



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
HEALTHY AGING SUBCOMMITTEE

April 8, 2024 | 2:00 p.m.

Southeastern Live Well Center – Tubman Chavez Conference Room
5101 Market St, San Diego, CA 92114

Virtual Participation
Call in: (669) 900-9128
Meeting ID: 824 8650 7295
Passcode: 162815
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 March 11, 2024, Meeting Minutes (Action)*
4. **Presentation:** Discussion of Goals*
5. **Next Meeting:** May 13, 2024, 2:00 p.m. 5560 Overland Ave, John Gaffaney Conference Room
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

March 11, 2024 | 2:00 P.M.

Call in: (699) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

MINUTES - DRAFT

Members		Absent Members	Guests
Attendance:	Wanda Smith, Chair Susan Mallett, Secretary Silvia Martinez Bradlyn Mulvey Jacqueline Simon Pualani Vasquez		David Milroy
Staff			
Item	Outcome		
1. Call to Order	<p>Wanda Smith, Chair, (2:00 P.M.)</p> <p>a. Welcome & Guest/Member Introductions - Wanda asked for members to introduce themselves to David Milroy, retired community college instructor and applicant for AIS Advisory Council.</p> <p>b. Confirmation of quorum (quorum = 4) 6 present</p>		
2. Statement (just cause) and/or Consideration of a Request to participate Remotely (emergency circumstances) by a Council Member, if applicable.	No action taken.		
3. Standard Business	<p>a. Public Comments/Announcements: Members or non-members: Pua shared Scripps will be holding a Matter of Balance class, that deals with a fear of falling, on March 26th.</p> <p>b. Approval of February 12, 2024, Meeting Minutes (Healthy Aging meeting) M/S Mulvey/Simon - unanimous</p>		
4. Discussion of Goals	<p>Wanda asked committee members to review the AIS Advisory Council Goals, 2023-2026, assigned to Healthy Aging.</p> <p>HB1 Research and make recommendations for priority areas of healthcare- HB1b-agree to revise goal- "position paper" to now read- monitor and advise on resources to assist seniors who live alone.</p> <p>HB4 Identify diseases risk reduction strategies and education opportunities- under Outcome column add Topics may include oral health care, cardiac health, and diabetes.</p>		

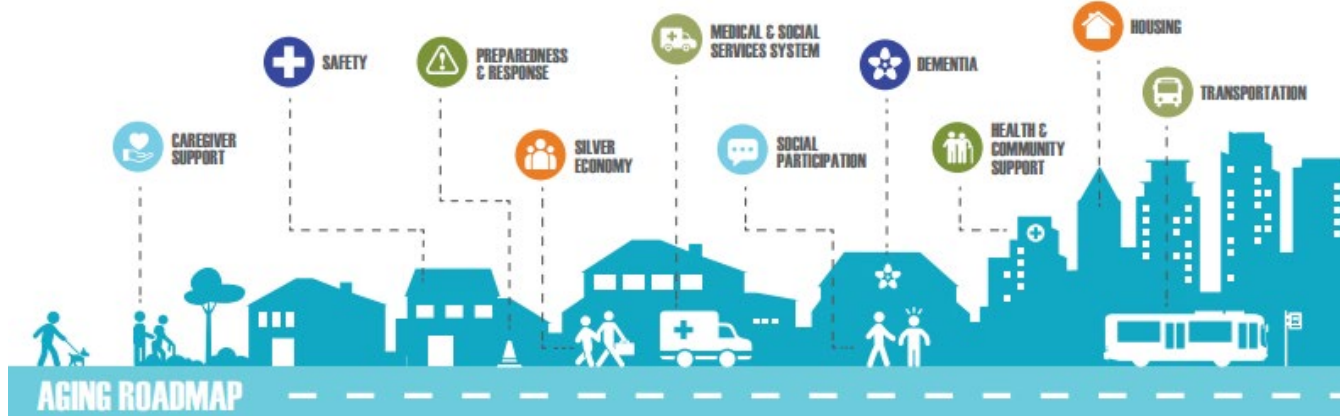
	<p>HB5 Enhanced partnership and collaboration between COSD and local hospitals- after discussion and Pua's input about the effectiveness of an existing workgroup Healthy San Diego Transitions of Care (of which Dr. Yourman is a member) group agreed to eliminate this goal.</p> <p>HB6 Monitor and Advise on Age-Friendly Public Health Systems, discussed along with HB5 also recommended this goal be eliminated.</p> <p>HB7d Senior Health Promotion (Feeling Fit, Fall Prevention, etc) discussion on ways to incorporate healthy aging topics like lifetime learning and other older adult activities not necessarily related to health concerns or chronic conditions. Jackie and David agreed to work on language for this goal and will bring it to the next meeting.</p> <p>Committee will continue goals discussion in the next meeting and finalize recommended goals to submit to the full Council.</p>
5. Next Meeting	April 8, 2024, 2:00 P.M.
6. Adjournment	Meeting adjourned 3:10 P.M.

