



LIVE WELL  
SAN DIEGO

Advisory Council for Aging & Independence Services  
**NUTRITION SUBCOMMITTEE**

January 3, 2023 | 1:00 PM

Virtual Meeting

Call in: (669) 900-9128  
Meeting ID: 931 0213 2512  
Passcode: 383698

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*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:** Susan Mallett, Chair
  - a. Welcome & Guest/Member Introductions
  - b. Confirmation of quorum (quorum = 4)
2. **Authorization 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 December 6, 2022 Meeting Minutes (Action)\*
4. **Guest Speaker:** Margaret Burton, President, Senior Gleaners of San Diego County
5. **General Discussion:**
  - a. Contract nutrition program site visits
6. **Next Meeting:** February 7, 2023
7. **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

**Nutrition Subcommittee**

December 6, 2022 | 1:00 PM

Call in: (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

**MINUTES**

<b>Members</b>		<b>Absent Members</b>	<b>Guests</b>
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Ethel Larkins Bradlyn Mulvey Jaqueline Simon Kristine Stensberg	Chequita Falls	Roberto Ramirez, AIS, Health Promotion Manager
<b>Staff</b>			
Charli Brand, AIS Public Health Nutrition Manager			
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	<b>Susan Mallett, Chair, (1:00 PM)</b> a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): (six present)		
2. Continuance of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	Approval of Teleconferencing Meeting (Action): [M/S - Mallett/Mulvey] Unanimous vote		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Jackie Simon reported that her Council term is ending in January 2023, but she intends to apply for a regular Council seat as her Supervisor District has changed. Shirley asked if Chequita Falls was officially voted by the Council at its last meeting to assume a seat on this subcommittee. Susan affirmed that she was. Susan announced that she was not able to attend the San Diego Hunger Coalition's annual meeting last month. She recommended that members go to the Coalition's website to view their findings and recommendations. b. Approval of November 1, 2022 Meeting Minutes (Action) [M/S –Simon/Mulvey] Unanimous vote. Shirley added minor typo corrections.		

4. Guest Speaker	<p>Roberto Ramirez, AIS Health Promotion Manager was invited by Susan Mallett to discuss the County-wide AIS promotions and programs. With his shared screen slide presentation he described the fundamental purpose of AIS health promotions - to improve the quality of life of older adults and to help them maintain their independence. He started by stating that the programs are all free programs. The programs include:</p> <ol style="list-style-type: none"> <li>1) <b>Age Well San Diego and Aging Roadmap</b> - a framework of ten areas of focus. Key areas are <b>caregiver support</b> that builds coalitions of agencies and resources and develops standardized care practices; <b>safety</b> that focuses on prevention of falls and where to seek medical intervention at medical facilities and Emergency Departments that now include Geriatric Assessment units; <b>preparedness</b> that readies the resources for seniors during disaster; <b>silver economy</b> that supports seniors with their efforts to work and volunteer; <b>medical and social services</b> that builds care coordination; <b>dementia-friendly communities</b> that are educated to respond to the needs of those with cognitive changes and research findings and resources are brought to the community; <b>social participation</b> that provides opportunities for social engagement; <b>health and community support</b> that increases the understanding and access to care planning resources; <b>housing</b> that meets the income of the senior population and <b>transportation</b> that creates and brings resources for seniors to move about to their activities and appointments;</li> <li>2) <b>Chronic Disease Self-Management Education</b> - 6-week workshops, led by 2 peer leaders with three curriculums - chronic conditions, chronic pain and diabetes.</li> <li>3) <b>ARPA No-cost Transportation for Seniors</b> - rides to medical appointments, grocery shopping and social events assigned to specific health equity zip codes.</li> <li>4) <b>Technology Program for Seniors (CHAT, ATT, Digital Connections)</b> - CHAT iPad Program 730 iPads distributed with instruction given by graduate student interns regarding online safety and privacy, IHSS Tech for Seniors Program, Digital Connections and Access to Technology.</li> <li>5) <b>CalFresh and Healthy Living Nutrition Education and Physical Activity</b> - a federal and state partnership to improve health outcomes through nutrition education, increase physical activity and Policy Systems and Environmental changes in census-tract areas eligible for CalFresh. Examples of programs include Eat Smart, Live Strong - 4 lessons 1.5 hours per session in small group format; the objective is to help low-income older adults adapt behaviors to prevent the effects of diet-related diseases; Around the Table - 6 sessions, 1.5 hour per day with hands-on cooking and interactive activities that are intergenerational and Chop and Chat once a week at the time of food box delivery to learn how to prepare items in the box. Charli asked if CalFresh participants are referred to congregate sites and they are.</li> <li>6) <b>Dementia Program Support Team (Healthy Brain Initiative, Alzheimer's Project)</b> brings attention to the latest research and resources.</li> <li>7) <b>Fall Prevention and Dignity at Home Fall Prevention Program</b> provides education and classes that aim to prevent devastating falls. Fall prevention kits are distributed that include about 10 items such as a motion sensor night light.</li> <li>8) <b>Tai Chi Moving for Better Balance and Tai Chi for Activities</b> -10 classes that are evidence-based approaches for preventing falls through 12 postures over 24 weeks for balance strengthening, postural alignment and weight shifting.</li> <li>9) <b>Feeling Fit Club</b> - aims to improve functional fitness for ADLs through a social environment - available at 30 in-person sites, on public access TV every day, and YouTube. DVDs with stretch bands are available by mail.</li> <li>10) <b>Health Promotion Committee/Fall Prevention Task Force.</b></li> <li>11) <b>Vital Aging conferences</b> - last in-person 2019 and virtual in 2021.</li> <li>12) <b>Covid Response Projects Great Plates Delivered and Older Adult Sector Support</b> - three daily restaurant meals delivered and in-home Covid vaccination for home-bound, updated information about Covid related resources.</li> </ol> <p>Charli asked how Feeling Fit sites are chosen and suggested that congregate sites could have TV screens that broadcast the classes. Susan asked about the communication tools with the CalFresh services, and Roberto described the quarterly newsletter. Seniors can go to Healthy Living website and sign up for email distribution. <a href="http://www.HealthierLivingSD.org">www.HealthierLivingSD.org</a>. Roberto's contact is <a href="mailto:roberto.Ramirez2@sdcounty.ca.gov">roberto.Ramirez2@sdcounty.ca.gov</a></p>
5. General Discussion	<p>Susan asked Charli about congregate meal site visits. Charli suggests February or March. Susan will take a poll to see which sites is the easiest to for members to access. Susan mentioned that the Council and Subcommittee may go back to in-person in March. Susan agreed to look for future speakers.</p>
6. Next Meeting	<p>January 3, 2023 1:00 PM</p>
7. Adjournment	<p>Meeting adjourned at 2:06 PM</p>

Respectfully submitted by Shirley King