

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

October 7, 2021 | 10:00 AM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

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MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith LaRue Fields Paul Ling Susan Mallett Lorelei Taylor Eugenia Welch community member	Community members- Khalisa Bolling	
Staff			
Item	Outcome		
1. Call to Order	<p>Wanda Smith, Chair, 10:03 AM</p> <p>a. Welcome & Guest/Member Introductions</p> <p>b. Confirmation of quorum: (3 required for quorum): 5 present</p>		
2. Standard Business	<p>a. Public Comments/Announcements: Members or non-members: (list announcements) Wanda noted there are upcoming walks including the Alzheimer’s Association Walk and the Walk4ALZ Alzheimer’s San Diego. The AIS Health Promotion section on the County website lists several walks as well.</p> <p>b. Approval of September 2, 2021, Meeting Minutes (Action) (M/S Ling/Fields) passed 5 ayes</p>		
3. Discussion: The Power of Walking-next steps	<p>General discussion on efforts by AIS Health Promotion staff to bring more exposure to walking programs in the community. An area of future consideration would be encouraging more hospitals to sponsor walking programs such as Sharp Hospital’s program.</p> <p>Committee agreed periodic review of walking programs would be beneficial although no one wants the committee to be a single focused effort. To keep the scope and focus of the committee on the broader area of Healthy Aging, the discussion moved to “how do we define healthy aging and bring direction to it for the Council and the County? In that regard, Wanda agreed to reach out to UCSD’s Dilip Jeste M.D. Senior Associate Dean for Healthy Aging and Senior Care as a possible guest speaker.</p> <p>Additionally, the committee would like to put together a fact sheet on issues for seniors living alone. Eugenia added there are gaps in community services for people with dementia living alone, as many as 25% of the 100,000 people diagnosed in San Diego County. She has some data compiled and agreed to provide to Wanda for the committee’s review.</p>		
4. Next Meeting	November 4, 2021 10:00 AM Virtual		
Adjournment	Meeting adjourned 10:51 AM		

Respectfully submitted by Susan Mallett