



Advisory Council for Aging & Independence Services
HEALTHY AGING SUBCOMMITTEE

June 3, 2021 | 10:00 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. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of May 6, 2021 Meeting Minutes (Action)*
3. **Guest Speakers:** Connie German-Marquez MFT, Behavioral Health Coordinator, Dr. Piedad Garcia EdD, LCSW, Deputy Director, Adult and Older Adult Systems of Care
4. **Next Meeting:** July 1, 2021, 10:00 a.m.
5. **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

May 6, 2021 | 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 Lorelei Taylor Khalisa Bolling (community member) Eugenia Welch (community member)		Jennifer Sovay Kristen Smith Roberto Ramirez
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, 10:00 AM a. Welcome & Guest/Member Introductions b. Confirmation of quorum: (3 required for quorum): 5 present		
2. Standard Business	a. Public Comments/Announcements: Members or non-members: (list announcements) Wanda noted Senior Rally Day was a success. LaRue commented on AIS budget subcommittee and raised concern re: so little money budgeted for mental health services. b. Approval of April 1, 2021 Meeting Minutes (Action) (M/S Ling/Fields) passed 4 eyes, 1 abs (P. Ling).		
3. Guest Speakers: Khalisa Bolling	Wanda and Khalisa shared highlights of the Power of Walking position paper. Khalisa shared some slides with significant statistics and features of the UCSD Peer Empowerment walking program, noting positive outcomes for the participants. Committee believes a countywide senior walking program can be safely implemented now as the COVID restrictions are easing.		
4. Special Guests: Jennifer Sovay, AIS Health and Engagement Acting Deputy Director Kristen Smith, Chief-Agency Operations Roberto C. Ramirez, MPH, CPH, Health Promotion Manager	General discussion about benefits of walking and physical activity. Robert mentioned he has introduced CalFresh nutrition classes to programs such as “walk with ease” a program through Catholic Charities. He added he thought the committee’s walking program could be added to Health Promotion programs. Kristen asked committee’s thoughts about walking program as far as a stand-alone program or should it be combined with other AIS program offerings? General discussion re: how to create a structured walking program and next steps. Kristen noted there is an evidence-based process to get a health promotion program approved through federal OAA such that funding would be available, Khalisa aware of the process and said UCSD has started the process. Kristen said promoting the benefits of walking in general was doable and could be a future AIS newsletter article. Wanda summarized this discussion and Kristen agreed the AIS Health Promotion Team can review the walking program over the summer and return to the committee with ideas in Sept.		
5. Next Meeting	June 3, 2021 10:00 AM Virtual		
Adjournment	Meeting adjourned 11:06 AM		

Respectfully submitted by Susan Mallett