



LIVE WELL  
SAN DIEGO

## Advisory Council for Aging & Independence Services

December 13, 2021 | 12:00 p.m.

Virtual Meeting

Call in: 1 (669) 900-9128

Meeting ID (access code): 992 5390 3588

Passcode: 251412

Click here to [Join Zoom Meeting](#)

### AGENDA

\* (attachment)

1. **Call to Order:** John Osborne, Chair
  - a. Welcome & Pledge of Allegiance
  - b. Guest/Member Introductions
  - c. Confirmation of Quorum (quorum = 12)
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 November 8, 2021 Meeting Minutes (Action)\*
4. **Guest Speakers**
  - a. *Live Well San Diego* Annual Report: Shelly Tregembo, Program Coordinator, Office of Strategy and Innovation
  - b. Ombudsman Annual Report: Sunita Upchurch and Jessica Salazar, Ombudsman Program Supervisors
5. **AIS Director's Items** (Possible action)
  - a. Board Letters: N/A
  - b. AIS Director's Update
  - c. Legislative Update
6. **Executive & Membership Subcommittee Report/Other Business** (Possible action)
  - a. Chair's Report: John Osborne, Chair
    - i. Ancillary Subcommittee Appointments
      - a) Healthy Aging Subcommittee: Appointment of Bradlyn Mulvey (Action)
    - ii. Auxiliary Subcommittee Appointments
      - a) North County Action Network (NorCAN): Appointment of Martha McCarthy (Action)
  - b. Membership Report: Susan Mallett, Secretary



- c. Board of Supervisors Annual Visits (Dates posted as confirmed):
  - i. District #1: Vargas [Garbanzos/Larkins] 11/18/2021
  - ii. District #2: Anderson [Splitgerber/Nocon] 8/24/2021
  - iii. District #3: Lawson-Remer [King/Osborne] 3/4/2021
  - iv. District #4: Fletcher [Villafana/Flynn] TBD (2021)
  - v. District #5: Desmond [Simon/Weber] 1/14/2021

**7. Ancillary Subcommittee Oral Reports** (Possible action)

- a. LTC Ombudsman/Facilities (met 7/15/21): Joe Garbanzos, Chair
- b. Healthy Aging (met 12/2/21): Wanda Smith, Chair
- c. Housing (met 12/2/21): Paul Ling, Chair
- d. Nutrition (met 11/30/21): Susan Mallett, Chair

**8. Auxiliary Liaison Written Reports** {See Addendum}\*

**9. Other Announcements**

**10. Adjournment & Next Meetings:**

When in-person, meetings are held at 5560 Overland Ave. Ste. 310, San Diego, 92123

Virtual meeting details are included on agendas at [www.aging.sandiegocounty.gov/AISAdvisoryCouncil](http://www.aging.sandiegocounty.gov/AISAdvisoryCouncil)

**Council Meeting:** January 10, 2022, 12:00pm

**Future Subcommittee Meetings:**

➤ LTC Ombudsman/Facilities:	12/16/2021	10:30 a.m.	[3 <sup>rd</sup> Thursdays]	Virtual
➤ Executive & Membership:	12/20/2021	10:30 a.m.	[4 <sup>th</sup> Mondays]	Virtual
➤ Nutrition:	1/4/2022	1:00 p.m.	[1 <sup>st</sup> Tuesdays]	Virtual
➤ Healthy Aging:	1/6/2022	10:00 a.m.	[1 <sup>st</sup> Thursdays]	Virtual
➤ Housing:	1/27/2022	12:00 p.m.	[4 <sup>th</sup> Thursdays]	Virtual

*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.

**Aging & Independence Services Advisory Council**  
**Monday, November 8, 2021 | 12:00pm – 2:00pm**  
**Call in: 1 (669) 900-9128**  
**Meeting ID (access code): 992 5390 3588 | Passcode: 251412**

