



Aging & Independence Services (AIS) Advisory Council Meeting Agenda

Nutrition Subcommittee

May 6, 2026, 1:00 PM

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

Virtual Meeting Participation Options:

To Join Virtually: [Join Zoom Meeting](#)

Microsoft Teams Meeting ID: 896 0847 3221 | Meeting Password: 035415

AGENDA

*Attachment

1. **Call to Order:** Bradlyn Mulvey, Interim 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 April 8, 2026, Meeting Minutes (Action)*
4. **General Discussion:**
 - a. Discuss Subcommittee Goals*
5. **Next Meeting:** TBD
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.



Aging & Independence Services (AIS) Advisory Council Meeting Minutes

Nutrition Subcommittee

April 8, 2026, 1:00 PM

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

Virtual Meeting Participation Options:

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Meeting Attendance

Members Present In Person

1. Shirley King
2. Maureen Phillips
3. Bradlyn Mulvey
4. Jacqueline Simon

Members Absent:

1. Susan Mallett

Guests Present: None

AIS Staff Present: None

Meeting Minutes - Draft

1. **Call to Order:** Shirley King, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 3): A quorum was achieved.
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
 - Shirley King announced that she will be relinquishing her position on the Advisory Council. The Nutrition Subcommittee Chair will become vacant.
 - b. Approval of March 4, 2026, Meeting Minutes (Action)*
[M/S – E. Lewis / J. Simon: Unanimous]
4. **General Discussion:**
 - a. Congregant Dining Site Placemat – The Congregant dining placemat has been distributed to six sites. Delilah Bisase received important feedback from one site that discouraged the use of plastic lamination. The Subcommittee members



accepted this as a very sound direction. They recommended that any future materials be free from the lamination. The members concluded that with the elimination of funding for this kind of promotional materials within Health Promotions, there will be no future formulations of the placemat. The Subcommittee recommended that the placemat content be available in a downloadable format along with the SNAP Education materials that had been available but are no longer being produced. The members recommended that the dining sites could learn more about what their clients have learned from the four education sessions per year with a pre and post-test. Report from AIS Community Health Promotion Specialist about internal resources to develop future versions of the placemat.

- b. Report from Shirley King about TREF grant funding and discussion about future site visit to Oceanside Senior Center.

5. Next Meeting: May 6, 2026, at 1:00 PM

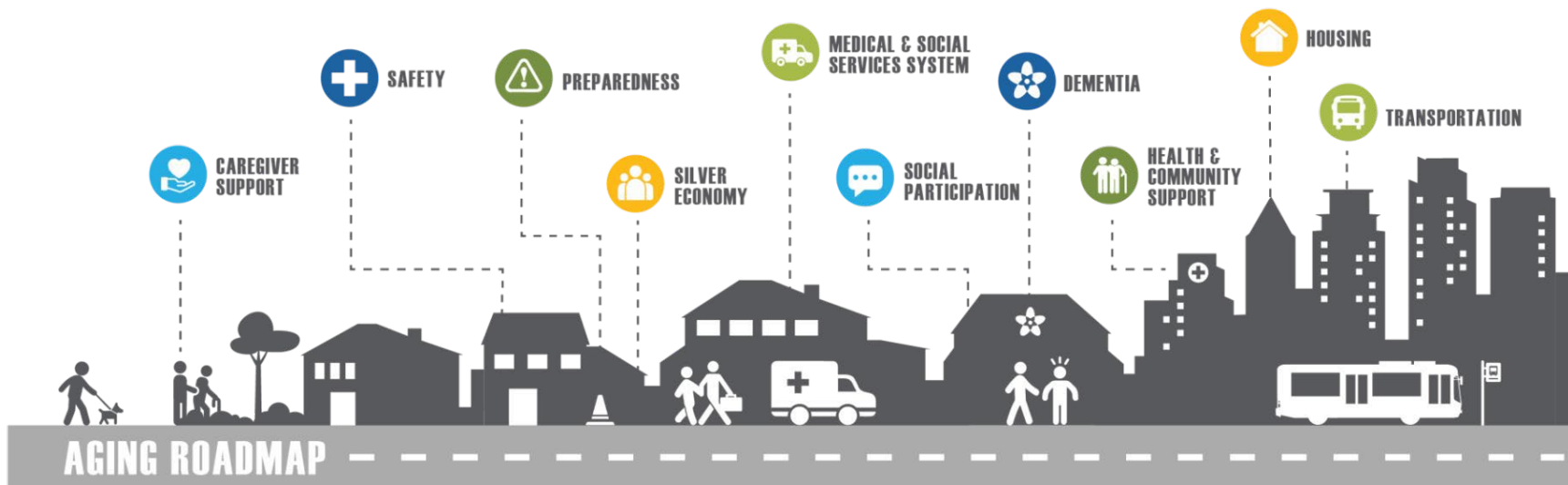
6. Adjournment

Respectfully submitted by Shirley King


AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2025 – 2028

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







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








GOALS 2025 – 2028

#	Goal	Timeline	Lead	Measure	Outcome	Status
1	Advise on Area Plan updates for FY 2025-2026. 	Feb – May 2025	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 3/27/25. Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 4/14/25. Discussion included: Area Plan 2025-2026 updates and process and content of the Area Plan. The Ad Hoc Subcommittee recommends continued consultation, input, and monitoring of progress from the Advisory Council. Authorization passed with 20 votes on 4/14/25. 	Completed







