



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

May 11, 2026, 2:15 PM

County Operations Center, 5560 Overland Ave, 3rd 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 April 13, 2026, Meeting Minutes (Action)*
4. **General Discussion:**
 - a. Healthy Aging – Today
 - b. Goals and Objectives of Healthy Aging
5. **Next Meeting:** July 13, 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
April 13, 2026, 2:15 PM
County Operations Center, 5560 Overland Ave, 3rd Floor
John Gaffaney Conference Room, San Diego, CA 92123

Virtual Meeting Participation Options:

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

Microsoft Teams Meeting ID: 296 761 095 702 | Meeting Password: vp2cF9MP

Phone conference ID: 477 007 837#

Call in: [619-343-2539](tel:619-343-2539)

Meeting Attendance

Members Present In Person:

1. *Wanda Smith, Chair*
2. *Paige Colburn-Hargis*
3. *Susan Mallett*
4. *David Milroy*
5. *Bradlyn Mulvey*
6. *Maureen Phillips*
7. *Jackie Simon*

Members Absent: None

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 2:08 PM
 - c. Confirmation of quorum (quorum = 4): 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: Tierrasanta Health Fair, April 22, 2026, from 9 AM – 12 PM.
- b. Approval of March 9, 2026, Meeting Minutes (Action)*
[M/S – M. Phillips / J. Simon: Unanimous]

4. General Discussion:

- a. The focus of the discussion revolved around establishing goals and objectives for the Healthy Aging Subcommittee for 2025-2028.
- b. #7 Goal: Advocate for senior screenings and chronic care conditions.
- c. Research and make recommendations for priority areas of healthcare and hospital community systems for older adults. As appropriate, visit and/or attend meeting(s) for health promotion activities (such as risk reduction meetings on fall prevention or brain health) and report.
- d. #7 Outcomes: Topics should include but not limited to chronic conditions:
- e. neurodegeneration, ADPD, FTD, dementia, polypharmacy, and life planning. Promote and advocate for senior annual wellness visits and appropriate screenings. People with chronic diseases are at high risk of falling, especially after hospitalization.
- f. #11 Goal: Identify disease risk and injury reduction strategies to engage and advocate for older adults.
- g. #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. Increase partnerships with appropriate agencies.
- h. #12d Goal: Advocate and Promotion of Older Adult Health Programs such as Feeling Fit, Fall Prevention and Healthy Aging in life-long learning.
- i. #12d Outcomes: Awareness and Promotion of local programs in lifelong learning to support senior adults aging well. Increase partnerships with community-based organizations (CBOs).

5. **Next Meeting:** May 11, 2026, at 2:15 PM, John Gaffaney Conference Room

6. Adjournment

Respectfully submitted by Bradlyn Mulvey