Respectfully submitted by Susan Mallett.



AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

COUNCIL FOCUS: Use or gain expertise to identify, project, and anticipate needs and trends, and advise on legislative and AIS operational actions to address the needs of older adults and persons with disabilities.





AGING ROADMAP: San Diego County’s [regional plan](#) that is implemented and organized by 10 focus areas that collectively represent the county’s comprehensive system of care. Roadmap focus areas are as follows and identified throughout the Council’s Goals:




GOALS 2023 – 2026






#	Goal	Timeline	Lead	Measure	Outcome	Status
A1a	Advise on updates for FY 2023-2024. 	Mar – June 2023	• Ad Hoc Area Plan Subcommittee	<ul style="list-style-type: none"> • Meeting date(s) • Discussion • Vote and authorization of Council Chair to sign letter of transmittal 	<ul style="list-style-type: none"> • Ad Hoc Area Plan Subcommittee met on 3/24/23. • Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 4/10/23. • Discussion included: Updates of Area Plan 2020-2024 Update FY 23-24; process and content of Area Plan fair and equitable; and the Ad Hoc Subcommittee recommends continued consultation, input, and monitoring of progress from Advisory Council. Authorization passed with 18 votes on 4/10/23. 	Completed
A1b	Advise on the 4-year Area Plan for FY 2024-2028. 	Mar – May 2024	• Ad Hoc Area Plan Subcommittee	<ul style="list-style-type: none"> • Meeting date(s) • Discussion • Vote and authorization of Council Chair to sign letter of transmittal 	<ul style="list-style-type: none"> • Ad Hoc Area Plan Subcommittee met on: • Discussion included: • Authorization passed: 	Not yet started

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

A1c	Participate in the 4-year Area Plan FY 2024-2028 focus group sessions. 	Sept 2023	<ul style="list-style-type: none"> Advisory Council 	<ul style="list-style-type: none"> Focus group date (s) 	<ul style="list-style-type: none"> Focus group was held on: 	Not yet started
A1d	Monitor and plan for the expansion of services for older adults to meet the needs of the growing population. 	Ongoing	<ul style="list-style-type: none"> Ad Hoc Area Plan Subcommittee Advisory Council 	<ul style="list-style-type: none"> Discussion 	<ul style="list-style-type: none"> Discussion included: 	In progress
A2	Find engaging speakers for the AIS Advisory Council general meetings. 	Ongoing	<ul style="list-style-type: none"> Advisory Council 	<ul style="list-style-type: none"> Speakers 	<ul style="list-style-type: none"> Speakers' topics included: 	In progress
A3	Explore and participate in appropriate Auxiliary subcommittees including but not limited to the Age Well San Diego Theme Teams and Community Action Networks. 	Ongoing	<ul style="list-style-type: none"> Healthy Aging Subcommittee 	<ul style="list-style-type: none"> Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> Age Well San Diego Health & Community Support meetings attended by Advisory Council and Subcommittee members. 	In progress



#	Goal	Timeline	Lead	Measure	Outcome	Status
HEALTHCARE AND BEHAVIORAL HEALTH						
HB1	Research and make recommendations for priority areas of healthcare. Advocate for program development with emphasis on equity and inclusion. 	Ongoing	<ul style="list-style-type: none"> Healthy Aging Subcommittee 	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but are not limited to, where the older adult population meets, nutrition, socialization, geography/communities, disabilities, mental health, dementia, Alzheimer's disease, ways to increase awareness and education in hospitals re: geriatric issues. 	

