



LIVE WELL  
SAN DIEGO

## Advisory Council for Aging & Independence Services

### NUTRITION SUBCOMMITTEE

April 5, 2022 | 1:00 PM

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

[Click to join meeting](#)

*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 = 3)
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 March 1, 2022 Meeting Minutes (Action)\*
4. **Guest Speaker:** Shirin Hooshmand, PhD, San Diego State University School of Exercise and Nutritional Sciences
5. **General Discussion:**
  - a. Meeting with Amanda Schultz Brochu, San Diego Hunger Coalition
  - b. Position Paper – Senior Nutrition
6. **Next Meeting:** May 3, 2022 at 1:00 pm
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**

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**MINUTES**

	<b>Members</b>	<b>Absent Members</b>	<b>Guests</b>
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary LaRue Fields John Osborne	Jackie Simon	Ethel Larkins Wanda Smith Jennifer Sinnott
	<b>Staff</b>		
	Charli Brand, AIS Nutritionist		
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	<b>Susan Mallett, Chair, (Called to Order at 1 PM)</b> a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3): (3 present and Advisory Council Chair, John Osborne)		
2. Continuance of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	Approval of teleconference meeting (Action): [M/S - Mallett/King] Unanimous vote		
3. Standard Business	a. Public Comments/Announcements: Member, LaRue Fields announced that today was her last meeting as a member. She intends to submit her resignation to the Advisory Council at the end of this fiscal year. Members thanked LaRue for her longstanding advocacy and active participation on the Council. b. Approval of February 1, 2022 Meeting Minutes: Action [M/S - Fields/King] Unanimous vote (John Osborne abstained)		

<p>4. Guest Speaker: Jennifer Sinnott, Vice-President of Health and Social Services, Serving Seniors</p>	<p>Jennifer Sinnott submitted the Serving Seniors Needs Assessment Report 2021 to Susan Mallett prior to the meeting. She noted that since the report's findings were released recent action has been taken by the Board Supervisors to propose a vote on a resolution to launch a pilot program of the shallow subsidy grants that would assist seniors who have insufficient funds to make monthly rental housing payments. One of the key findings of the report was the monthly \$300 rental shortfall that low-income seniors face each month. Additional findings are that one in four homeless individuals is over age 55 years; 88% became homeless while living in San Diego; and 43% were first-time homeless. Recommendations include: shallow subsidy grant programs; reconnect homeless clients with family; find shared housing opportunities; make dedicated shelter space that meets seniors' needs; provide more gerontological training for service providers; reduce technology barriers; address transportation needs; prioritize older adults in planning; invest more in affordable housing.</p> <p>Jennifer detailed the history of Serving Seniors that started as Cedar Community Centers in 1970. The nonprofit has evolved to include 13 congregate dining sites, 30 transitional housing units at Sara Frances Hotel; three permanent supportive sites (412 units) with two more in development; the Gary and Mary West Wellness Center with a broad range of services including housing navigation, social and mental health services, health education/wellness checks, medical case management and 1.4 million meals in 2021 - 90% of which were home-delivered/to-go. The pandemic meant the closing of the congregant dining sites and a new service of shelf-stable meals in a monthly box and with the use of ARPA funds 850-950 clients transferred to frozen meals.</p> <p>Jennifer announced the start of a training program, Aging 101 with the collaboration of AIS for service providers on how to understand seniors needs and changes in life. Questions for Jennifer included concerns about the large number of seniors living alone with dementia, seniors who have custodial responsibility for grandchildren, the dietary deficits that seniors may have when making their own meals and caregiver nutrition education training.</p>
<p>5. General Discussion</p>	<p>Susan Mallett asked for topic suggestions for the committee's white paper. She described the UK's National Food Strategy report - an extensive scope of the nation's food production, consumption, nutrition education and sustainable agriculture. One recommendation in the report is a program for caregiver nutrition education.</p> <p>Shirley King described the National Produce Prescription program introduced in 2019 and available in 38 states. It is not yet available in southern California. The program establishes a partnership with health care providers who give prescriptions in the form of a voucher for fresh produce to their income eligible patients who have chronic diseases or diet-related health issues. Patients take the vouchers to redeem at Farmers' Market. The USDA is the sponsor.</p>
<p>6. Next Meeting</p>	<p>April 5, 2022 at 1:00 PM</p>
<p>7. Adjournment</p>	<p>Meeting adjourned at 2:00 PM</p>

Respectfully submitted by Shirley King