



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

October 7, 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 September 2, 2021 Meeting Minutes (Action)*
3. **Discussion:** The Power of Walking-Next Steps
4. **Next Meeting:** November 4, 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

September 2, 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 Lorelei Taylor	Susan Mallett	
Staff			
	Robert Ramirez Nicole Phonharath		
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, 9:04 AM a. Welcome & Guest/Member Introductions b. Confirmation of quorum: (3 required for quorum): 4 present		
2. Standard Business	a. Public Comments/Announcements: Members or non-members: (list announcements) LaRue Fields, the Older Adult Mental Health Council meeting and minutes available b. Approval of September 2, 2021 Meeting Minutes (Action) (M/S Fields/Ling) passed 4 ayes.		
3. Presentation:	Robert Ramirez and his team conducted an environmental scan of walking programs out in the community. Nichole Phonharath vetted the groups and established a web site of walking programs and will update regularly. Phonharath provided a link on how to start a walking group. The committee appreciated the fine work of Roberto and his team.		
4. Next Meeting	October 7, 2021 10:00 AM Virtual		
Adjournment	Meeting adjourned 10:38 AM		

Respectfully submitted by Wanda Smith