**MINUTES – DRAFT**

Members		Absent Members		Guests
Attendance	Judi Bonilla Faye Detsky-Weil La Rue Fields Monica Flynn Joe Garbanzos Stephen Huber Shirley King Ethel Larkins Paul Ling Chris Maeoka	Susan Mallett Martha McCarthy Paul Monarrez Molly Nocon John Osborne Jacqueline Simon Wanda Smith Lorelei Taylor Darlene Weber	Morgan Cadmus Thomas Splitgerber Luz Villafana	Thomas Johnson (PA) Bradlyn Mulvey Roberto Velasquez (SCRC)
	Distinguished Merit Recipients		Staff	
			Kendall Bremner Naomi Chavez Wendy Contreras Kim Gallo Samantha Hasler	Jana Jordan Mary Grace Sadile Jennifer Sovay Brynn Viale
Item	Outcome			
1. Call to Order	<b>John Osborne, Chair, 12:00pm</b> a. Welcome & Pledge of Allegiance b. Guest/Member Introductions c. Confirmation of Quorum: <b>15 present at this time.</b>			
2. Continuance of Teleconferencing Meeting Option: AB 361	a. Executive Order 29-20, which allowed local or state bodies to participate in meetings remotely, ended on September 30, 2021. Effective October 1, 2021 Assembly Bill (AB) 361 amends government code 54593 to add sub-section e, which allows suspension of general teleconferencing rule if there is a proclaimed state of emergency and state or local officials have imposed or recommended measures to promote social distancing. <ul style="list-style-type: none"> <li>• On September 23, Dr. Wooten (Public Health Officer) released a health recommendation stating that utilizing teleconferencing options for public meetings is effective and a recommended social distancing measure to facilitate participation in public affairs.</li> <li>• AB 361 requires renewal of resolution every 30 days.</li> </ul> b. Action to approve renewal resolution to continue to allow Teleconferencing Meeting Option (Action)* <b>[M/S – L. Fields/P. Ling (Passed with 15 votes)]</b>			
3. Standard Business	a. Public Comments/Announcements: Members or non-members <ul style="list-style-type: none"> <li>• L. Fields suggested adding pronouns next to your name on the Zoom screen.</li> <li>• S. Mallett shared the San Diego Hunger Coalition hosting virtual event on 11/16 from 10am-12pm with panel about Solutions to Hunger – The Road Forward.</li> <li>• F. Detsky-Weil shared its Medicare open enrollment time.</li> <li>• J. Bonilla shared Circulate San Diego having meeting on SANDAG Reboot.</li> <li>• T. Johnson shared Public Authority is having their annual caregiver recognition event on 11/19 with special speaker Terra Lawson-Remer.</li> <li>• W. Smith shared the CA Department of Health issued an update on current data on the state on Dementia and Alzheimer's.</li> </ul> b. Approval of October 11, 2021 Meeting Minutes (Action)* <b>[M/S – L. Fields/E. Larkins (Passed with 14 votes)]</b>			
4. Guest Speakers	a. Roberto Velasquez, President and CEO of Southern Caregiver Resource Center (SCRC). Highlights included: <ul style="list-style-type: none"> <li>• SCRC is the leading nonprofit organization in SD County providing free supportive services to family caregivers.</li> <li>• Qualified individuals include anyone caring for someone who has suffered a cognitive impairment after the age of 18 or a frail older adult who is 60 years or older.</li> <li>• SCRC supports clients with a family consultant, support groups, counseling, legal &amp; financial consultation, education and training, and respite.</li> </ul>			