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026





HB1b	Position Paper: “Seniors Who Live Alone”.	Ongoing	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Finding(s) • Number and topic of position paper 	<ul style="list-style-type: none"> • Position paper finalized on [date] and presented to [audience]. 	In progress
HB3	Develop recommendations to decrease hunger, food insecurity, and adverse health conditions resulting from poor nutritional health; increase awareness about good oral health and the dental treatment options through public insurance benefits. 	Ongoing	<ul style="list-style-type: none"> • Nutrition Subcommittee 	<ul style="list-style-type: none"> • Finding(s) 	<ul style="list-style-type: none"> • Topics may include, but are not limited to, enhancing nutritional quality through increased fruit and vegetable consumption and the importance of good nutrition for older adults living with chronic health conditions. 	In progress
HB4	Identify diseases risk reduction strategies and educational opportunities for diseases and disorders affecting older adults. 	Ongoing	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Finding(s) 	<ul style="list-style-type: none"> • [Recommendations] shared with [audience/modality] on [date]. 	In progress
HB5	Recommend enhanced partnership and collaboration between COSD and local hospitals. 	Ongoing	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Finding(s) 	<ul style="list-style-type: none"> • Enhanced partnership may include a hospital summit or collaboration to share best practices between local hospitals and healthcare providers to address geriatric physical and mental health and wellbeing. 	In progress
HB6	Monitor and advise on Age-Friendly Public Health Systems. 	Ongoing	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Finding(s) 	<ul style="list-style-type: none"> • [Discussion] 	
HB7	Monitor and advise on AIS programs through presentations and site visits. 					
HB7a	Congregate Meals (Title III C1) and Transportation to Dining Sites (Title III B)	Ongoing	<ul style="list-style-type: none"> • Nutrition Subcommittee 	<ul style="list-style-type: none"> • Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> • [Discussion] 	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026



HB7b	Home-Delivered Meals (Title III C2)	Ongoing	<ul style="list-style-type: none"> Nutrition Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
HB7c	SNAP-Ed (Cal Fresh)	Ongoing	<ul style="list-style-type: none"> Nutrition Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
HB7d	Senior Health Promotion (Feeling Fit, Fall Prevention, etc.)	Ongoing	<ul style="list-style-type: none"> Healthy Aging Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress

#	Goal	Timeline	Lead	Measure	Outcome	Status
HOUSING						
H1	Explore and participate in appropriate Auxiliary subcommittees including but not limited to the Age Well San Diego Housing Theme Team and County housing and homelessness initiatives. 	Ongoing	<ul style="list-style-type: none"> Housing Subcommittee 	<ul style="list-style-type: none"> Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> Age Well San Diego Housing: [date], [date], [date]. 	In progress
H2	Monitor and advise on the Thriving component of the <i>Live Well San Diego</i> vision, particularly related to: <ol style="list-style-type: none"> Supporting availability and affordability of housing for all community members. Creating more accessible housing for older adults and people with disabilities to live independently. 	Ongoing	<ul style="list-style-type: none"> Housing Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

#	Goal	Timeline	Lead	Measure	Outcome	Status
LEGISLATION						
L1	<p>Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation.</p> 	Ongoing	<ul style="list-style-type: none"> Advisory Council Ad Hoc Legislative Subcommittee 	<ul style="list-style-type: none"> Legislation monitored 	<ul style="list-style-type: none"> [Discussion] [Recommendations] 	In progress
LONG TERM CARE/RESPIRE/IN-HOME CARE						
LT1	<p>Monitor and make recommendations for enhancements to Choose Well and advise AIS on legislation proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly.</p> 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Date(s) of Choose Well meeting(s) attended Legislation monitored 	<ul style="list-style-type: none"> [Recommendations for improvement, including assessment of effectiveness or additional resources needed]. [Discussion] 	In progress
LT2	<p>Monitor and advise on areas of concern related to long term care, in-home care, and respite.</p> 	Ongoing				
LT3	<p>Monitor and advise AIS on the Ombudsman program standard of operations, goals, performance, and increasing the number of volunteers.</p> 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

#	Goal	Timeline	Lead	Measure	Outcome	Status
TECHNOLOGY						
T2	Monitor and advise on success of existing technology programs and promote access to and utilization of technology.  	Ongoing	<ul style="list-style-type: none"> Advisory Council All Subcommittees 	<ul style="list-style-type: none"> Finding(s) Number and topic of media campaign 	<ul style="list-style-type: none"> [Recommendations may include a media campaign to promote existing programs or identify opportunities for new programs.] 	Not yet started