



LIVE WELL  
SAN DIEGO

*Advisory Council for Aging & Independence Services*  
**NUTRITION SUBCOMMITTEE**

June 7, 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 May 3, 2022 Meeting Minutes (Action)\*
  
- 4. General Discussion:**
  - a. Review draft proposals for position paper on senior nutrition\*
  - b. Review and update Nutrition subcommittee goals\*
  
- 5. Next Meeting:** July 5, 2022 1:00 pm
  
- 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**

May 3, 2022| 1 pm

Call in: (669) 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 Bradley Mulvey Jackie Simon		Ethel Larkins
<b>Staff</b>			
Charli Brand, RD			
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	<b>Susan Mallett, Chair, Called to order at 1:00 pm</b> a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3): (Four present)		
2. Continuance of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	Approval of teleconference meeting (Action)[M/S - Mallett/Mulvey] Unanimous vote		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: None b. Approval of April 5, 2022 Meeting Minutes (Action) [M/S –(King/Mulvey):Unanimous vote		

<p>4. Guest Speaker Alberto Cortes, Chief Executive Officer, Mama's Kitchen</p>	<p>Susan Mallett invited Mr. Cortes at the recommendation of Amanda Schultz Brucha of the San Diego Hunger Coalition to discuss his agency's program of medically tailored meals. Mr. Cortes used the term 'food as medicine' as his agency's focus. Mama's Kitchen was founded in 1990 to serve the client population of those with AIDS during a time when those individuals were underserved. The organization has always been volunteer driven, now with the addition of 33 employees, and has evolved from relieving hunger to specialized nutrition for those with chronic conditions such as cancer, heart disease, high blood pressure and diabetes. Currently 700 clients of all ages receive cold and frozen three meals a day by home delivery twice a week. There is no fee nor any income limit - 97% of clients are under the Federal Poverty Level. The mission incorporates evidence-based interventions to reduce health care costs, improve quality of life and impact lives through the improvement of chronic conditions.</p> <p>Mama's Kitchen is a member of the state's Food is Medicine Coalition as well as the National Advisory Coalition. The organization's goal is to join scientific research with local health care providers and has been participating with a four-year intervention study through 2023 evaluating MediCal costs of those with congestive heart failure.</p> <p>Mr. Cortes explained that health care providers send referrals to one of the three registered dietitians who work from a baseline diet - DASH to design the therapeutic meals. The dietitians perform an intake to establish the dietary goals and give education and support to the clients. Food preferences are considered; however those requiring a Kosher diet are referred to Jewish Family Service. There are 300 referral partners - family/community clinics, private physicians and health care groups. Mama's Kitchen's volunteers are trained to observe the changing circumstances of the clients in the event more health attention is needed. At the end of twelve weeks clients are reassessed and recertified for ongoing service ,if needed. There is no waiting list so once accepted the client is served immediately. Twenty-five per cent of the program's costs are supported by the government and the remaining from private donations.</p> <p>Mr. Cortes stated the overall objective of the organization's work is to make this intervention an integrated part of the health care system.</p>
<p>5. General Discussion</p>	<p>Susan Mallett reminded members that the San Diego Hunger Coalition reported the low enrollment in the CALFresh by IHSS clients. Questions were raised about the barriers to the participation and the importance of this benefit to these clients. Charli Brand agreed to find out how IHSS clients are generally screened for eligibility in CALFresh. Charli Brand reported that there is no timeline set yet for the distribution of the Farmers' Markets vouchers.</p> <p>Susan Mallett suggested that the committee's position paper could focus on the public promotion of the importance of good nutrition for healthy aging with the awareness of the resources to prevent the factors of health impairments. Social isolation is being studied by the Healthy Aging Subcommittee, and there could be some tie-in with these efforts.</p> <p>Susan Mallett suggested that the June meeting be open to start framing the keys areas of the position paper with a special attention to 1) what can be added to the program; 2) what is the 'ask'. Susan agreed to send to Jackie some of the major findings from the committee's past meeting speakers.</p>
<p>6. Next Meeting</p>	<p>June 7, 2022</p>
<p>7. Adjournment</p>	<p>Meeting adjourned at 2:14 pm</p>