	<ul style="list-style-type: none"> <li>• <a href="http://www.caregivercenter.org">www.caregivercenter.org</a></li> </ul>															
5. AIS Director's Items (possible action)	<p>a. Board Letters: None</p> <p>b. AIS Directors Update:</p> <ul style="list-style-type: none"> <li>• Aging Roadmap <ul style="list-style-type: none"> <li>○ K. Gallo presented update on the Aging Roadmap at the 11/2/21 BOS Meeting and the Board was impressed and supportive. Thanked Council for their input and participation on these programs that further advance AIS work.</li> </ul> </li> <li>• Vaccine/COVID Update <ul style="list-style-type: none"> <li>○ AIS Staff continues to lead the Older Adult &amp; Disability Sector and send an e-blast every two weeks to the community on the latest information but are now adding in short presentations for community members who attend other committees that are coordinated by AIS.</li> <li>○ AIS Staff continues to lead the homebound San Diegans Vaccine Program, which is now providing booster shots.</li> </ul> </li> <li>• Events <ul style="list-style-type: none"> <li>○ First ever Age Friendly Film Festival at the Reading Cinemas in Clairemont Town Center on November 13<sup>th</sup> at 4:00pm.</li> <li>○ Virtual Live Well Advance is happening on November 17<sup>th</sup> &amp; 18<sup>th</sup> with the theme being <i>Recover, Renew and Reconnect</i>.</li> <li>○ "Caregiving &amp; Holidays – from Stress to Success" virtual event happening on 12/2 from 9:30 – 12:45.</li> <li>○ All events can be found on <a href="http://aging.sandiegocounty.gov">aging.sandiegocounty.gov</a>.</li> </ul> </li> <li>• Other <ul style="list-style-type: none"> <li>○ Recognizing APS Employees for their participation as sponsors at the NAPSA (National Adult Protective Services Association) Conference. Chris Alire will receive an award for her outstanding contribution to APS throughout her career.</li> </ul> </li> </ul> <p>c. Legislative Update: None</p>															
6. Executive & Membership Subcommittee (met 11/01/2021) Report/Other Business (possible action)	<p>a. Chair's Report: John Osborne, Chair</p> <p>i. Standing Subcommittee Appointments</p> <p>a) Executive &amp; Membership Subcommittee: Appointment of Susan Mallett to Secretary (Action)*</p> <p><b>[M/S – L. Fields/W. Smith (Passed with 18 votes)]</b></p> <p>ii. Ancillary Subcommittee Appointments:</p> <p>a) East County Action Network (ECAN): Accept Resignation of Lorelei Taylor (Action)*</p> <p><b>[M/S – E. Larkins/F. Detsky Weil (Passed with 18 votes)]</b></p> <p>b. Membership Report: Secretary</p> <p>i. Accept Resignation of Jack Miller (Action)*</p> <p><b>[M/S – F. Detsky-Weil/ P. Monarrez (Passed with 18 votes)]</b></p> <p>ii. Appoint Bradlyn Mulvey to Seat #22 (Action)*</p> <p>a) Seat #22, effective immediately, to expire 7/8/2023</p> <p><b>[M/S – L. Fields/C. Maeoka (Passed with 18 votes)]</b></p> <p>c. Board of Supervisors Annual Visits (Dates posted as confirmed):</p> <table border="0"> <tr> <td>i. District #1: Vargas</td> <td>[Garbanzos/Larkins]</td> <td>11/18/2021</td> </tr> <tr> <td>ii. District #2: Anderson</td> <td>[Splitgerber/Nocon]</td> <td>8/24/2021</td> </tr> <tr> <td>iii. District #3: Lawson-Remer</td> <td>[King/Osborne]</td> <td>3/4/2021</td> </tr> <tr> <td>iv. District #4: Fletcher</td> <td>[Villafana/Flynn]</td> <td>TBD (2021)</td> </tr> <tr> <td>v. District #5: Desmond</td> <td>[Simon/Weber]</td> <td>1/14/2021</td> </tr> </table>	i. District #1: Vargas	[Garbanzos/Larkins]	11/18/2021	ii. District #2: Anderson	[Splitgerber/Nocon]	8/24/2021	iii. District #3: Lawson-Remer	[King/Osborne]	3/4/2021	iv. District #4: Fletcher	[Villafana/Flynn]	TBD (2021)	v. District #5: Desmond	[Simon/Weber]	1/14/2021
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7. Ancillary Subcommittee Oral Reports	<p>a. LTC Ombudsman/Facilities (met 7/15/21)</p> <ul style="list-style-type: none"> <li>• Looking to recruit new members.</li> </ul> <p>b. Healthy Aging (met 11/4/2021): Wanda Smith, Chair</p> <ul style="list-style-type: none"> <li>• Committee is moving forward on creating a fact sheet on seniors living alone as well as the mental health and dementia approach.</li> </ul> <p>c. Housing (met 11/4/2021): Paul Ling, Chair</p> <ul style="list-style-type: none"> <li>• Had speaker Nicole Dejong from the AIS Call Center do an overview and cover what kind of calls they receive related to housing &amp; senior housing, wait list for section 8.</li> </ul> <p>d. Nutrition (met 11/4/2021): Susan Mallett, Chair</p> <ul style="list-style-type: none"> <li>• Discussed ways to find data on senior food and nutrition security.</li> </ul>															
8. Auxillary Liaison Written Reports	i. See Addendum															
9. Other Announcements	a. CSL Caucus Report: Susan Mallett, Local Caucus Chair															

10. Adjournment & Next Meetings

a. Meeting adjourned: 1:35 pm

**Council Meeting:** December 13, 2021, 12 noon

(When in-person, meetings are held at 5560 Overland Ave., San Diego, 92123. Virtual meeting details will be included in agendas posted online 72 hours before meetings at

[www.aging.sandiegocounty.gov/AISAdvisoryCouncil.](http://www.aging.sandiegocounty.gov/AISAdvisoryCouncil.))

**Future Subcommittee Meetings**

➤ <b>LTC Ombudsman/Facilities</b>	11/18/2021	10:30 am	3 <sup>rd</sup> Thursdays	Virtual
➤ <b>Executive &amp; Membership</b>	11/29/2021	10:30 am	4 <sup>th</sup> Mondays	Virtual
➤ <b>Healthy Aging</b>	11/30/2021	10:00 am	1 <sup>st</sup> Thursdays	Virtual
➤ <b>Housing</b>	12/2/2021	12:00 pm	4 <sup>th</sup> Thursdays	Virtual
➤ <b>Nutrition</b>	12/2/2021	1:00 pm	1 <sup>st</sup> Tuesdays	Virtual

