

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

May 5, 2022 | 10:30 AM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith Paul Ling Susan Mallett Bradlyn Mulvey Lorelei Taylor	Eugenia Welch, community member	
Staff			
Item	Outcome		
1. Call to Order	<p>Wanda Smith, Chair, 10:32 AM</p> <p>a. Welcome & Guest/Member Introductions</p> <p>b. Confirmation of quorum: (3 required for quorum): 5 present</p>		
2. Authorization of Teleconferencing Meeting Option Pursuant. to Government Code 54953(e)	<p>a. Approval of teleconference meeting (Action) (M/S: Taylor/Mallett) 5 ayes</p>		
3. Standard Business	<p>a. Public Comments/Announcements: Members or non-members: Wanda said May is Older Americans Month and it's encouraging that there has been a lot of discussion of issues facing older adults by the legislature.</p> <p>b. Approval of April 7, 2022, Meeting Minutes (Action) (M/S Mallett/Ling) 5 ayes</p>		
4. Discussion:	<p>a. Group discussed some examples of proactive recommendations to include in the White Paper on seniors living alone. Paul wondered if these seniors might be connected to agencies that could assist in obtaining and completing the Vial of Life. Other ideas included a fact sheet of resources and the development of a toolkit of resources which could include the Vial of Life.</p> <p>Lorelei suggested we use the term 'solo ager' to describe the senior living alone. Additionally, for the committee members, she described the typical course for White Papers going through the Council and on to AIS Director Kim Gallo. The committee doesn't have to address the paper's recommendation/ask to a particular AIS group, if it's feasible, Director Gallo will send to the appropriate group for response.</p> <p>Wanda noted that Dr. Ayers, our April speaker, agreed to review the White Paper and provide feedback. Wanda will add the suggested recommendations to the draft and send it to Dr. Ayers. Any input from her will be added to the draft for the committee's review.</p> <p>Wanda added Jewish Family Services assists seniors living alone and are available to speak to the committee as well.</p> <p>b. Wanda shared the committee goals via shared screen and made edits as the group discussed each goal.</p> <p>H1 Goal, Status column- change to" completed" for Power of Walking paper 2) add to mental health, Seniors Who Live Alone paper, Status column- ongoing/continue</p> <p>H2 and H3 -keep goals as written but add 2.0 to Age Well</p> <p>H4 Senior Fitness, to be added to H3 as examples of AIS programs</p> <p>Discussed concerns about "monitor" in these goals as that isn't what the committee does-agreed to change "monitor" to "engage and update"</p> <p>New H4-Research risk reducing strategies and educational opportunities for diseases and disorders affecting seniors.</p> <p>Technology, T1-discussion around goal, how to add access and separate pedometer from 1) and have it become 3). Pedometer distribution</p> <p>Unanticipated goals, U2 goal becomes U1 and delete COVID reference</p>		
a. Seniors Who Live Alone- White Paper			
b. Healthy Aging Goals- Review and Update			

	New goals- add Equity and Inclusion in AIS health promotion programs Wanda to finalize suggestions so that committee goals can be presented at the Council's June meeting
2. Next Meeting	June 2, 2022 10:30 AM Virtual
Adjournment	Meeting adjourned 11:44 AM

Respectfully submitted by Susan Mallett