



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

February 3, 2022 | 10:00 A.M.

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

[Join Zoom Meeting](#)

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:** Wanda Smith, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 4)
2. **Continuance of Teleconferencing Meeting Option Pursuant to Government Code Section 54953(e)** (Action)
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of January 6, 2022 Meeting Minutes (Action)*
4. **Guest Speaker:** Jean Kerr, Director of Programming, Tierrasanta Village of San Diego
5. **Next Meeting:** March 3, 2022 at 10:00 AM
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

HEALTHY AGING SUBCOMMITTEE

January 6, 2022 | 10:00 AM

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

[Click to join meeting](#)

MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith LaRue Fields Paul Ling Susan Mallett Bradlyn Mulvey Lorelei Taylor Eugenia Welch, community member		
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, 10:04 AM a. Welcome & Guest/Member Introductions b. Confirmation of quorum: (4 required for quorum): 6 present		
2. Continuance of Teleconferencing Meeting Option Pursuant. to Government Code 54953(e)	a. Approval of teleconference meeting (Action) (M/S: Ling/Fields) 6 ayes		
3. Standard Business	a. Public Comments/Announcements: Members or non-members n/a b. Approval of December 2, 2021, Meeting Minutes (Action) (M/S Ling/Mulvey) passed 6 ayes		
4. Discussion: a. Seniors Living Alone in San Diego County-Draft b. 2017 San Diego County Demographic Spreadsheet	<p>a. Wanda introduced the draft document, Seniors Living Alone in San Diego County. The introductory paragraph was discussed and the key areas of interest for the committee identified as prevention, disaster preparedness and healthy living. Susan agreed to write a sentence giving an example of a prevention area.</p> <p>The most recent federal statistics of those 65 yrs. + living alone are included and Eugenia noted the 2020 census data is due by August 16, 2022. She said that one in four San Diegans with dementia live alone, adding dementia is isolating by itself but is compounded when one lives alone.</p> <p>The draft's list of five risk factors, that may impact a person's life when living alone, were reviewed. The group suggested added a sixth factor of lack of community and/or transportation that may lead to a person seeking preventative medical and dental care. Additionally, this factor might be moved to the second item on the list in importance or impact on one's life.</p> <p>The group briefly discussed the final portion of the draft regarding AIS programs and how they currently address the stated risk factors. A question was raised about the Vial of Life and whether it includes a next of kin and if not, should an emergency contact be added?</p> <p>Bradlyn described a Solo Agers Group in the Tierrasanta Village and how the group was developing a handbook for those helping village members living alone. She and Wanda agreed to explore the possibility of a speaker from this village group.</p> <p>Wanda asked the group to continue reviewing the draft and think of how to refine the title of the document. Lorelei added we need to think about "our ask" of AIS rather than merely providing more data.</p> <p>b. Brief review of the 2017 demographic spreadsheet for those age 65, living in households and alone, in various San Diego County communities.</p>		
5. Next Meeting	February 3, 2022 10:00 AM Virtual		
6. Adjournment	Meeting adjourned 11:00 AM		

Respectfully submitted by Susan Mallett