Advisory Council for Aging & Independence Services
NUTRITION SUBCOMMITTEE
Jan. 11, 2021 | 10:30 AM

Virtual Meeting

Call in: 1 (669) 900-9128
Meeting ID: 931 0213 2512
Passcode: 383698

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Members of the public who wish to speak to an agenda item may call 858-495-5566 before the meeting
and provide the last four digits of their phone number and the agenda item they wish to speak to.

AGENDA   *Attachment

1. **Call to Order**: Susan Mallett, 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 February 10, 2020 Meeting Minutes (Action)*

3. **Guest Speaker**: n/a

4. **Subcommittee Goal Discussion**

    a. Review of AIS Performance Standards, Goals 2019-2022, Pertaining to Nutrition*

    b. General Discussion: Committee Activities for 2021

5. **Next Meeting**: Feb. 8, 2021

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.

February 10, 2020 | 11:00am
Date   Time
5560 Overland Ave., Ste. 310, San Diego

MINUTES

	Members	Absent Members	Guests
Attendance:	Kim Tran, Paul Monarrez, Chris Maeoka		Jacqueline Simon
	Staff		

Item	Outcome
1. Call to Order	**Chris Maeoka, Chair, called meeting to order at: 11:00am** a. Welcome & Guest/Member Introductions b. Confirmation of quorum (2 required for quorum): __3___ present at call to order
2. Standard Business Names are noted when vote is not unanimous	a. Public Comments/Announcements: Members or non-members: None b. Approval of (insert date) Meeting Minutes (Action) **Motion Kim / Second Paul** **Aye: 3** **Nay: 0** **Abstain: 0**
3. Discussion	Debrief of Encinitas Community and Senior Center visit Review of Nutrition Goals* (Attached) N1: Paul to check with Chamber of Commerce on other places that Older Adults meet/gather N2, N3, N4: • Chris to get County Nutrition survey results • Team to brainstorm questions to ask Nutrition Managers in survey • Research diversity in ethnic meal offerings
4. Next Meeting	Date: March 9th, 2020 Time: 11 am Location: AIS offices
5. Adjournment	Meeting adjourned at: 11:50a

Respectfully submitted by: C. Maeoka

ADVISORY COUNCIL FOR AGING & INDEPENDENCE SERVICES
Goals 2019 – 2022
Updated October 2020

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.

#	Goal	Timeline	Alignment: *Live Well San Diego* **Area of Influence** Aging Roadmap **Focus Area**
AREA PLAN FOR PSA 23			
A3	Advise on updates of the FY 2021-2022 and FY 2022-2023 Area Plan updates.	Mar – May annually	N/A - all encompassing
HEALTHCARE & BEHAVIORAL HEALTH			
HB1	Research and prepare a position paper[1] for two priority areas of healthcare.	May 31, 2021	*Health* Medical & Social Services
HB2	Participate on the Age Well San Diego Health & Community Support Committee.	Ongoing	*Health* Health & Community Support
HB3	Research where the older adult population meets and its relationship to communities, nutrition, socialization, and geography, and prepare report on findings and recommendations.	July 2021	*Social* Social Participation
HB4	Develop recommendations to increase the number of older adults attending the dining sites focusing on older adults who have the greatest economic or social need.	July 2021	*Social (includes food insecurity)* Medical & Social Needs
HB5	Develop recommendations to decrease hunger and food insecurity and adverse health conditions resulting from poor nutritional health.	July 2021	*Social (includes food insecurity)* Medical & Social Needs
HB6	Develop recommendations to enhance nutritional quality through increasing fruit and vegetable consumption.	July 2021	*Health* Medical & Social Services
HB7	Monitor and advise on AIS programs:	Ongoing	N/A - all encompassing
HB7a	Congregate Meals (Title III C1)	Ongoing	*Social (includes food insecurity)* Medical & Social Needs
HB7b	Home-Delivered Meals (Title III C2)	Ongoing	*Health* Medical & Social Services
HB7c	SNAP-Ed	Ongoing	*Social (includes food insecurity)* Medical & Social Needs
HB7d	Transportation to Dining Sites (Title III B)	Ongoing	*Social (includes food insecurity)* Medical & Social Needs

