



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
Healthy Aging Subcommittee

March 10, 2025 | 2:00pm

5560 Overland Ave, 3rd Floor, John Gaffaney Conference Room

Virtual Participation

Call in: 1 (619) 343-2539

Phone conference ID: 450 266 825#

Meeting ID: 210 078 344 97

Passcode: c68pX3ii

Click here to [Join Teams 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 10, 2025, Meeting Minutes (Action)*
4. **Discussion:** Aging Plan – Top 10 Key Areas to Plan
5. **Next Meeting:** April 14, 2025, 2:00pm, 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
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MINUTES - DRAFT

Members		Absent Members	Guests
Attendance:	Wanda Smith, Chair Susan Mallett David Milroy Bradlyn Mulvey Jackie Simon Richard Spiering	Sylvia Martinez Paul Monarrez	Maureen Phillips
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith called the meeting at 2:09 pm a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3) There was a quorum.		
2. Standard Business	a. Public Comments/Announcements: Members or non-members: 1/29/25 will be a discussion on legislation for the sexually violent predators with Brian Jones. b. Approval of January 13, 2025, Meeting Minutes (Action) c. [M/S Jackie Simon made the motion to approve the minutes from the last meeting and David Milroy seconded the motion. Minutes were approved.]		
3. General Discussion	A continued discussion of the major topics that would be included in an Aging Well Plan Two concerns from the TVSD survey: transportation and friendly visits for seniors were discussed as a means to counteract isolation and loneliness The possibility of having joint meetings with the Nutrition Subcommittee were discussed to enhance the information for the aging well plan. Other topics for the aging well plan included: financial planning, cognitive health, and legal considerations such as conservatorship and trusts. Other topics included emergency preparedness, emergency pet care, and caregiving considerations for the disabled or those with special needs. A discussion on integrating the village movement with the local city council efforts could increase community engagement. The general discussion ended with a homework assignment: What are your top 10 items which define an aging well plan?		
4. Next Meeting	March 10, 2025 at 2:15 pm at 5560 Overland Avenue, 3rd Floor, John Gaffaney Conference Room		
5. Adjournment	Meeting adjourned at 3:01 pm		

Respectfully submitted by Bradlyn Mulvey, Secretary