



*Aging & Independence Services (AIS) Advisory Council Meeting Agenda*  
Healthy Aging Subcommittee

July 13, 2026, 2:15 PM

County Operations Center, 5560 Overland Ave, 3<sup>rd</sup> Floor  
John Gaffaney Conference Room, San Diego, CA 92123

*Virtual Meeting Participation Options:*

To Join Virtually: [Join Zoom Meeting](#)

Meeting ID: 837 6653 8423 | Meeting Passcode: 864575

**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 May 11, 2026, Meeting Minutes (Action)\*
4. **General Discussion:**
  - a. Action Plan on How to Achieve Goals
5. **Next Meeting:** September 14, 2026 – 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.



## *Aging & Independence Services (AIS) Advisory Council Meeting Minutes*

Healthy Aging Subcommittee

May 11, 2026, 2:15 PM

County Operations Center, 5560 Overland Ave, 3<sup>rd</sup> Floor  
John Gaffaney Conference Room, San Diego, CA 92123

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### **Meeting Attendance**

#### *Members Present In Person:*

1. *Wanda Smith, Chair*
2. *David Milroy*
3. *Bradlyn Mulvey*
4. *Maureen Phillips*
5. *Jackie Simon*

#### *Members Absent:*

1. *Paige Colburn-Hargis*

*Guests Present: None*

*AIS Staff Present: None*

### **Meeting Minutes - Draft**

1. **Call to Order:** Wanda Smith, Chair
  - a. Welcome & Guest/Member Introductions
  - b. Wanda Smith called the meeting to order at 2:11 PM
  - c. Confirmation of quorum (quorum = 3): A quorum was achieved.
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: None
  - b. Approval of April 13, 2026, Meeting Minutes (Action)\*  
**[M/S – M. Phillips / J. Simon: Unanimous]**
4. **General Discussion:**



The focus of the discussion revolved around refining and establishing goals and objectives for the Healthy Aging Subcommittee for 2025-2028.

- a) #7 Goal: Advocate for annual senior screenings and chronic care conditions. People with chronic diseases are at high risk of falling, especially after hospitalization. As appropriate, visit and/or attend meetings for health promotion activities (such as risk reduction meetings on fall prevention, brain health, or Tai Chi) and report.
- b) #7 Outcomes: Seniors will be encouraged to have an annual screening examination and go for regular medical attention for chronic conditions such as but not limited to the following conditions: neurodegeneration, ADPD, FTD, dementia, polypharmacy. It was decided to attend the July 7, 2026, Tai Chi class at the Stanley Recreation Center which is located at 3585 Governor Drive from 9:30-10:30. Please sign up if attending.
- c) #11 Goal: Identify disease risk and injury reduction strategies to engage in and advocate for older adults.
- d) #11 Outcomes: Topics may include, but are not limited to, cardiac health, diabetes, oral health, hearing and vision loss, care and nutrition, dementia, and neurodegenerative diseases.
- e) #12d Goal: Advocate and Promotion of Older Adult education programs and activities such as Feeling Fit, Fall Prevention and Healthy Aging through life-long learning.
- f) #12d Outcomes: Awareness and Promotion of local programs through lifelong learning to support senior adults aging well. Encourage knowledge of programs within educational institutions and community-based organizations (CBOs).

**5. Next Meeting:** July 13, 2026, at 2:15 PM, John Gaffaney Conference Room

**6. Adjournment**

Respectfully submitted by Bradlyn Mulvey