



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

February 7, 2024 | 1:00 PM

8804 Balboa Ave., San Diego, 92123

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

[Join Zoom Meeting](#)

AGENDA

*Attachment

1. **Call to Order:** Susan Mallett, 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 Jan. 3, 2024 Meeting Minutes (Action)*
4. **Discussion:** Visit to Jewish Family Service, Balboa Ave. Corner Market and Food Service Kitchen, coordinated by Kristine Stensberg, Senior Director, Nutrition and Aging Care Services.
5. **Next Meeting: March 6, 2024**
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

Nutrition Subcommittee

January 3, 2024 | 1:00 P.M.

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MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair Shirley King, Secretary Ethel Larkins Jaqueline Simon	Bradlyn Mulvey Kristine Stensberg	
Staff			
Delilah Bisase, Dietitian, AIS Nutrition Manager			
Item	Outcome		
1. Call to Order	<p>Susan Mallett, Chair (Call to Order 1:06 P.M.)</p> <p>a. Welcome & Guest/Member Introductions</p> <p>b. Confirmation of quorum (four): four in attendance</p>		
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	<p>a. Public Comments/Announcements: Members or non-members: None</p> <p>b. Approval of December 11, 2023 Minutes (Action) M/S – Ethel Larkins/Jaqueline Simon; Unanimous approval</p>		
4. Discussion	<p>Topics for Future meetings to include Senior Nutrition Program: The committee was introduced to the new Nutrition Manager, Delilah Bisase. She started in November 2023. She intends to attend the monthly committee meetings and will bring a presentation at a future date. The committee reviewed the December 11th meeting that featured the guest speaker, Dr. F Whyte, the County Dental Officer. It was noted that the state's dental coverage for seniors with MediCal is underutilized and largely misunderstood. It was emphasized that the case management services through California Smile need to be prominently promoted at the Nutrition sites. Delilah Bisase, the Nutrition manager made note.</p> <p>It was agreed to arrange a visit to Jewish Family Service (JFS) on Balboa Avenue to view its Corner Market (food pantry) and the food service kitchen. Susan will ask committee member, Kristine Stensberg, to facilitate a visit on Wednesday, February 7, 2024, at 1 PM.</p>		

	<p>It was agreed to visit the senior nutrition site served by Serving Seniors at the Imperial Beach Senior Center, 1075 Eighth Street, Imperial Beach on Wednesday, March 6, 2024. The reservation and time will be arranged by Deliliah Bisase.</p> <p>It was recommended and agreed to invite speakers from the Nutrition Programs with San Ysidro Health and the Salvation Army. Each agency administers several nutrition sites. The speakers could be remotely connected to the committee's meeting times. Susan will extend the invitations.</p> <p>The committee discussed the low participation rate by seniors (state and SD county) with CalFresh and especially the re-enrollment processes, which result in seniors not applying. Also, seniors may miss out applying for increased monthly benefits with the allowed Medical Deduction, that requires gathering proof of medical expenses between \$35.01 and \$155 per month. This paperwork may become a barrier. The committee agreed to ask Kristine Stensberg of JFS to explain how assistance is provided by JFS to seniors to complete the necessary paperwork.</p> <p>Delilah Bisase, Nutrition Manager described some of the new guidelines and instructions for take-home meals from Nutrition sites - especially a senior's left-over meal from lunch. She explained that congregant eaters are assessed once a year and home delivery recipients are quarterly assessed. She is now working on the nutrition contracts, and the public posting of the awards will be in January.</p>
5. Next Meeting	February 7, 2024, 1:00 P.M. Jewish Family Service, 8804 Balboa Ave., San Diego, 92123
6. Adjournment	Meeting adjourned 2:06 P.M.

Respectfully submitted by Shirley King.