



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
HEALTHY AGING SUBCOMMITTEE

April 7, 2022 | 10:30 A.M.

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

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AGENDA

*Attachment

1. **Call to Order:** Wanda Smith, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 3)
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 February 3, 2022 Meeting Minutes (Action)*
4. **Guest Speaker:** Catherine Ayers, Ph.D., ABPP, Section Chief at the VA San Diego Healthcare System (VASDHS) and Professor in the University of California San Diego (UCSD) Department of Psychiatry
5. **Next Meeting:** May 5, 2022 at 10:30am
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

February 3, 2022 | 10:00 AM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

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MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith LaRue Fields Paul Ling Susan Mallett Bradlyn Mulvey Lorelei Taylor John Osborne	Eugenia Welch, community member	Jean Kerr, Tierrasanta Village of San Diego
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, 10:02 AM a. Welcome & Guest/Member Introductions b. Confirmation of quorum: (4 required for quorum): 6 present at time of roll call		
2. Continuance of Teleconferencing Meeting Option Pursuant. to Government Code 54953(e)	a. Approval of teleconference meeting (Action) (M/S: Fields/Mulvey) 6 ayes (Osborne joined after vote)		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Wanda contacted AIS staff for any updates on the Power of Walking recommendations, nothing further has occurred since local walking groups information was posted on the website of AIS's Health Promotion section. Committee agreed we should check periodically for updates. b. Approval of January 6, 2022, Meeting Minutes (Action) (M/S Mulvey/Fields) 6 ayes (Osborne joined after vote)		
4. Guest Speaker Jean Kerr, Director of Programming, Tierrasanta Village of San Diego	Jean leads the Solo Agers group, comprised of Village residents who live alone, have no local support system and/or who are recently widowed. Jean has occasionally brought speakers including a gerontologist from San Francisco. Viewing a YouTube video of Betty Burr, a transition Steps Consultant, helped focus their goals to help solo agers meet their needs at the end of life. A team of six to eight regular participants has been focused on these essential topics/questions, 1. Do you have a Health Care Directive, who knows your wishes and will follow them? 2. Who will manage your finances, access bank accounts and pay obligations? How to dispose of your property etc.? 3. What's most important now in your later years, who can help you and where do you want to spend your final days? A study group meets to share documents they have assembled through trusts etc. Jean noted they have learned different forms exist for similar purposes. These examples have been helpful as members have become more organized for example using plastic sleeves in a binder to easily update information. She added the importance of including insurance policies and LTC coverage as well as documents related to prior marriages. It's also important to document who to notify upon your death and what funeral/burial arrangements have been made. Some members have written their own obituaries, to document what they want others to know about their lives. Wanda added she has become an informal obituary writer for a group of her friends.		

	<p>The Village group plans to put a manual together for solo agers on how to assemble all the documents that address the essential topics mentioned earlier. Jean added Village members are aging in place together. In summary she added It's important to admit you need to do it and following through by pulling the documents together.</p> <p>John shared recent conversations with Board of Supervisors emphasized the need for senior education on gathering resources and documents online.</p>
2. Next Meeting	Group agreed to change meeting time to 10:30 am to accommodate all members. March 3, 2022 10:30 AM Virtual
Adjournment	Meeting adjourned 10:54 AM

Respectfully submitted by Susan Mallett