



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
Healthy Aging Subcommittee

April 14, 2025 | 2:15pm

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 March 10, 2025, Meeting Minutes (Action)*
4. **Discussion:**
 - a. Aging Plan Revision and Goals for 2026*
 - b. Guest Speaker – Dalija Dragisic, Aging & Independence Services, Community Programs Manager
5. **Next Meeting:** May 12, 2025, 2:15pm, 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 10, 2025, 2:00 p.m.
 5560 Overland Avenue, 3rd Floor, JG Conference Room
 Virtual Participation
 Call in: 1 (619) 343-2539
 Phone conference ID: 450 266 825#
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MINUTES - DRAFT

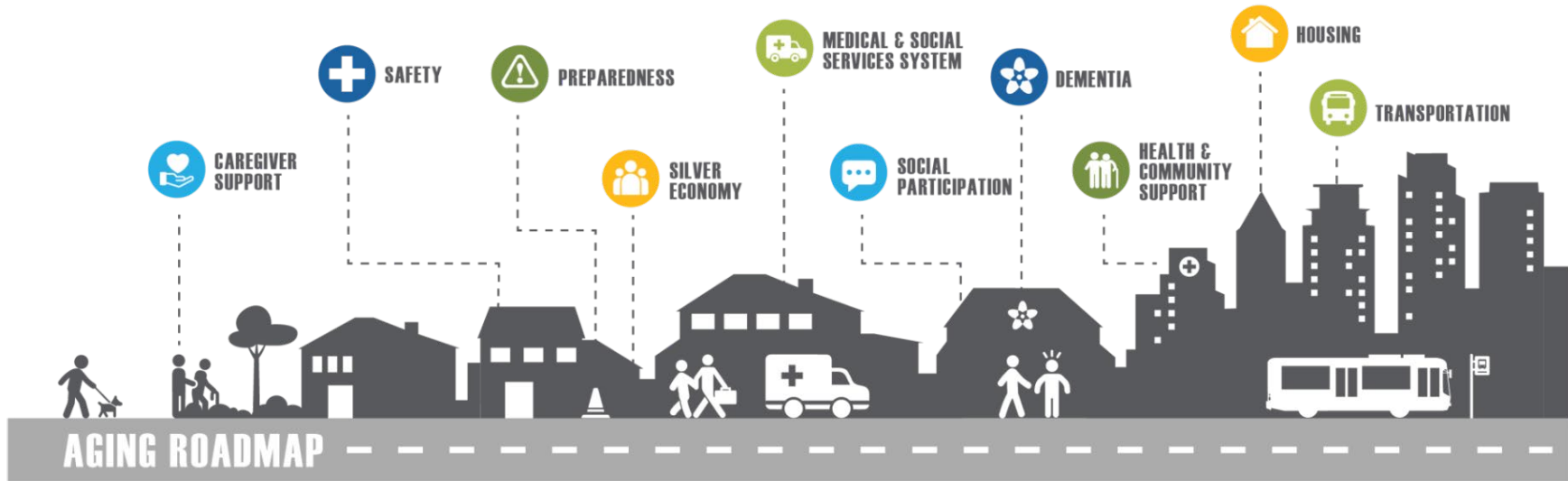
Members		Absent Members	Guests
Attendance:	Wanda Smith, Chair Paul Monarrez Bradlyn Mulvey Jacqueline Simon Richard Spiering	Susan Mallett David Milroy Maureen Phillips	
	Staff		
Item	Outcome		
1. Call to Order	Wanda Smith called the meeting at 2:12 p.m. a. Welcome & Guest/Member Introductions b. Confirmation of quorum (4) There was a quorum.		
2. Standard Business	a. Public Comments/Announcements: none b. Approval of February 10, 2025, Meeting Minutes (Action) c. [M/S Jackie Simon made the motion to approve the minutes from the last meeting and Wanda Smith seconded the motion. Minutes were approved.		
3. General Discussion	Discussion continued for the major themes to be included in the Aging Well Plan: Life, Preparedness, Wealth and Health. Wanda will develop a chart for our next meeting that shows what we have discussed to date.		
4. Next Meeting	April 14, 2025, at 2:00 p.m. at 5560 Overland Avenue, 3rd Floor, JG Conference Room		
5. Adjournment	Meeting adjourned at 2:45 p.m.		

