



*Advisory Council for Aging & Independence Services*

**NUTRITION SUBCOMMITTEE**

Sept. 3, 2025 | 1:00 PM

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

*Virtual Participation*

Meeting ID: 896 0847 3221

Passcode: 035415

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**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 July 9, 2025, Meeting Minutes (Action)\*
4. **General Discussion:**
  - a. Presentation by Paige Colburn-Hargis, Scripps Health Injury Prevention Community Outreach Coordinator  
Topic: Proposed Education promotion methods at Congregant Dining Sites (Virtual Visit)
5. **Next Meeting:** October 8, 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**

July 9, 2025 | 1 P.M.

Call In: (619) 343-2538

Phone Conference ID: 728 771 44#

Meeting ID: 231 545 090 575

Passcode: m8RV9Hh9

**MINUTES**

Members		Absent Members	Guests
Attendance:	Shirley King, Chair Bradlyn Mulvey Jacqueline Simon	Maureen Phillips Susan Mallett, Ex-Officio	
	<b>Staff</b>		
	Delilah Bisase, R.D., Public Health Nutrition Manager		
Item	Outcome		
1. Call to Order	Shirley King, Chair, 1 P.M. a. Welcome & Guest/Member Introductions b. Confirmation of Quorum (Three): (Quorum Met)		
2. Statement of (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 June 4, 2025, Meeting Minutes (Action) [M/S - Bradlyn Mulvey/Jacqueline Simon: Unanimous vote]		
4.	<ol style="list-style-type: none"> <li>Members gave their comments about the online experience to apply for CALFresh. The concerns about this process are length of time to apply and download documents (60 minutes); requirement to have access to a computer, an understanding of downloading documents; answering questions about sexual identity and specific declaration of Latino background; having all documents available. The site did have large print and an easy to read font and a clear direction to move on to the next page. All applicants must have a personal interview with a case worker.</li> <li>The annual goals were affirmed, and actions were proposed to pursue the recommendation of linking community outreach and Scripps Health to consider educational support at the congregate dining sites with daily placements printed with key information about CALFresh, oral health benefits, fall prevention tips etc. Delilah has been in communication with the County Community Outreach about the development of this tool with Scripps Health. The Subcommittee recommended having a virtual discussion with Paige Colburn-Hargis with Scripps Health Fall Prevention to explore how to create this mutual tool.</li> <li>Members discussed how to deepen the discussion of Food Is Medicine over this next year. Delilah shared the Food Is Medicine Coalition's recommended medically tailored meals and their components. She described that she completed the annual review for Mama's Kitchen, the only agency in the County offering MTM's. Members suggested that we have a further discussion with Mama's Kitchen about the procedures for following clients over a period with MTM's. Delilah suggested that we have a site visit to Mama's Kitchen to understand more fully how clients have continuing support throughout their disease trajectory. Shirley will arrange a visit in October or November. Members will look at the Call to Action from the</li> </ol>		

	<p>report of the American Heart Association (2023) to determine what research is further needed to build the programs with health care entities.</p> <p>4. Delilah reported about the Senior Farmers' Markets Vouchers. The vouchers (1200) have arrived and are ready for distribution to the senior agencies. It has been a slower process this year for Farmers' Markets to register as recipients - 3 out of 12. This year electronic cards will be used. The cards must be used by November 30<sup>th</sup>.</p>
5. Next Meeting	September 3, 2025, 1 P.M.
6. Adjournment	Meeting adjourned at 2:20 P.M.

Respectfully submitted by Shirley King.