



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

March 6, 2024 | 11:30 AM

Imperial Beach Senior Citizens Center
1075 Eighth Street, Imperial Beach, 91932

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 Feb. 7, 2024 Meeting Minutes (Action)*
4. **Discussion:**
 - a. Visit to Serving Seniors' Imperial Beach Senior Nutrition Program
 - b. Review Subcommittee Goals and Accomplishments*
 - c. Plan 2024 Goals
5. **Next Meeting: April 3, 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

February 7, 2024 | 1:00 P.M.

Call in: (699) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Ethel Larkins Bradlyn Mulvey Jaqueline Simon Kristine Stensberg		Molly Thong, CALFresh Outreach Coordinator at JFS
Staff			
Delilah Bisase, Dietitian, AIS Nutrition Manager			
Item	Outcome		
1. Call to Order	Susan Mallett, Chair (Call to Order 1:03 P.M.) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): six in attendance		
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	a. Public Comments/Announcements: Members or non-members: None b. Approval of January 6, 2024 Minutes (Action) M/S – Ethel Larkins/Jaqueline Simon; Unanimous approval		
4. Discussion	Committee member, Kristine Stensberg who is the Senior Director, Nutrition and Aging Care Services welcomed the committee to the site visit at Jewish Family Service at 8804 Balboa Avenue. She gave an overview of the main sectors of service: Nutrition Assistance (congregate dining sites, Corner Market Pantry, home-delivered meals, CALFresh Enrollment assistance); Economic Mobility and Opportunity (Guaranteed Income Projects - now concluded for evaluation); Children and Youth (Jewish Big Pals); Adult and Families (six Safe Parking Sites, Patient Advocacy, Center for Jewish Care, Domestic Violence, Community Case Management); Older Adults(Aging care Services, Fix-it Services, On-the-Go Transportation Services, Supporting our Survivors (Holocaust); Refugees and Immigration (Migrant Shelter Services, Resettlement, Legal support); Desert Vista Permanent Supportive Housing. Kristine led the committee through the facility’s administrative and operations offices to the central kitchen and the Corner Market Pantry. Kristine described that the supply of		

	<p>food donations has diminished substantially just as the demand has increased. JFS is offering to help with financial education so that food donation recipients can make the most of their financial means. JFS has a small outdoor garden that is tended by volunteers on Thursday. The Safe Parking occupants are able to use the garden for relaxation.</p> <p>Molly Thong, the JFS CALFresh Outreach coordinator described her program's services to assist those eligible for CALFresh to enroll, to review semi-annually and to renew annually. She works proactively to remind her clients about their requirements to submit paperwork and maximize their benefit eligibility with allowed medical benefits. She noted how difficult it is for clients to manage the reporting requirements on their own. Molly interfaces with the County and assumes an advocate's role. She uses a database system to keep track of clients and to send reminders. She acknowledged that the CALFresh applications require computer skills and access to a printer and copier. She noted that clients may give up because the small benefit does not seem to be worth the bother. She described the distinctions for the older individual who is homeless. They are able to use their benefits for restaurant meals. There is a mapping system that points out the participating restaurants. Over all committee members lamented that the food benefit system does not encourage full participation and that the allocated resources may go unspent because clients are ill-equipped to complete the steps involved.</p>
5. Next Meeting	March 6, 2024, 11:30 AM at the Imperial Beach Senior Community Center, 1075 8th Street, Imperial Beach, CA 91932. Arrangements have been made by Delilah Bisase.
6. Adjournment	Meeting adjourned 2:00 P.M.

Respectfully submitted by Shirley King.

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2022 – 2025

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

AGING ROADMAP: San Diego County’s [regional plan](#) that is implemented and organized by 10 focus areas that collectively represent the county’s comprehensive system of care. Roadmap focus areas are as follows and identified throughout the Council’s Goals:




GOALS 2022 – 2025


#	Goal	Timeline	Lead	Measure	Outcome	Status
PSA 23 AREA PLAN						
A3a	Advise on updates for FY 2022-2023. 	Mar – May 2022	<ul style="list-style-type: none"> 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 3/16/22. Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 4/11/22. Discussion included: Updates of Area Plan 2020-2024 Update FY 22-23; process and content of Area Plan fair and equitable; and the Ad Hoc Subcommittee recommends continued consultation, input, and monitoring of progress from Advisory Council. Authorization passed with 15 votes on 4/11/22. 	Completed
A3b	Advise on updates for FY 2023-2024. 	Mar – May 2023	<ul style="list-style-type: none"> 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: Discussion included: Authorization passed: 	Not yet started
A3c	Monitor and plan for the expansion of needed services for older adults to meet the needs of the growing population.	Ongoing	<ul style="list-style-type: none"> Ad Hoc Area Plan Subcommittee Advisory Council 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	In progress

