



Advisory Council for Aging & Independence Services
NUTRITION SUBCOMMITTEE

May 3, 2023 | 11:30 AM

College Avenue Center
Temple Emanu-El
6299 Capri Drive, San Diego 92120

Virtual Participation

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. **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 April 5, 2023 Meeting Minutes (Action)*
4. **Future Nutrition Topics and Speakers**
5. **Next Meeting:** June 7, 2023
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.

Advisory Council for Aging & Independence Services

Nutrition Subcommittee

April 5, 2023 | 11:30 AM

National City Kimball Senior Nutrition Center

1415 D Street

National City, CA 91950

Call in: (669) 900-9128

Meeting ID 931 0213 2512

Passcode: 383698

MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Bradlyn Mulvey Jacqueline Simons Kristine Stensberg	Ethel Larkins	
Staff			
Charli Brand, AIS Public Health Nutrition Manager			
Item	Outcome		
1. Call to Order	Susan Mallett, Chair, 12:25 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): (five present)		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Committee Member	N/A No action taken		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Charli Brand announced that there has been no indication when the Senior Farmers' markets coupon vouchers will be available. She will send the committee members the list of the participating markets. b. Approval of March 8, 2023 Meeting Minutes (Action) M/S: Stensberg/Mulvey. Approved by all.		
4. Senior Nutrition Center site visit	Charli Brand and Susan Mallett made the arrangements for the committee members to participate with this lunch service at the Kimball Senior Nutrition Center at 1415 D Street, National City. This site serves about 200 seniors each week day. The food is prepared on site starting at 6 am when the home-delivered meals are started. There is one serving time with participants served based on arrival by the order of numbers. Each new senior is interviewed with ten questions about food security, nutrition portions consumed and meal companionship. There are no resources on site for CalFresh enrollment. Today's meal was teriyaki salmon with whole wheat penne pasta, red lentil soup, sautéed greens, lettuce salad and fruit salad. Participants can bring take away containers for their leftovers. Attendance was high today. Committee members were quite impressed with the flavors and the heartiness of the meal.		

5. General Discussion	<p>The next monthly meeting(nutrition site visit) will convene at the Jewish Family Service College Avenue Center located at Temple Emanu-El at 6299 Capri Drive, San Diego, CA 92120. Kristine Stensberg will make the arrangements. The meeting will start at 11:30 am with lunch at 12 noon.</p> <p>The June meeting will host Dr. Catherine Ayers, from USCD's Department of Psychiatry. She will discuss her ongoing research about the factors that contribute to senior loneliness and the interventions that are most beneficial. The committee will consider how congregant lunch programs may reduce the isolation. Kristine Stensberg mentioned the factors used in the UCLA Loneliness Scale.</p>
6. Next Meeting	May 3, 2023 11:30 am Jewish Family Service College Avenue Center at Temple Emanu-El, 6299 Capri Drive, San Drive, San Diego 92120
7. Adjournment	12:47 PM

Respectfully submitted by Shirley King