



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
HEALTHY AGING SUBCOMMITTEE

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

5560 Overland Ave, John Gaffaney Room, 3rd Floor

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

[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 12, 2024, Meeting Minutes (Action)*
4. **Presentation:** Discussion of Goals*
5. **Next Meeting:** April 8, 2024, 5101 Market Street, San Diego 92114
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 12, 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		
Staff			
Roberto Ramirez, AIS Health Promotion Manager			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, (2:00 P.M.) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): six in attendance		
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	a. Public Comments/Announcements: Members or non-members: (none) b. Approval of January 8, 2024 Meeting Minutes - M/S Mulvey/Simon – unanimous		
4. Roberto Ramirez, Health Promotion Manager, Aging & Independence Services	Roberto was welcomed back to the committee and began with the Health Promotion Mission: “Improve the health and wellness of older adults in San Diego County to help them maintain their independence.” He provided some details of their ten main programs, Age Well San Diego & Aging Roadmap, Chronic Disease Self-Management Education, ARPA (funded through end of 2024) No-Cost Transportation for Seniors, Digital Inclusion Programs, CalFresh Healthy Living Nutrition Education & Physical Activity, Dementia Program Support Team, Fall Prevention Speakers Bureau & Dignity at Home Fall Prevention Program, Tai Chi, Feeling Fit Club and Health Promotion Committee/Fall Prevention Taskforce. The Health Promotion Unit supports all these efforts and more with four full-time staff, some temp. staff and student workers. Highlights for 2023, Began a Digital Inclusion Program and distributed over 300 tablets		

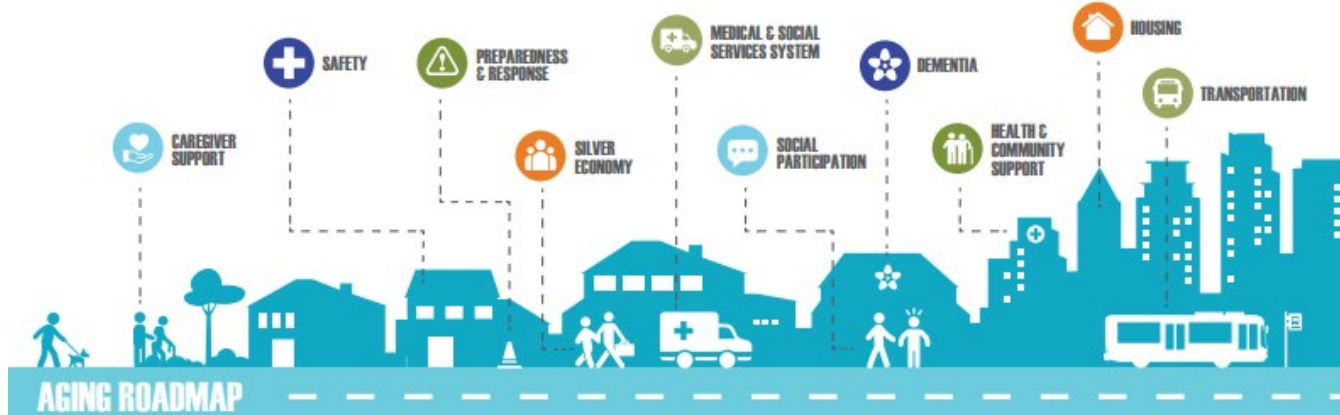
	<p>Expanded the No-Cost Transportation to additional zip codes defined as “health equity” areas i.e. those disproportionately affected by COVID</p> <p>Supported AIS Area Plan listening sessions</p> <p>Presented at four National Conferences:</p> <p>American Public Health Association</p> <p>American Society of Aging</p> <p>USAgings- On Aging Conference</p> <p>CalFresh Healthy Living Forum</p> <p>Participated in their first ever podcast on nutrition education and equity (Lea’s Pantry)</p> <p>Roberto shared opportunities for 2024,</p> <p>Conclude the distribution of tablets through the Digital Inclusion Program</p> <p>Evaluate the No-Cost Transportation Program</p> <p>Present at National Conference, American Society on Aging (March 2024)</p> <p>Expand dementia-friendly sector trainings to more community sectors</p> <p>Submit Feeling Fit Club for evidence-based accreditation to qualify for OAA funding</p> <p>Roberto also shared features of the AIS website showing activity areas, event/activities calendar, and the other local resources area where the Walking Groups can be found as proposed by Healthy Aging Committee in Fall 2022. He also shared a quarterly CalFresh Newsletter which is sent to CalFresh recipients and now the current edition can be found on the AIS website. The newsletter is being translated into the County’s threshold languages as well. The CalFresh Healthy Living program also holds nutrition education programs (4 weeks in length) that includes how to read food labels, better food choices and meal planning. A Kinship Family Cookbook was created using recipes from participants and modified by dieticians for healthier meals.</p> <p>As always, Roberto’s enthusiastic presentation was well received by committee members.</p>
5. Next Meeting	March 11, 2024, 2:00 P.M.
6. Adjournment	Meeting adjourned 3:03 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

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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. 	

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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

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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

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#	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

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#	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