



Aging & Independence Services (AIS) Advisory Council Meeting Agenda

Healthy Aging Subcommittee

September 14, 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:** Maureen Phillips, 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 July 13, 2026, Meeting Minutes (Action)*
- 4. General Discussion:**
 - a. "Saving Claire" preview and discussion by Maureen Phillips and Bradlyn Mulvey*
 - b. Fall Prevention Week Events
 - c. Path Forward Discussion
- 5. Next Meeting:** October 12, 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

July 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:

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Meeting Attendance

Members Present In Person:

1. Wanda Smith, Chair
2. Susan Mallett
3. David Milroy
4. Bradlyn Mulvey
5. Maureen Phillips
6. 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 2:18 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: None
 - b. Approval of May 11, 2026, Meeting Minutes (Action)*
[M/S – J. Simon / B. Mulvey: Unanimous]



4. General Discussion:

- Wanda Smith, chair of the Healthy Aging Committee, introduced the committee's focus on developing goals to promote healthy aging within the San Diego community, particularly concerning risk reduction and chronic care management for seniors.
- The committee identified key goals for the upcoming council cycle, including annual senior screenings and chronic care management for conditions like dementia, Alzheimer's disease, and Parkinson's disease. They also emphasized fall prevention and suggested attending a Tai Chi class as part of their risk reduction strategy.
- Wanda mentioned contacting potential Tai Chi instructors and planning an off-site visit in October. The committee also explored inviting a Tai Chi instructor to speak at a future meeting and raising awareness about fall prevention in the September AIS newsletter.
- Members discussed additional health topics, including hearing and vision health and annual screenings, with potential presentations around National Speech Language Hearing Month and Vision Awareness Month.
- The committee discussed lifelong learning programs for seniors, including inviting speakers from local community colleges or libraries and advocating for more senior-focused programs through the San Diego County Library system.
- Action items included gathering information on Tai Chi class schedules, identifying potential speakers, and promoting awareness of health topics through newsletters and community outreach.

5. Next Meeting: September 14, 2026, at 2:15 PM, John Gaffaney Conference Room

6. Adjournment

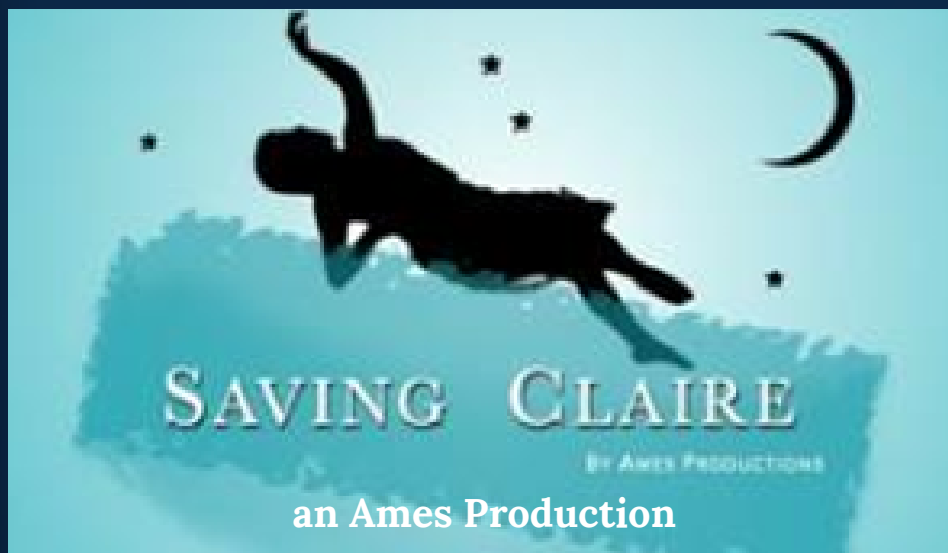
Respectfully submitted by Bradlyn Mulvey



**SAN
DIEGO
SENIORS
COMMUNITY
FOUNDATION**

**Join Us for the
San Diego Premiere**
— of the —

Saving Claire Project



A documentary
blending
storytelling with
community
engagement to
spark conversation
on falls & aging -
panel discussion to
follow



**Tuesday, September 22,
2026**



10:00 am–12:00 pm

Check-in starting at 9:30 am



**Grossmont Healthcare
District Auditorium**

**9001 Wakarusa St.,
La Mesa, CA 91942**



SPACES LIMITED

*Reserve your spot today!
Light refreshments will be served*

**REGISTER
TODAY!**



OR

Visit the registration link:

<https://bit.ly/4wxju14>

Building a healthier, safer San Diego for all seniors.



**PREVENT
FALLS**



**PROMOTE
SAFETY**



**EMPOWER
COMMUNITIES**



**ENRICH
LIVES**