, 2022 10:30 AM Virtual
Adjournment	Meeting adjourned 11:44 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				
4				
5				
6				
7				
8				
9				

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