#	Goal	Timeline	Lead	Measure	Outcome	Status
HEALTHCARE AND BEHAVIORAL HEALTH						



AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2022 – 2025

HB1	Research and prepare a position paper for priority areas of healthcare. Advocate for program development with emphasis on equity and inclusion. 	July 2022	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Finding(s) • Number and topic of position paper 	<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, dementia, Alzheimer’s disease, ways to increase awareness and education in hospitals re: geriatric issues. 	
HB1a	Position Paper: “The Power of Walking”.	July 2022	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Finding(s) • Number and topic of position paper 	<ul style="list-style-type: none"> • “The Power of Walking” position paper finalized and presented to AIS Executives and Health and Community Engagement Team in May 2022. 	Completed
HB1b	Position Paper: “Seniors Who Live Alone”.	Ongoing	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Finding(s) • Number and topic of position paper 	<ul style="list-style-type: none"> • Position paper finalized on [date] and presented to [audience]. 	In progress
HB2	Explore and participate in appropriate Auxiliary subcommittees, including but not limited to, the Age Well San Diego Health & Community Support Theme Team. 	Ongoing	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> • Age Well San Diego Health & Community Support meetings attended by Advisory Council and Subcommittee members. 	In progress
HB3	Develop recommendation(s) to ensure older adults who have the greatest economic or social need are aware of and utilize senior dining and other meals resources. 	Nov. 2022	<ul style="list-style-type: none"> • Nutrition Subcommittee 	<ul style="list-style-type: none"> • Finding(s) 	<ul style="list-style-type: none"> • Position Paper: “Improving Access to Nutrition Resources and Education for Older Adults” finalized and presented to Council Chair in November 2022 	Completed
HB4	Develop recommendations to decrease hunger, food insecurity, and adverse health conditions resulting from poor nutritional health; increase awareness about good oral health and the dental treatment options through public insurance benefits. 	ongoing	<ul style="list-style-type: none"> • Nutrition Subcommittee 	<ul style="list-style-type: none"> • Finding(s) 	<ul style="list-style-type: none"> • Topics may include but are 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. • [Recommendations] shared with [audience/modality] on [date]. 	In progress






AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2022 – 2025

#	Goal	Timeline	Lead	Measure	Outcome	Status
HB5	Identify risk reduction strategies and educational opportunities for diseases and disorders affecting older adults.	Ongoing	<ul style="list-style-type: none"> Healthy Aging Subcommittee 	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> [Recommendations] shared with [audience/modality] on [date]. 	In progress
HB6	Recommend enhanced partnership and collaboration between COSD and local hospitals.	Ongoing	<ul style="list-style-type: none"> Healthy Aging Subcommittee 	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Enhanced partnership may include a hospital summit or collaboration to share best practices between local hospitals and healthcare providers to address geriatric physical and mental health and wellbeing 	In progress
HB7	Monitor and advise on AIS programs through presentations and site visits . 					
HB7a	Congregate Meals (Title III C1)	Ongoing	<ul style="list-style-type: none"> Nutrition Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
HB7b	Home-Delivered Meals (Title III C2)	Ongoing	<ul style="list-style-type: none"> Nutrition Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
HB7c	SNAP-Ed (Cal Fresh)	Ongoing	<ul style="list-style-type: none"> Nutrition Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
HB7d	Transportation to Dining Sites (Title III B)	Ongoing	<ul style="list-style-type: none"> Nutrition Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
HB7e	Senior Health Promotion (Feeling Fit, Fall Prevention, etc.)	Ongoing	<ul style="list-style-type: none"> Healthy Aging Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress



AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2022 – 2025

#	Goal	Timeline	Lead	Measure	Outcome	Status
HOUSING						
H1	Research and prepare a position paper on housing for older adults, such as home sharing and other models. 	January 2023	<ul style="list-style-type: none"> Housing Subcommittee 	<ul style="list-style-type: none"> Finding(s) Number and topic of position paper 	<ul style="list-style-type: none"> [Topic/title] position paper finalized on [date] and presented to [audience]. 	In progress
H2	Explore and participate in appropriate Auxiliary subcommittees, including but not limited, to the Age Well San Diego Housing Theme Team and County housing and homelessness initiatives. 	Ongoing	<ul style="list-style-type: none"> Housing Subcommittee 	<ul style="list-style-type: none"> Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> Age Well San Diego Housing: [date], [date], [date]. 	In progress
H3	Monitor and advise on the Thriving component of the <i>Live Well San Diego</i> vision, particularly related to: <ol style="list-style-type: none"> Supporting availability and affordability of housing for all community members. Creating more accessible housing for older adults and people with disabilities to live independently. Expanding crime-free multi-family projects linked to economic opportunities for residents. 	Ongoing	<ul style="list-style-type: none"> Housing Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2022 – 2025






