



LIVE WELL  
SAN DIEGO

*Advisory Council for Aging & Independence Services*

**NUTRITION SUBCOMMITTEE**

March 8, 2023 | 11:15 AM

Park Avenue Community Center  
210 Park Avenue  
Escondido, CA 92025

*Virtual Participation*

Call in: (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

[Click to join meeting](#)

**AGENDA**

\*Attachment

1. **Call to Order:** Susan Mallett, Chair
  - a. Welcome & Guest/Member Introductions
  - b. Confirmation of quorum (quorum = 4)
2. **Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.**  
(Possible Action)
3. **Standard Business:**
  - a. Public Comment/Announcements: Members or non-members
  - b. Approval of February 7, 2023 Meeting Minutes (Action)\*
4. **Senior Nutrition Program visit**
5. **General Discussion:** Program Site Visits
6. **Next Meeting:** April 5, 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**

February 7, 2023 | 1:00 PM

Call in: (699) 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 Jacqueline Simons, Kristene Stensberg	Chequita Falls	
<b>Staff</b>			
	Charli Brand, AIS Public Health Nutrition Manager		
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	<b>Susan Mallett, Chair, (1:03 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/King] Unanimous vote		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Susan announced that she received a packet of promotional materials from Margaret Burton, of Senior Gleaners. Susan dropped these off to Jana Jordan to pass on to Charli Brand. Charli announced that March is Senior Nutrition Month, a 51st anniversary as designated by the Order Americans Act. b. Approval of January 3, 2023 Meeting Minutes [M/S –Mulvey/Larkins]: J. Simons abstained. Five approved and carried the motion.		

4. Guest Speaker	<p>Kristine Stensberg, Senior Director, Nutrition and Aging Care Services, Jewish Family Service(JFS) and a Nutrition Subcommittee member, gave a slide presentation about her agency's programs for the Older Adult. JFS was established in 1918 with the mission of building a stronger, healthier and more resilient community in San Diego. Kristine outlined six areas that support the older adult successfully aging in place: housing, socialization, mental health, physical health, navigation and access to resources and strong community capacity. Nutrition is major program that includes home-delivered meals, congregate meals, Corner Market, CalFresh enrollment and nutrition education. An onsite registered dietitian was recently hired to accelerate the nutrition components for all meals in addition to the medically tailored meals that are offered. Home-delivered meals include kosher-style, low-sodium and vegetarian. Delivery is by a team of volunteers. The three programs include a contract with AIS, expanded senior nutrition and the food mobile, which is fee-based. Congregate meals are served at three sites: College Avenue Center, Ed Brown and Bayside from Monday to Friday. Socialization and activities are available at these sites. The sites have reopened after the Covid closures. A congregant specialist was recently hired to facilitate the activities. The Corner Market, located at the Balboa site, is a market-style food pantry where individuals and families can choose from fresh and frozen food and hygiene items based on their dietary needs and preferences. The food can be ordered by using an app and picking up at curbside or by making an appointment for in person pick-up. The food items are chosen based upon allocated points. There is help with CalFresh benefit enrollment (a subcontract with the SD Hunger Coalition), a program that gives EBT cards to purchase needed foods. Having this benefit helps to reduce the strain on other obligations such as rent and medications. Nutrition education is offered to participants in the home-delivered meals and congregant meals and the Corner market, Cooking Matters, an educational unit, is available for how-to-shop, read nutrition labels and use fresh produce.</p> <p>In the area of Housing, the Fix-It Program for minor home repairs such as grab bar installation is available to certain zip codes and when a referral is made by a caregiver. The Safe Parking program aids those who are living in their cars, of which 25% are older adults. JFS has four sites where parking is open after 5 pm to 6 am. Case management, food service and hygiene stations are on-site. Socialization services are available at the College Avenue Adult Center in the form of laughter yoga, Trivia, Tai Chi and current events along with congregant meals and the Balboa Ave Older Adult Center has day services for those with early Alzheimer's and dementia. In addition there is a Friendly Visitor Program that matches older adults with volunteers. Mental Health services include individual and group counseling, bereavement support group and caregiver support group. At this time there are no opening with individual counseling. To address Physical Health there are medically supportive meals, College Avenue exercise classes and Balboa Older adult Center dancing. Resource Navigation and Access program offers care management planning usually based upon an urgent need and the On the Go Transportation - both group and individual within certain zip codes. JFS derives its funding through government grants, AIS-subsidized congregant meals, Project CARE, foundations and individuals. The transportation services are funded with a partnership with SANDAG and with the County for no-cost transportation one ride per month for those in health equity zip codes. Currently JFS is partnering with the University of San Diego engineering students using Lean Six Sigma to improve the processes with food procurement.</p>
5. General Discussion	<p>a. Nutrition Program Site Visits: The next monthly meeting will be conducted at the Joslyn Senior Center, 210 E. Park Avenue in Escondido as a site visit during the lunchtime congregant meal on March 8, 2023 at 11:15 am. Charli Brand will make the arrangements and will accompany members. In April the site visit will take place at the National City Senior Center.</p>
6. Next Meeting	<p>March 8, 2023, 11:15 AM at the Joslyn Senior Center, Escondido</p>
Adjournment	<p>Meeting adjourned 2:04 PM</p>

Respectfully submitted by Shirley King