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<p>1a Advise on Area Plan updates for FY 2026-2027.</p> 	<p>Feb – May 2026</p>	<p>Ad Hoc Area Plan Subcommittee</p>	<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"> • Discussion included: 	<p>Not yet started</p>
<p>2 Monitor and plan for services for older adults to meet the needs of the growing population.</p> 	<p>Ongoing</p>	<p>Ad Hoc Area Plan Subcommittee and Advisory Council</p>	<ul style="list-style-type: none"> • Discussion 	<ul style="list-style-type: none"> • Discussion included: 	<p>In progress</p>
<p>3 Find engaging speakers for the AIS Advisory Council general meetings.</p> 	<p>Ongoing</p>	<p>Advisory Council</p>	<ul style="list-style-type: none"> • Speakers 	<ul style="list-style-type: none"> • Speakers’ topics included: 	<p>In progress</p>
<p>4 Expand participation in appropriate Auxiliary Subcommittees.</p> 	<p>Ongoing</p>	<p>Advisory Council</p>	<ul style="list-style-type: none"> • Meeting date(s) • Discussion 	<ul style="list-style-type: none"> • Auxiliary Subcommittee met on: • Discussion included: • Authorization passed: 	<p>In progress</p>
<p>5 Participate in appropriate Ancillary Subcommittees.</p> 	<p>Ongoing</p>	<p>Advisory Council</p>	<ul style="list-style-type: none"> • Meeting date(s) • Discussion 	<ul style="list-style-type: none"> • Ancillary Subcommittee met on: • Discussion included: • Authorization passed: 	<p>In progress</p>
<p>6 Research and make recommendations for priority areas to support economic security amongst older adults in San Diego County.</p> 	<p>Ongoing</p>	<p>Affordability in Aging Subcommittee</p>	<ul style="list-style-type: none"> • Finding(s) • Discussion 	<ul style="list-style-type: none"> • Topics may include, but are not limited to, affordable housing for older adults, transportation for older adults, healthcare programs for older adults, and financial supplemental programs for older adults. 	<p>In progress</p>




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7	<p>Research and make recommendations for priority areas of healthcare and hospital community systems for older adults.</p> 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but are not limited to, neurodegenerative diseases of AD, PD, FTD, Dementia, polypharma, and life planning to increase awareness and education within the health care providers’ community. 	In progress
8	<p>Review how older adults who have the greatest economic or social need are made aware of and utilize nutrition services including CalFresh benefits.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but not limited to, review of nutrition resources and education through the AIS website, California Association of Food Banks, California Department of Food and Agriculture, and printed materials. Examine the barriers to CalFresh benefit enrollment with online and phone applications, and how enrollment assistance is promoted through navigation support. 	In progress
9	<p>Review the research and implementation efforts of local and national ‘food as medicine’ initiatives that focus on the integration of food for disease prevention and management.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but 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, and how local health care providers are integrating the ‘Food as Medicine’ program models for the purpose of reducing food and nutrition insecurity. 	In progress
10	<p>Increase awareness about good oral health and dental treatment options through public insurance benefits.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but not limited to, the barriers to the utilization of Medi-Cal Dental insurance benefits, the outreach efforts by California Smile, and an annual update with Dr. Whyte, County Chief Dental Officer. 	In progress
11	<p>Identify disease risk and injury reduction strategies to advocate for educational opportunities for older adults.</p> 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but are not limited to, cardiac health, diabetes, oral health, hearing and vision loss, care and nutrition, dementia, and neurodegenerative diseases. 	In progress

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<p>12 Monitor and advise on AIS programs through presentations and site visits.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Topics may include, but not limited to, the outreach activities to the outlying and rural communities where nutrition resources are limited to distant retail businesses. 	In progress
<p>12a Congregate Meals (Title III C1) and Transportation to Dining Sites (Title III B). Review nutrition education and in-service requirements for congregate sites.</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Topics may include, but not limited to, site visits for the purpose of reviewing the social engagement and nutrition education supports and CalFresh outreach. 	In progress
<p>12b Home-Delivered Meals (Title III C2)</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
<p>12c SNAP (Cal Fresh)</p> 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Topics may include, but not limited to, tracking the proposed California legislation to maintain level of CalFresh benefits if the federal investment is decreased. 	In progress
<p>12d Older Adult Health Promotion (Feeling Fit, Fall Prevention, etc.) and Healthy Aging in life-long learning.</p> 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Awareness and Promotion of local programs in lifelong learning to support Healthy Aging. 	In progress
<p>13 Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation.</p> 	Ongoing	Advisory Council and Ad Hoc Legislative Subcommittee	<ul style="list-style-type: none"> Legislation monitored 	<ul style="list-style-type: none"> Discussion included: Recommendations: 	In progress

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<p>14 Attend <i>Live Well San Diego</i> meetings once a quarter, and monitor AIS programs in support of the <i>Live Well San Diego</i> vision.</p> 	Ongoing	Long-Term Care & Ombudsman Facilities	<ul style="list-style-type: none"> • Date(s) of regional meeting(s) attended 	<ul style="list-style-type: none"> • Recommendations for improvement, including assessment of effectiveness or additional resources needed. • Discussion included: 	In progress
<p>15 Advise AIS on legislative proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly.</p> 	Ongoing	Long-Term Care & Ombudsman Facilities	<ul style="list-style-type: none"> • Legislation monitored 	<ul style="list-style-type: none"> • Raise and maintain awareness for the AIS Advisory Council surrounding legislation related to skilled nursing facilities and residential care facilities for the elderly. • Discussion included: 	In progress
<p>16 Monitor and advise AIS on the Ombudsman program standard of operations, goals, performance, and increasing the number of volunteers as well as advise on areas of concern related to long-term care.</p> 	Ongoing	Long-Term Care & Ombudsman Facilities	<ul style="list-style-type: none"> • Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> • Recommendations for improvement, including assessment of effectiveness or additional resources needed. • Discussion included: 	In progress