*Minutes respectfully submitted by Kendall Bremner*

**Auxiliary Liaison Written Reports**

<b>CAREGIVER COALITION</b>			
COUNCIL CONTACT	Ethel Larkins	TIME PERIOD	
<b>FALL PREVENTION (FP)</b>			
COUNCIL CONTACT	Martha McCarthy	TIME PERIOD	November 2021
<p>Suzie Ryer and Ann Gallo of the Milwaukee Falls Prevention Coalition and Melissa Luxton of the Arizona Falls Prevention Coalition shared many successful strategies, including how their coalitions are adapting to the COVID-19 pandemic. The committee is dark in December; next meeting is January 18<sup>th</sup> at 11am.</p>			
<b>HEALTH PROMOTION (HP)</b>			
COUNCIL CONTACT	TBD	TIME PERIOD	
<b>IHSS ADVISORY COMMITTEE</b>			
COUNCIL CONTACT	LaRue Fields	TIME PERIOD	November 2021
<p>A presentation on 211/Community Information Exchange (CIE) San Diego was given by Adrian Carstens/Director of Client Services &amp; Luis Monteagudo, Jr/ Vice-President of Community Relations. They explained that 211/CIE San Diego is about navigating the intersection of health and social services through information sharing and coordinated care. By focusing on the core components, a CIE enables communities to shift away from a reactive approach to providing care toward proactive, holistic, person-centered care.</p>			
<b>SVA / RSVP</b>			
COUNCIL CONTACT	TBD	TIME PERIOD	
<b>ECAN</b>			
COUNCIL CONTACT	TBD	TIME PERIOD	
<b>NORCAN</b>			
COUNCIL CONTACT	TBD	TIME PERIOD	
<b>SANDI-CAN</b>			
COUNCIL CONTACT	Monica Flynn	TIME PERIOD	
<b>SoCAN</b>			
COUNCIL CONTACT	TBD	TIME PERIOD	
<b>EAST COUNTY IG COMMUNITY COUNCIL</b>			
COUNCIL CONTACT	TBD	TIME PERIOD	
<b>NORTH COUNTY IG COMMUNITY COUNCIL</b>			
COUNCIL CONTACT	Susan Mallett	TIME PERIOD	

<b>AGE WELL SAN DIEGO – DEMENTIA FRIENDLY</b>			
COUNCIL CONTACT	Wanda Smith	TIME PERIOD	November 2021
Meeting include a Covid among care partners update. Champion Training for Dementia Friends is available. The Age Friendly Film festival was a success with over 100 attendees. Presentation by Leslie Ray, MPH, MPPA, MA Chief Community Health Statistics, SDHHS Public Health Services on Senior Health and Well-Being San Diego County Data			
<b>AGE WELL SAN DIEGO – HEALTH &amp; COMMUNITY SUPPORT</b>			
COUNCIL CONTACT	Joe Garbanzos	TIME PERIOD	November 2021
HCS Theme Team met virtually with <a href="#">DigitUnity</a> team (non-profit org offering refurbished computers to communities.). Exploring potential collaboration with Age Well HCS/Technology and Intergenerational Theme teams explore potential of the program in San Diego County. AARP will offer County Code Audit service to investigate code compliance by San Diego County to codes on Housing and Transportation. The Audit service is a non-partisan, non-profit driven program offered by AARP to Livable Community network members nationwide. This initiative is in the planning stage.			
<b>AGE WELL SAN DIEGO – HOUSING</b>			
COUNCIL CONTACT	Paul Ling	TIME PERIOD	
<b>AGE WELL SAN DIEGO – SOCIAL PARTICIPATION</b>			
COUNCIL CONTACT	Susan Mallett	TIME PERIOD	November 2021
The Age Well theme team was a partner in the Age-Friendly Film Festival – Occurred on 11/13. The team meets quarterly and is next scheduled to meet in January 2022.			
<b>AGE WELL SAN DIEGO – TRANSPORTATION</b>			
COUNCIL CONTACT	Judi Bonilla	TIME PERIOD	November 2021
Ricky Williams of the County of San Diego Sustainability presented on the La Presa Community Transportation Needs Assessment project. The project reported on the existing infrastructure, needs, challenges and possible solutions for the committee. The existing goals of the team were discussed and will be revised to meet the current needs of the members. The next meeting is scheduled for Wednesday, February 23, 2022 at 1:30PM and will include Stacey Kurtz of The Healthy Chula Vista Initiative and Daniel Kramer of Circuit, a micro-transit service.			
<b>ALZHEIMER’S CARE ROUNDTABLE</b>			
COUNCIL CONTACT	TBD	TIME PERIOD	
<b>CALIFORNIA SENIOR LEGISLATURE</b>			
COUNCIL CONTACT	Susan Mallett	TIME PERIOD	November 2021
The local CSL members are contacting local State Representatives to update them on CSL activities and the Top Ten Legislative Proposals for 2022.			