



LIVE WELL  
SAN DIEGO

**Advisory Council for Aging & Independence Services**  
**Healthy Aging Subcommittee**

March 9, 2026 | 2:15 PM

5560 Overland Ave, 3<sup>rd</sup> Floor, John Gaffaney Conference Room

Virtual Participation

Meeting ID: 837 6653 8423

Passcode: 864575

Click here to [Join Zoom Meeting](#)

**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 February 9, 2026, Meeting Minutes (Action)\*
4. **Discussion:**
  - a. Discussion of Goals and Objectives
5. **Next Meeting:** April 13, 2026 at 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**  
 February 9, 2026, 2:15 PM  
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**MINUTES - DRAFT**

Members	Absent Members	Guests	
Attendance:	Wanda Smith, Chair Paige Colburn-Hargis Susan Mallett David Milroy Bradlyn Mulvey Jackie Simon	Maureen Phillips	
<b>Staff</b>			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair called the meeting at 2:15 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3) There was a quorum.		
2. Standard Business	a. Public Comments/Announcements: There was a request that we host a speaker on the topic of neurological genetics for a future meeting of the Healthy Living Subcommittee. b. Approval of January 12, 2026 Meeting Minutes (Action) c. <b>The motion to approve the minutes from January 12, 2026, was made and seconded with the correction that Jackie Simon was not in attendance. The minutes were approved.</b>		
3. General Discussion	<p>Dan McNamara introduced himself, revealing his background in gerontology and his current role at Sharp, where he serves as a community engagement manager. He shared his personal journey, including his initial interest in social work and his eventual shift to gerontology after being inspired by a professor who emphasized the growing importance of the aging population. Dan elaborated on his responsibilities at Sharp, which involve overseeing the Senior Resource Center and various community programs, such as the Mall Walker program and automated phone calls for seniors living at home. He also discussed the Vial of Life program, which provides individuals with a waterproof pouch to store important medical information.</p> <p>During the COVID-19 pandemic, Dan played a leadership role in the COVID vaccination super site at Grossmont, overseeing the administration of thousands of shots. He also spearheaded efforts to connect isolated older adults with essential resources through the geriatric emergency department accreditation program.</p> <p>Dan provided an overview of Sharp's integrated healthcare delivery system, which encompasses acute care hospitals, specialty hospitals, medical groups, and a health plan. He highlighted Sharp's commitment to providing high-quality care and its focus on employee engagement and patient experience.</p> <p>The discussion then turned to Sharp Grossmont Hospital's designation as a comprehensive stroke center and the establishment of a neuroscience hospital to offer advanced neurological care. Dan emphasized the hospital's state-of-the-art facilities and its team of specialized professionals, who are dedicated to providing innovative treatments and improving patient outcomes.</p> <p>He shared a touching anecdote about a patient who regained the ability to use his hands after undergoing treatment at the neuroscience hospital. Dan also discussed the use of MRI-guided ultrasound for Parkinson's tremors, which has shown remarkable results in restoring patients' motor function.</p> <p>The conversation touches on the potential of AI in medicine, with Dan emphasizing the importance of accurate data input for its effectiveness. He acknowledged the challenges of bias in AI algorithms but expressed optimism about its ability to revolutionize healthcare.</p>		

	In closing, Dan underscored the importance of collaboration and innovation in addressing the evolving healthcare needs of the community. He commended Sharp's CEO, Scott Evans, for his strategic vision and his commitment to making Sharp the best place to work, practice medicine, and receive care.
4. Next Meeting	March 9, 2026 at 2:15 PM at 5560 Overland Avenue, 3 <sup>rd</sup> Floor, JG Conference Room
5. Adjournment	Meeting adjourned at 3:00 PM

Respectfully submitted by Bradlyn Mulvey, Secretary