



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

April 6, 2021 | 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 = 3)

2. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of March 2, 2021 Meeting Minutes (Action)*

3. **Guest Speaker:** Melinda Forstey, COO, Serving Seniors

4. **Subcommittee General Discussion:**
 - a. Future Speakers
 - b. Cancel May meeting for Senior Rally Day

5. **Next Meeting:** TBD

6. **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.

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MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett John Osborne Jackie Simon	Paul Monarrez LaRue Fields	Rosemarie Bahmani
Staff			
Item	Outcome		
1. Call to Order	Susan Mallett, Chair, (1:03 pm) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3): 3 present.		
2. Standard Business	a. Public Comments/Announcements: Members or non-members: none b. Approval of Feb. 2, 2021 Meeting Minutes (Action):) [M/S –Bahmani/Simon] (4 Ayes)		
3. Guest Speaker Brent Wakefield, President and CEO, Meals on Wheels San Diego	Meals on Wheels San Diego currently delivers 2000 meals a day and has 2420 active volunteers. Those delivering food note wellness checks of clients, at their doors, using a smart phone app. Notes on clients' "change of condition" are made so that staff may contact clients or next of kin if applicable to assist clients. Clients order meals over the phone from a menu that includes a Latin-based selection as well as a renal friendly choice. Vegetarian may be added in the future. Four sites in San Diego can take orders for a week ahead.		
	Clients pay \$4.00 per meal or \$7.00 for lunch and dinner meals. There is no sliding scale but the meal price hasn't been raised in 12 years. A Companionship calling program has been added to combat isolation of clients during COVID. This also provides for volunteer participation for those who no longer want to make meal deliveries.		
	Recently they have helped clients with COVID vaccination appointments through Eldercare and LYFT transportation.		
4. Subcommittee Goals	Future speakers were discussed such as SNAP and AIS nutrition contract monitoring staff.		
5. Next Meeting	April 6, 2021, 1:00 pm		
6. Adjournment	Meeting adjourned 1:57 pm		