Aging & Independence Services (AIS) Advisory Council Meeting Agenda
Nutrition Subcommittee
November 4, 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

AGENDA

1. **Call to Order:** Susan Mallett, 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 October 7, 2026, Meeting Minutes (Action)*

4. **General Discussion:**
   a. Presentation: Mama's Kitchen Programs, Sandra D'Alonzo, LCSW, CCM Chief Programs Officer and Ann Go, Community Health Worker
   b. Future meeting topics and site visits.

5. **Next Meeting:** January 6, 2027, 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.

Aging & Independence Services (AIS) Advisory Council Meeting Minutes
Nutrition Subcommittee
October 7, 2026, 11:30 AM
Ramona Senior Center, Congregate Meal Site
434 Aqua Lane, Ramona, CA 92065

Virtual Meeting Participation Options:
To Join Virtually: Join Zoom Meeting

Meeting Attendance

Members Present in Person:
1. *Susan Mallett*
2. *Bradlyn Mulvey*
3. *Jacqueline Simon*
4. *Maureen Phillips*
5. *Linda Strohl*

Members Absent: None

Guests Present: None

AIS Staff Present: None

Meeting Minutes - Draft

1. **Call to Order:** Susan Mallett, 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)
   No action taken.

3. **Standard Business:**
   a. Public Comment/Announcements: Members or non-members
   b. Approval of July 8, 2026, Meeting Minutes (Action)*
      [M/S – B. Mulvey / J. Simon: Unanimous]

4. **General Discussion:**
   a. We joined the congregate meal at the Ramona Senior Center. Dining room was arranged with round tables with six chairs each, flower centerpieces and some condiments. They typically serve 50-70 diners, and the atmosphere seemed to match their website's statement of "all programs provide a context for making friends."

      A delicious lunch with ample portions was prepared by paid kitchen staff in the on-site kitchen. Volunteers greeted diners and served lunch which began with Chicken

Enchilada Soup, served from 11:30-12:00. I saw Chicken Enchiladas had been served the previous day, indicating a good use of food resources. Our lunch was a generous portion of baked fish, wild rice and vegetables. A fruit cup and beverage choices were also provided.

Pegge, lead volunteer and Center Board Member, made announcements at the start of lunch introducing our subcommittee and the afternoon programs. Pegge chatted with us during lunch, saying over 200 home delivered meals are prepared daily, Monday-Friday, and delivered by volunteer drivers across nine zip codes. Diners make reservations for lunch and can be picked up by Center buses that make three trips into town from 9:00-11:00 AM and return participants from 1:00-3:00 PM all for a suggested contribution of $1.00 per ride.

We had hoped to see a nutrition education presentation, but the Center's executive director was not present. Subcommittee members will coordinate future congregate meal visits with Delilah so that we can plan to visit during another site's education program.

Maureen shared her impressions of the San Diego Food System Alliance annual gathering event she attended on October 5th. The focus was "nourishment"- how to nourish oneself and one another as program providers. The message was refreshing and a reminder that caregivers need respite and time to be nourished as well.

5. **Next Meeting:** November 4, 2026, at 1:00 PM

6. **Adjournment:** Meeting was adjourned at 12:40 PM

Respectfully submitted by Susan Mallett.