



LIVE WELL  
SAN DIEGO

## Advisory Council for Aging & Independence Services

### HEALTHY AGING SUBCOMMITTEE

November 3, 2022 | 10:30 A.M.

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

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#### AGENDA

\*Attachment

1. **Call to Order:** Bradlyn Mulvey, Vice-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 October 6, 2022 Meeting Minutes (Action)\*
4. **Discussion:**
  - a. Speaker: Dan McNamara, Sharp Grossmont Hospital, Senior Resource Center, Program Coordinator
5. **Next Meeting:** December 1, 2022 – 10:30 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**

October 6, 2022 | [10:30 AM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

**MINUTES**

<b>Members</b>		<b>Absent Members</b>	<b>Guests</b>
Attendance:	Wanda Smith, Chair Bradlyn Mulvey Lorelei Taylor Pua Vazquez	Dan McNamara Susan Mallett	Jamat Suryan
<b>Staff</b>			
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	<b>(Wanda Smith, Chair, (10:32 meeting called to order)</b> a. Welcome & Guest/Member Introductions b. Confirmation of quorum (quorum = 4)		
2. Authorization of Teleconferencing Meeting Option Pursuant to Government Code 54953 (e)	a. Approval of teleconference meeting (Action) <b>(M/S: Smith/Vazquez)</b> 4 ayes		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: (list announcements) Paulani Vazquez announced the Bingocise Group will be starting after the new year rather than this month. Wanda Smith shared she will be handing out information on Alzheimer's Disease at the charity walk this month. b. Approval of July 7, 2022 Meeting Minutes (Action) <b>(M/S –Vazquez/Taylor)</b> 4 ayes		
4. Discussion Scripps Health Programs and Services	<p>Paulani Vazquez is the Trauma Injury Prevention and Community Outreach Coordinator for Scripps Health Care and specifically the Mercy Hillcrest Hospital. She told us that she is charged with the task of reducing and preventing traumatic injuries in her catchment system. There are five trauma catchment areas in San Diego and each catchment area sees different kinds of traumas depending on the geographical area. For example, because of being close to the border, her trauma unit treats people who have fallen from the wall, trying to cross-over into the USA. La Jolla sees more bicycle and drowning traumas. But no matter where a trauma occurs, the top injuries are unintentional injuries (preventable): adult falls especially in older adults, motor vehicle crashes, and assaults from gun shooting and stabbings.</p> <p>Falls in the home are the number one trauma treated in emergency rooms. 25% of Americans 65 and older fall each year. 95% of hip fractures result from unintentional falls. However, falls are preventable. Many older adults fear falling so they become less active, more isolated and, therefore, more prone to falling. However, people can do many things to prevent a devastating fall. Bingocize is a program that mixes exercise, education, and bingo to improve cognitive, social, and physical aspects for older adults and, therefore, decreasing the chances of a fall. Having Bingocise gives staff the opportunity to remind participants of the importance of regular doctor visits, hearing screenings, and eye examinations. Also, this is a good time to discuss home improvements that help keep people safe at home such as the elimination of throw rugs and bath mats.</p>		

	Other classes were mentioned such as “Standing Strong” and “A Matter of Balance.” Pua reminded us that October, the start of Fall, is Fall Prevention month. She referred us to the the website <a href="http://www.Scripps.org">www.Scripps.org</a> to investigate the many classes, events, and videos available for consumer use.
5. Next Meeting	November 3, 2022 – 10:30 AM
6. Adjournment	Meeting adjourned 11:30 AM

Respectfully submitted by Bradlyn Mulvey