Respectfully submitted by Bradlyn Mulvey, Secretary

APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

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







AGING ROADMAP: County of San Diego's [regional plan](#) that is implemented and organized by 10 focus areas that collectively represent the County's comprehensive system of care, including both person-centered and community-wide efforts. Roadmap focus areas are as follows and identified throughout the Council's Goals:








GOALS 2024 – 2027

#	Goal	Timeline	Lead	Measure	Outcome	Status
1	Advise on the 4-year Area Plan for FY 2024-2028. 	Feb – 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 2/12/24 and 3/8/24. Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 3/11/24. Discussion included: Area Plan 2024-2028 updates and process and content of the Area Plan. The Ad Hoc Subcommittee recommends continued consultation, input, and monitoring of progress from Advisory Council. Authorization passed with 18 votes on 3/11/24. 	Completed























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1a	Advise on Area Plan updates for FY 2024-2025. 	Feb – May 2025	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"> Discussion included: 	Not yet started
2	Monitor and plan for the expansion of services for older adults to meet the needs of the growing population. 	Ongoing	Ad Hoc Area Plan Subcommittee and Advisory Council	<ul style="list-style-type: none"> Discussion 	<ul style="list-style-type: none"> Discussion included: 	In progress
3	Find engaging speakers for the AIS Advisory Council general meetings. 	Ongoing	Advisory Council	<ul style="list-style-type: none"> Speakers 	<ul style="list-style-type: none"> Speakers' topics included: 	In progress
4	Expand participation in appropriate Auxiliary Subcommittees. 	Ongoing	Advisory Council	<ul style="list-style-type: none"> Meeting date(s) Discussion 	<ul style="list-style-type: none"> Auxiliary Subcommittee met on: Discussion included: Authorization passed: 	In progress
5	Participate in appropriate Ancillary Subcommittees. 	Ongoing	Advisory Council	<ul style="list-style-type: none"> Meeting date(s) Discussion 	<ul style="list-style-type: none"> Ancillary Subcommittee met on: Discussion included: Authorization passed: 	In progress
6	Research and make recommendations for priority areas to support economic security amongst older adults in San Diego. 	2024-25 Council Year	Affordability in Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics included: Recommendations: 	Not yet started






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7	Research and make recommendations for priority areas of healthcare programs and groups for older adults. 	Ongoing	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, neurodegenerative diseases of AD, PD, FTD, Dementia, ways to increase awareness and education in hospitals re: geriatric issues. 	In progress
7a	Research the impacts of isolation and explore the “Seniors Who Live Alone” topic. 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Discussion included: 	In progress
8	Review how older adults who have the greatest economic or social need are made aware of and utilize nutrition services including CalFresh benefits. 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include review of nutrition resources and education through the AIS website, printed materials. Examine the barriers to CalFresh benefit enrollment and how enrollment assistance is promoted. 	In progress
9	Review the research and implementation efforts of local and national ‘food as medicine’ initiatives that focus on the integration of food for disease prevention and management. 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but 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
10	Increase awareness about good oral health and dental treatment options through public insurance benefits. 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Discussion included: 	In progress
11	Identify disease risk reduction strategies and educational opportunities	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include cardiac health, diabetes, oral health care and nutrition, dementia and neuro-degenerative disorders and Parkinson’s disease. 	In progress

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	for diseases and disorders affecting older adults. 					
12	Monitor and advise on AIS programs through presentations and site visits.  	Ongoing	Nutrition Subcommittee Healthy Aging Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12a	Congregate Meals (Title III C1) and Transportation to Dining Sites (Title III B). Review nutrition education and in-service requirements for congregate sites.   	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12b	Home-Delivered Meals (Title III C2)  	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12c	SNAP-Ed (Cal Fresh)  	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12d	Older Adult Health Promotion (Feeling Fit, Fall Prevention, etc.) and Healthy Aging in life-long learning.  	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Awareness and Promotion of local programs in lifelong learning to support Healthy Aging. 	In progress
13	Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation.          	Ongoing	Advisory Council and Ad Hoc Legislative Subcommittee	<ul style="list-style-type: none"> Legislation monitored 	<ul style="list-style-type: none"> Discussion included: Recommendations: 	In progress
14	Monitor and make	Ongoing	Long Term Care	<ul style="list-style-type: none"> Date(s) of Choose Well 	<ul style="list-style-type: none"> Recommendations for improvement, including assessment 	In progress

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	recommendations for enhancements to Choose Well. 		& Ombudsman Facilities	meeting(s) attended • Quarterly meetings.	of effectiveness or additional resources needed. • Discussion included:	
15	Advise AIS on legislation proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly. 	Ongoing	Long Term Care & Ombudsman Facilities	• Legislation Monitored	• Raise and maintain awareness for the AIS Advisory council surrounding legislation related to skilled nursing facilities and residential care facilities for the elderly. • Discussion included:	In progress
16	Monitor and advise AIS on the Ombudsman program standard of operations, goals, performance, and increasing the number of volunteers as well as advise on areas of concern related to long term care. 	Ongoing	Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• Recommendations for improvement, including assessment of effectiveness or additional resources needed. • Discussion included:	In progress
17	Monitor and advise on success of existing technology programs and promote access to and utilization of technology.  	Ongoing	Advisory Council and All Subcommittees	• Finding(s) • Number and topic of media campaign	• Recommendations may include a media campaign to promote existing programs or identify opportunities for new programs.	Not yet started