



*Advisory Council for Aging & Independence Services*  
**NUTRITION SUBCOMMITTEE**

April 9, 2025 | 1:00 PM

5560 Overland Ave, 3rd Floor  
John Gaffaney Conference Room  
San Diego, CA 92123

*Virtual Participation*

Call in: 619-343-2538  
Phone Conference ID: 728 771 44#  
Meeting ID: 231 545 090 575  
Passcode: m8RV9Hh9

Click here to [Join Teams Meeting](#)

**AGENDA**

\*Attachment

1. **Call to Order:** Shirley King, Chair
  - a. Welcome & Guest/Member Introductions
  - b. Confirmation of quorum (quorum = 3)
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 February 5, 2025, and March 5, 2025, Meeting Minutes (Action)\*
4. **General Discussion:** Review of Annual Goals Including Status of Medicaid Oral Health Benefits for Older Adults; Proposed Speakers to Address Possible Retrenchment of Food Resources for Non-Profit Agencies.
5. **Next Meeting:** May 7, 2025, at 1:00 PM
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 5, 2025 | 1 P.M.

Call in: 619-343-2538

Meeting ID: 231 545 090 575

Phone Conference ID: 728 771 44#

Passcode: m8RV9Hh9

**MINUTES - DRAFT**

Members		Absent Members	Guests
Attendance:	Shirley King, Chair, Susan Mallett, Ex-Officio Bradlyn Mulvey Jackie Simon	Kristine Stensberg	Pam Plimpton Amy Zink
Staff			
Delilah Bisase, RD, Public Health Nutrition Manager			
Item	Outcome		
1. Call to Order	Shirley King, Chair, Called to order 1 P.M. a. Welcome & Guest/Member Introductions: Site visit to Linda Vista Community Park Intergenerational Garden; hosted by Pam Plimpton, Intergenerational Coordinator, AIS; Amy Zink, Program Manager, Bayside Community Center b. Confirmation of quorum (three): (three present for a quorum)		
2. Statement (Just Cause) and/or Consideration of a request to participate Remotely (emergency circumstance) 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 8, 2025, Meeting Minutes (Action) Deferred to next meeting.		
4. Site Visit	Linda Vista Community Park, 7064 Levant Street, San Diego, California 92111; hosted by Amy Zink, Urban Farmer and Program Manager at Bayside Community Center. Pam Plimpton arranged for the tour. Pam explained that the nine County Intergenerational Gardens (IG) were funded through ARPA funds distributed during the Covid pandemic. The intended purpose was to give residents a resource to recover from the impact of social isolation in 2022. This IG site was an empty field adjoining a parking lot and is surrounded by affordable medium-rise housing units. The Linda Vista project was a partnership with the City of San Diego Parks and Recreation, the County and Bayside Community Center. Bayside Community Center is a 92-year-old social service non-profit serving the Linda Vista area. Amy Zink, a Program Manager at Bayside Community Center has served as an expert gardener and as a liaison with Bayside Environmental Learning Center. Bayside Community Center has a five-day lunch program for about 100 seniors. Produce grown in the cooperative garden is used to distribute at the center along with other sources of food rescue. The IG rents garden boxes to Linda Vista residents for \$12/month. Year-round produce is grown in these boxes. The lead gardener, Kim Hansen, conducts outdoor gardening education classes. Horticultural Field Trips are conducted for local schools. Volunteers come from the neighboring housing sites, which includes families and seniors in the Levant Senior Cottages in addition to students from USD. The IG is reliant upon donations of materials and funds. Donations can be directed to Bayside Community Center. Amy invited the committee members to come to a lunch at Bayside Community Center.		
5. Next meeting	March 5, 2025		
6. Adjournment	Meeting adjourned 2 P.M.		

Respectfully submitted by Shirley King.

Advisory Council for Aging & Independence Services

**Nutrition Subcommittee**

March 5, 2025 | 12 P.M.

Call in: 619-343-2538

Meeting ID: 231 545 090 575

Passcode: m8RV9Hh9

Phone Conference ID: 728 771 44#

**MINUTES - DRAFT**

	Members	Absent Members	Guests
Attendance:	Shirley King, Chair Susan Mallett, Ex-Officio Bradlyn Mulvey Maureen Phillips Jacqueline Simon		
	Staff		
Item	Outcome		
1. Call to Order	Shirley King, Chair, call to order 12 P.M. a. Welcome & Guest/Member Introductions b. Confirmation of quorum (three): (quorum with four)		
2. Statement (Just Cause) and/or Considerations of a request to participate remotely (emergency circumstance) by a Council member, if applicable	No action taken.		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Kristine Stensberg submitted her resignation from the Nutrition Subcommittee via email. b. Approval of February 5, 2025, Meeting Minutes (Action) Deferred to April meeting because of off-site meeting.		
4. Site visit	The committee members met at Bayside Community Center for lunch hosted by Rose Ceballos, Director of Programs. The center serves about 40 to 50 older adults daily for lunch five days a week. The reheated meals are sourced from Jewish Family Service (JFS). The JFS dietitian surveyed the clients for food preferences and adapted the menu to include cultural variations. The meals are delivered hot and reheated along with cold items such as salads. Clients can take their meals home. Bayside provides a weekly food distribution on Fridays through the San Diego Food Bank, Produce Good and pantry items from Mesa College's food distribution to students. Today's menu was Pollo Guisado with Brown Rice, pepper salad and pineapple cubes. Bayside serves all ages in the Linda Vista area. Clients are helped with benefits enrollment and accessing essential services. After-school literacy tutoring and ESI classes are available as well as environmental learning at the Community Garden. Clients are trained to be community advocates in the Resident Leadership Program. Wellness checks and health education are provided courtesy of the LiveWell mobile services and USD nursing students in addition to Flu vaccinations. Exercise classes are available in the multipurpose room. The Program Director provides informal case management services when clients express their needs.		
5. Next Meeting	April 9, 2025, at 1 P.M.		
6. Adjournment	Meeting adjourned at 1 P.M.		

Respectfully submitted by Shirley King