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

#	Goal	Timeline	Alignment: *Live Well San Diego* **Area of Influence** / Aging Roadmap **Focus Area**
HB7e	Senior Fitness (Feeling Fit, Fall Prevention, etc.)	July 2021	*Health*
			Medical & Social Needs
HOUSING & TRANSPORTATION			
H1	Study housing for older Americans and prepare a position paper[1]. Consider options such as home sharing and other models.	May 31, 2021	*Standard of Living*
			Housing
H2	Participate on the Age Well San Diego Housing and Transportation Committees.	Ongoing	*Standard of Living; Community*
			Housing; Transportation
H3	Identify the connections between transit, smart housing placement, and aging in place, and develop an action plan and policy recommendations for AIS approval.	September 30, 2021	*Standard of Living; Community*
			Housing; Transportation; Medical & Social Services
H4	Monitor and advise on AIS programs:	Ongoing	N/A - all encompassing
H4a	AIS Housing & Transportation committee review access to services at AIS dining sites and within SOAR.	September 30, 2021	*Standard of Living; Community*
			Housing
H4b	AIS interface with County housing and homelessness initiatives.	Ongoing	*Standard of Living*
			Housing
H5	Monitor progress and participate in creating and evaluating solutions that align with the Thriving component of the *Live Well San Diego* vision, particularly related to: a. Support availability and affordability of housing for all community members. b. Create more accessible housing for seniors and people with disabilities to live independently. c. Expand crime-free multi-family projects linked to economic opportunities for residents.	Ongoing	*Standard of Living* Housing
H6	Support goals to make our roads, highways and streets safer and friendlier for bicyclists, walkers, including older adults & people with disabilities, and public transit riders.	Ongoing	*Community*
			Transportation
LEGISLATION			
L1	Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation.	May 31 annually	N/A - all encompassing
LONG TERM CARE/RESPITE/IN-HOME CARE			
LT1	LTC Ombudsman Committee: Monitor Choose Well and make recommendations for enhancements or changes.	Ongoing	*Health*
			Health & Community Support
LT2	ASC Committee: Study and promote expansion of respite/adult day care programs, in-home services, and affordable facility care as alternatives to nursing home care.	May 2022	*Health*
			Health & Community Support
LT3	ASC Committee: For each core focus area listed below, identify key areas of concern and the network relationship between them, seek input from stakeholders or program managers with	May 2022	*Health*

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#	Goal	Timeline	Alignment: *Live Well San Diego* **Area of Influence** Aging Roadmap **Focus Area**
	subject matter expertise, provide input on action plans, and participate in recommendation of policy for AIS Council consideration.		Medical & Social Services
LT3a	AIS Call Center	May 2022	*Health*
			Medical & Social Services
LT3b	Care Coordination programs	May 2022	*Health*
			Medical & Social Services
LT3c	AIS Case Management programs	May 2022	*Health*
			Medical & Social Services
LT3d	Person-centered care management	May 2022	*Health*
			Medical & Social Services
LT3e	ADRC designation status	May 2022	*Health*
			Medical & Social Services
LT4	LTC Ombudsman Committee: Monitor legislation proposals and changes related to SNFs and RCFEs and advise AIS.	Ongoing	*Community*
			Safety
LT5	LTC Ombudsman Committee: Monitor Ombudsman program standard of operations, goals, and performance and advise AIS.	Ongoing	*Community*
			Safety
LT6	LTC Ombudsman Committee: Explore ways the subcommittee can influence the quality of care delivered in San Diego County's Long Term Care Facilities.	2020-2021	*Community*
			Safety
LT7	ASC Committee: Evaluation of AIS programs and AIS-funded programs:	May 2021	N/A - all encompassing
LT7a	Measure effectiveness of current AIS programs in offering alternatives to nursing home placement.	May 2021	*Health*
			Medical & Social Services
LT7b	Identify gaps in services and ideas for programs that would benefit more San Diego older adults and family caregivers	May 2021	N/A - all encompassing
LT7c	Produce a position paper[1] for presentation to AIS leadership	May 2021	N/A - all encompassing
TECHNOLOGY			
T1	Each committee 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.	See below	N/A - all encompassing
T1a	Adult Services Connection	May 2022	N/A - all encompassing
T1b	Area Plan	January 2021	N/A - all encompassing

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#	Goal	Timeline	Alignment: _Live Well San Diego_ **Area of Influence** Aging Roadmap **Focus Area**
T1c	Health & Nutrition	December 2021	N/A - all encompassing
T1d	Housing & Transportation	September 2021	N/A - all encompassing
T1e	Long Term Care Facilities & Ombudsman Subcommittee will explore and report on the use of voice recognition technology ("Alexa") in the RCFE setting. Topics to focus on: Benefits to residents, challenges, cost, and privacy concerns.	December 2021	N/A - all encompassing

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