#	Goal	Timeline	Lead	Measure	Outcome	Status
LEGISLATION						
L1	Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation. 	Ongoing	<ul style="list-style-type: none"> Advisory Council Ad Hoc Legislative Subcommittee 	<ul style="list-style-type: none"> Legislation monitored 	<ul style="list-style-type: none"> [Discussion] [Recommendations] 	In progress
LONG TERM CARE/RESPIRE/IN-HOME CARE						
LT1	Monitor and make recommendations for enhancements or change to Choose Well. 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Date(s) of Choose Well meeting(s) attended 	<ul style="list-style-type: none"> [Recommendations for improvement, including assessment of effectiveness or additional resources needed]. 	In progress
LT2	Promote awareness of respite/adult day care programs, in-home supportive services, and/or affordable facility care as alternatives to nursing home care. 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Promotion methods 	<ul style="list-style-type: none"> [Result] 	In progress
LT3	Participate and represent the Advisory Council in appropriate Auxiliary subcommittee(s). 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> Age Well San Diego: [date], [date], [date]. 	In progress
LT4	Monitor and advise (including but not limited to areas of concern, seeking input from stakeholders or subject matter experts, input on action plans, and participation in recommendation of policy: 	Ongoing				
#	Goal	Timeline	Lead	Measure	Outcome	Status

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2022 – 2025

LT4a	Call Center	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
LT4b	Care Coordination programs	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
LT4c	Case Management programs	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
LT4d	Person-centered care management	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
LT4e	Ombudsman Volunteer Recruitment	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Promotion methods 	<ul style="list-style-type: none"> [Recommendations to increase volunteer recruitment including outreach methods] 	In progress
LT4f	CalAIM Implementation	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
LT5	Monitor and advise AIS on legislation proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly. 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Legislation monitored 	<ul style="list-style-type: none"> [Discussion] 	In progress
LT6	Monitor and advise AIS on the Ombudsman program standard of operations, goals, and performance. 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress

#	Goal	Timeline	Lead	Measure	Outcome	Status
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AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2022 – 2025

LT7	Develop recommendations ensure high quality of care delivered in San Diego County’s Long Term Care Facilities. 	Ongoing	<ul style="list-style-type: none"> • Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> • Number of recommendations 	<ul style="list-style-type: none"> • [Discussion] 	In progress
LT8	Review data and reports on long term care, respite, and in-home care AIS programs and AIS-funded programs to assess effectiveness and identify gaps in service(s). 	Ongoing	<ul style="list-style-type: none"> • Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> • Data and reports reviewed 	<ul style="list-style-type: none"> • [Findings/gaps in service] 	In progress
LT9	Research and prepare a position paper. 	July 2023	<ul style="list-style-type: none"> • Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> • Finding(s) • Number and topic of position paper 	<ul style="list-style-type: none"> • [Topic/title] position paper finalized on [date] and presented to [audience]. Potential topics include Education and Training for RCF providers, and leveraging technology for Ombudsman volunteers and staff. 	In progress
TECHNOLOGY						
T1	Identify technology that can assist older adults with reducing isolation and recommend application to AIS program(s). 	Ongoing	<ul style="list-style-type: none"> • Advisory Council • ALL Subcommittees 	<ul style="list-style-type: none"> • Findings 	<ul style="list-style-type: none"> • [Recommendations] 	In progress
T2	Develop recommendations to increase awareness of existing technology programs and promote access to and utilization of technology. 	Ongoing	<ul style="list-style-type: none"> • Advisory Council • ALL Subcommittees 	<ul style="list-style-type: none"> • Finding(s) • Number and topic of media campaign 	<ul style="list-style-type: none"> • [Recommendations may include a media campaign to promote existing programs or identify opportunities for new programs] 	Not yet started

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2022 – 2025

#	Goal	Timeline	Lead	Measure	Outcome	Status
TRANSPORTATION						
TR1	Explore and participate in appropriate Auxiliary subcommittees, including but not limited to the Age Well San Diego Transportation Theme Team.	Ongoing	<ul style="list-style-type: none"> Advisory Council Transportation Liaison 	<ul style="list-style-type: none"> Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> Age Well San Diego Transportation: [date], [date], [date]. Topics of interest may include, but not be limited to, recommendations to make local roads, highways, and streets safer and friendlier for bicyclists, walkers, including older adults & people with disabilities, and public transit riders. 	In progress