



Aging & Independence Services (AIS) Advisory Council Meeting Agenda

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](#)

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

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 July 8, 2026, Meeting Minutes (Action)*
- 4. General Discussion:**
 - a. Participate in Congregate Meal and Scheduled Nutrition Education, "Healthy Eating on a Budget"
- 5. Next Meeting:** November 4, 2026, 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

July 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:

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

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

Meeting Attendance

Members Present In Person:

1. Susan Mallett
2. Bradlyn Mulvey
3. Jacqueline Simon

Members Absent:

1. Maureen Phillips

Guests Present: None

AIS Staff Present:

1. Delilah Bisase

Meeting Minutes - Draft

1. **Call to Order:** Bradlyn Mulvey, Interim 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 May 6, 2026, Meeting Minutes (Action)*
[M/S – J. Simon / S. Mallett: Unanimous]
4. **General Discussion:**
 - a. Discuss Final Subcommittee Goals for the year 2026-2027:
 - The committee members note that they needed to finalize the goals for the council and it was reported that Susan sent the previous year's goals to Samantha for review. They discussed the elimination of two goals related to Cal Fresh and Food as Medicine.
 - As the meeting progressed, the committee acknowledged the need for more members, expressing concerns about the dwindling participation in



their committees. A couple of names were discussed for the possibility of joining the committee.

- The committee then focused on the ongoing dental health initiatives and the importance of collaborating with the Healthy Aging Subcommittee to address dental care for geriatric patients, particularly considering the challenges faced in accessing emergency dental services. The members also discussed the changes in CalFresh, noting the application process has now become more complicated, discouraging people from seeking assistance.
- Delilah Bisase, R.D., Public Health Nutrition Manager provided updates on the congregate meal settings and the placemat pilot project. She mentioned that while some sites were actively participating, others are still in the planning stages. The committee expressed interest in visiting various sites including Olive Wood Gardens, Gary and Mary West Wellness Center, and Mama's Kitchen to gain insights into their operations and educational programs.
- The discussion included the importance of having navigators or assistance for seniors applying for CalFresh, especially given the recent changes in the program. Dalilah agreed to follow up on whether congregate had personnel available to help with applications. The meeting concluded with a plan to reconvene in September to continue the discussion on site visits and the educational topics for the upcoming year.

5. Next Meeting: October 7, 2026, at 11:30 at the Ramona Senior Center, Congregate Meal Site

6. Adjournment: Meeting was adjourned at 2:05 PM

Respectfully submitted by Bradlyn Mulvey.