



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

June 1, 2021 | 1:00 PM

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

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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 April 6, 2021 Meeting Minutes (Action)*
3. **Subcommittee General Discussion:**
 - a. Review of nutrition related items in AIS Advisory Council Goals 2019-2022
 - b. Future Speakers
4. **Next Meeting:** TBD
5. **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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April 6, 2021 | 1:00 pm

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MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett LaRue Fields Jackie Simon	Paul Monarrez	Melinda Forstey
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 March 2, 2021 Meeting Minutes (Action) [M/S –Fields/Simon] (3 Ayes)		
3. Guest Speaker Melinda Forstey COO, Serving Seniors	Serving Seniors in operation for 50 years, helps seniors in poverty live healthy and full filled lives. They provide wrap around services with a focus on nutrition, housing, health and social services, enrichment and activities, and “advocacy” civic engagement. Since the COVID pandemic began, the demand for nutrition services has increased from 5000 annual clients to 8000 currently.		
	Meals count for 2019-20 was 956,728 up from 650,000 meals in 2018-19, 11 congregate meal sites closed during the COVID-19 pandemic although they have supplied 150-250 to-go meals daily to the Oceanside Senior Center and the downtown 4 th and Beech San Diego wellness center. A new program of shelf stable meal boxes (33,000 per month) is distributed at the Gary and Mary West Center. Additionally, at the Center, a nurses’ clinic is staffed with 18 UCSD medical students, the clinic is currently providing COVID vaccines as well.		
	Serving Seniors plan to expand social services to address the increase in behavioral health problems for seniors perhaps resulting from the isolation etc. during COVID. Affordable senior housing is also a big part of the program with more housing projects planned i.e., Clairemont.		
4. Subcommittee General Discussion	a. Future speakers were discussed such as CalFresh, UCSD Geriatric Medicine re: student volunteer program at Gary and Mary West Center b. committee agreed to cancel May meeting as it falls on Senior Rally Day sponsored by CSL.		
5. Next Meeting	June 1, 2021, 1:00 pm		
6. Adjournment	Meeting adjourned 2:10 pm		

Respectfully submitted by Susan Mallett