



Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

February 10, 2020 | 5560 Overland Ave., Ste. 310, San Diego | 2:15 PM

AGENDA

*Attachment

1. **Call to Order:** Wanda Smith, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 3)
2. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of January 13, 2020 Meeting Minutes (Action)*
3. **Guest Speaker:** None
4. **Committee Goal Discussion***
 - a) Discuss and review long and short term goals
 - b) Develop timelines and schedule (Action)
5. **Position Paper**
 - a.) Discussion of Position Paper Goals
6. **Statement of Emphasis***
 - a.) Review the current statement of emphasis
 - b.) Review the proposed new statement of emphasis (Action)
7. **Next Meeting:**

Date: March 9, 2020

Time: 2:15 PM

Location: AIS, 5560 Overland Avenue, Suite 310, San Diego, CA 92123
8. **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
HEALTHY AGING SUBCOMMITTEE
 JANUARY 13, 2020 | 2:15 p.m.
 5560 Overland Ave, Suite 310, San Diego, CA 92123

MINUTES - DRAFT

Members		Absent Members	Guests
Attendance:	Diana Milburn Wanda Smith Rosemarie Bahmani Jackie Simon	Khalisa Bolling Enrique Melgar	
Staff			
None			
Item	Outcome		
1. Call to Order	(Diana Milburn), Chair, (2:15 P.M.) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (4 for quorum): (Quorum was present)		
2. Standard Business	a. Public Comments/Announcements: Members or non-members: (list announcements) - Chairwoman Diana Milburn submitted her resignation of chair of the sub-committee b. Approval of (December 9, 2019) Meeting Minutes (Action) - Rosemarie Bahmani made motion to accept the minutes/ Wanda Smith seconding. Unanimous vote to adopt the minutes		
3. Guest Speaker	a. Feeling Fit, Robert Rodriguez – Mr. Rodriguez presented on the Feeling Fit program.		
4. Committee Goal Discussion	2020 Goals – The subcommittee began this review. a. Discuss and review long term goals b. Break down into short term goals		
5. Position Paper	a. Discuss and review outline – The subcommittee discussed the framework of what should be included. b. Decide areas of expertise for writing – The subcommittee selected areas upon which to write.		
7. Next Meeting	Monday, February 10, 2020, 2:15 p.m., 5560 Overland Ave., Suite 310, San Diego, CA 92123		
6. Adjournment	Meeting adjourned 3:15 p.m.		

Respectfully submitted by Wanda Smith

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

Goals 2019 – 2022

Updated October 2019

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

CURRENT GOALS

Directions: Do not delete any rows or goals. **Goal** or **Timeline** columns: Update text if desired. **Progress Made** column: Briefly state progress to date. **Status for Next Year** column: Enter one of the options listed.

If Retiring Goal column: briefly document your logic for retiring the goal – We were required to report these goals to the County Board of Supervisors annually. **Unanticipated Accomplishments** section: Add any!

#	Goal	Timeline	Live Well San Diego / Age Well San Diego Alignment	Progress Made (if no progress, state "none")	Status for Next Year (Completed, Continue, Change, or Retire)	If Retiring Goal, document reasons.
[INSERT]						
H1	Research and prepare a position paper ¹ for two priority areas of healthcare.	May 31, 2020	Health Health & Community Support	Defined priority Areas: 1) Physical Wellbeing Mental Health	Continue	
H2	Participate on the Age Well San Diego Health & Community Support Committee.	Ongoing	Health Health & Community Support	Members made aware of expectation to become involved with AWSD & CSC	Continue	
H3	Monitor and advise on AIS programs:	See below	Health Health & Community Support	All members continue to explore new opportunities and oversight	Continue	
H4	Senior Fitness (Feeling Fit, Fall Prevention, etc.)	July 2019	Health Health & Community Support	Members continue to explore and promote data based findings with SDC	Continue	
TECHNOLOGY						
T1	Identify ways that advanced technology can assist older adults and recommend: 1) application of the technology to one or more AIS programs, and/or 2) a media campaign to educate older adults.	Dec. 2019	TBD TBD	Members continue to do research on these exciting new communication/educational tools	Continue	
UNANTICIPATED GOALS & ACCOMPLISHMENTS						
U1	None at the moment					
U2						
U3						

¹ Position papers should include legislative recommendations for County support and application to AIS programs, if advisable.

NEW GOALS

Directions: *Goal Category* column: Add a high-level category under which to place your goals. *Goal:* Briefly state your goal. *Timeline:* Add your target completion date. *Alignment:* Add the related [Live Well San Diego indicator](#) that this goal supports (Community, Health, Knowledge, Standard of Living, Social) and/or [Age Well San Diego](#) (Dementia Friendly, Health & Community Support, Housing, Social Participation, Transportation).

#	Goal Category	Goal	Timeline	Live Well San Diego / Age Well San Diego Alignment
1	Create a SD County sponsored Hospital Summit specifically focusing on geriatric physical & mental health and wellbeing (preventative & otherwise)	To bring attention to the specific health needs of the growing aging population by facilitating the sharing of best practices and a cross-pollination of ideas by all of San Diego’s hospitals and healthcare providers. Further, to allow for the County’s senior population to have to direct input the above-mentioned process.	Hosted yearly. First Hospital Summit to take place by end of 2020 or early 2021	Dementia Friendly, Health & Community Support, Social Participation
2	Institute a brief review of pertinent federal, state and local legislation and issues at each committee meeting	To keep abreast of those laws/issues affecting the physical and mental health of seniors, most importantly budgetary/funding issues and sources.	Ongoing	Knowledge
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4				
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STATEMENT OF EMPHASIS
HEALTHY AGING SUBCOMMITTEE

Healthy Aging to expand the current and develop new programs to provide *evidence based Community-wide programs to reduce the impact of disease and chronic disabilities and encourage the promotion of preventive measures to eliminate or reduce the occurrence of new diseases and disabilities.*