Respectfully submitted by Shirley King

**DRAFT**

**Nutrition Subcommittee Position Paper Proposals**

**Proposal I**

Clients in IHSS Program

- include in the intake screening the evaluation of the client's eligibility for food assistance benefits such as CALFresh; client's eligibility for prepared meal programs such as home delivery and medically-tailored meals
- nutrition support required for client's well-being

Caregivers in the IHSS program

- annual nutrition training for caregivers who administer to IHSS clients

Resource Caregiver Nutrition Education Toolkit; US Administration for Community Living

**Proposal II**

Advocate to Health Care Providers of Medicare patients: Include in patient's annual Medicare physical exam questions about food and housing insecurity; offer resource newsletter about County's food assistance programs and nutrition education sources.

**Proposal III**

Advocate to Dental providers: Offer nutrition education newsletter about County's food assistance and nutrition education sources.

**Proposal IV**

As we age nutrition and micronutrients are important for maintaining good health including bone health for older adults. This is especially important for those older adults living with chronic disease such as diabetes and heart and kidney conditions. Some cognitive decline may be impacted by nutrition deficits as well.

AIS provides valuable resources and health promotional opportunities to older adults in San Diego County. The importance of good nutrition for older adults could be emphasized by AIS through Informational flyers, fact sheets and/or public awareness outreach through community agencies.

## AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

**COUNCIL FOCUS:** Use or gain expertise to identify, project, and anticipate needs and trends, and advise on legislative and AIS operational actions to address the needs of older adults and persons with disabilities.

**AGING ROADMAP:** San Diego County’s [regional plan](#) that is implemented and organized by 10 focus areas that collectively represent the county’s comprehensive system of care. Roadmap focus areas are as follows and identified throughout the Council’s Goals:



Caregiver Support

Safety

Preparedness

Silver Economy

Medical & Social Services

Social Participation



Dementia-Friendly

Health & Community Support





Housing

Transportation


### GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
<b>PSA 23 AREA PLAN</b>						
A3a	Advise on updates for FY 2021-2022. 	Mar – May 2021	<ul style="list-style-type: none"> <li>Ad Hoc Area Plan Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Meeting date(s)</li> <li>Discussion</li> <li>Vote and authorization of Council Chair to sign letter of transmittal</li> </ul>	<ul style="list-style-type: none"> <li>Ad Hoc Area Plan Subcommittee met on 3/17/21.</li> <li>Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 4/12/21.</li> <li>Discussion included: Updates of Area Plan 2020-2024 Update FY 21-22; process and content of Area Plan fair and equitable; Subcommittee recommends continued consultation, input, and monitoring of progress from Advisory Council; clarification of relationship between Public Authority, IHSS, and AIS; collaboration with LGBT Older Adults; and more emphasis/commitment to nutrition funding and homelessness.</li> <li>Authorization passed with 19 votes on 4/12/21.</li> </ul>	Completed
A3b	Advise on updates for FY 2022-2023. 	Mar – May 2022	<ul style="list-style-type: none"> <li>Ad Hoc Area Plan Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Meeting date(s)</li> <li>Discussion</li> <li>Vote and authorization of Council Chair to sign letter of transmittal</li> </ul>	<ul style="list-style-type: none"> <li>Ad Hoc Area Plan Subcommittee met on:</li> <li>Discussion included:</li> <li>Authorization passed:</li> </ul>	Not yet started



## AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
<b>HEALTHCARE AND BEHAVIORAL HEALTH</b>						
<b>HB1</b>	Research and prepare a position paper on a healthcare priority area. 	July 2022	<ul style="list-style-type: none"> <li>Healthy Aging Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Finding(s)</li> <li>Number and topic of position paper</li> </ul>	<ul style="list-style-type: none"> <li>Topics may include but are not limited to where the older adult population meets, nutrition, socialization, geography/communities, disabilities, mental health, dementia, Alzheimer’s disease, ways to increase awareness and education in hospitals re: geriatric issues.</li> <li>“The Power of Walking” position paper finalized on [date] and presented to [audience].</li> </ul>	In progress
<b>HB2</b>	Explore and participate in appropriate Auxiliary subcommittees, including but not limited to, the Age Well San Diego Health & Community Support Theme Team. 	Ongoing	<ul style="list-style-type: none"> <li>Healthy Aging Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Name and dates of Auxiliary subcommittee meetings attended</li> </ul>	<ul style="list-style-type: none"> <li>Age Well San Diego Health &amp; Community Support meetings: [date], [date], [date].</li> </ul>	In progress
<b>HB3</b>	Develop recommendation(s) to ensure older adults who have the greatest economic or social need are aware of and utilize senior dining and other meals resources. 	July 2022	<ul style="list-style-type: none"> <li>Nutrition Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Finding(s)</li> </ul>	<ul style="list-style-type: none"> <li>[Recommendations] shared with [audience/modality] on [date].</li> </ul>	In progress
<b>HB4</b>	Develop recommendations to decrease hunger, food insecurity, and adverse health conditions resulting from poor nutritional health. 	July 2022	<ul style="list-style-type: none"> <li>Nutrition Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Finding(s)</li> </ul>	<ul style="list-style-type: none"> <li>Topics may include but is not limited to enhancing nutritional quality through increased fruit and vegetable consumption.</li> <li>[Recommendations] shared with [audience/modality] on [date].</li> </ul>	In progress

## AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022





#	Goal	Timeline	Lead	Measure	Outcome	Status
<b>HB5</b>	Monitor and advise on AIS programs: 					
<b>HB5a</b>	Congregate Meals (Title III C1)	Ongoing	<ul style="list-style-type: none"> <li>Nutrition Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul>	<ul style="list-style-type: none"> <li>[Discussion]</li> </ul>	In progress
<b>HB5b</b>	Home-Delivered Meals (Title III C2)	Ongoing	<ul style="list-style-type: none"> <li>Nutrition Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul>	<ul style="list-style-type: none"> <li>[Discussion]</li> </ul>	In progress
<b>HB5c</b>	SNAP-Ed	Ongoing	<ul style="list-style-type: none"> <li>Nutrition Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul>	<ul style="list-style-type: none"> <li>[Discussion]</li> </ul>	In progress
<b>HB5d</b>	Transportation to Dining Sites (Title III B)	Ongoing	<ul style="list-style-type: none"> <li>Nutrition Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul>	<ul style="list-style-type: none"> <li>[Discussion]</li> </ul>	In progress
<b>HB5e</b>	Senior Fitness (Feeling Fit, Fall Prevention, etc.)	Ongoing	<ul style="list-style-type: none"> <li>Healthy Aging Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul>	<ul style="list-style-type: none"> <li>[Discussion]</li> </ul>	In progress

## AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022



#	Goal	Timeline	Lead	Measure	Outcome	Status
<b>HOUSING</b>						
H1	Research and prepare a position paper on housing for older adults, such as home sharing and other models. 	July 2022	<ul style="list-style-type: none"> <li>Housing Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Finding(s)</li> <li>Number and topic of position paper</li> </ul>	<ul style="list-style-type: none"> <li>[Topic/title] position paper finalized on [date] and presented to [audience].</li> </ul>	In progress
H2	Explore and participate in appropriate Auxiliary subcommittees, including but not limited, to the Age Well San Diego Housing Theme Team and County housing and homelessness initiatives. 	Ongoing	<ul style="list-style-type: none"> <li>Housing Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Name and dates of Auxiliary subcommittee meetings attended</li> </ul>	<ul style="list-style-type: none"> <li>Age Well San Diego Housing: [date], [date], [date].</li> </ul>	In progress
H3	Monitor and advise on the <a href="#">Thriving component</a> of the <i>Live Well San Diego</i> vision, particularly related to: <ol style="list-style-type: none"> <li>Supporting availability and affordability of housing for all community members.</li> <li>Creating more accessible housing for older adults and people with disabilities to live independently.</li> <li>Expanding crime-free multi-family projects linked to economic opportunities for residents.</li> </ol>	Ongoing	<ul style="list-style-type: none"> <li>Housing Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul>	<ul style="list-style-type: none"> <li>[Discussion]</li> </ul>	In progress









## AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
<b>LEGISLATION</b>						
L1	<p>Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation.</p> 	Ongoing	<ul style="list-style-type: none"> <li>Advisory Council</li> <li>Ad Hoc Legislative Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Legislation monitored</li> </ul>	<ul style="list-style-type: none"> <li>[Discussion]</li> </ul>	In progress
<b>LONG TERM CARE/RESPIRE/IN-HOME CARE</b>						
LT1	<p>Monitor and make recommendations for enhancements or change to Choose Well.</p> 	Ongoing	<ul style="list-style-type: none"> <li>Long Term Care &amp; Ombudsman Facilities</li> </ul>	<ul style="list-style-type: none"> <li>Date(s) of Choose Well meeting(s) attended</li> </ul>	<ul style="list-style-type: none"> <li>[Recommendations]</li> </ul>	Not yet started
LT2	<p>Promote awareness of respite/adult day care programs, in-home supportive services, and/or affordable facility care as alternatives to nursing home care.</p> 	Ongoing	<ul style="list-style-type: none"> <li>Long Term Care &amp; Ombudsman Facilities</li> </ul>	<ul style="list-style-type: none"> <li>Promotion methods</li> </ul>	<ul style="list-style-type: none"> <li>[Result]</li> </ul>	In progress
LT3	<p>Participate and represent the Advisory Council in appropriate Auxiliary subcommittee(s).</p> 	Ongoing	<ul style="list-style-type: none"> <li>Long Term Care &amp; Ombudsman Facilities</li> </ul>	<ul style="list-style-type: none"> <li>Name and dates of Auxiliary subcommittee meetings attended</li> </ul>	<ul style="list-style-type: none"> <li>Age Well San Diego: [date], [date], [date].</li> </ul>	In progress

## AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
<b>LT4</b>	Monitor and advise (including but not limited to areas of concern, seeking input from stakeholders or subject matter experts, input on action plans, and participation in recommendation of policy: 	Ongoing				
<b>LT4a</b>	Call Center	Ongoing	• Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• [Discussion]	In progress
<b>LT4b</b>	Care Coordination programs	Ongoing	• Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• [Discussion]	In progress
<b>LT4c</b>	Case Management programs	Ongoing	• Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• [Discussion]	In progress
<b>LT4d</b>	Person-centered care management	Ongoing	• Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• [Discussion]	In progress
<b>LT4e</b>	Aging and Disability Resource Center (ADRC) designation status	Ongoing	• Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• [Discussion]	In progress
<b>LT5</b>	Monitor and advise AIS on legislation proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly. 	Ongoing	• Long Term Care & Ombudsman Facilities	• Legislation monitored	• [Discussion]	In progress

## AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
LT6	Monitor and advise AIS on the Ombudsman program standard of operations, goals, and performance. 	Ongoing	<ul style="list-style-type: none"> <li>Long Term Care &amp; Ombudsman Facilities</li> </ul>	<ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul>	<ul style="list-style-type: none"> <li>[Discussion]</li> </ul>	In progress
LT7	Develop recommendations ensure high quality of care delivered in San Diego County's Long Term Care Facilities. 	Ongoing	<ul style="list-style-type: none"> <li>Long Term Care &amp; Ombudsman Facilities</li> </ul>	<ul style="list-style-type: none"> <li>Number of recommendations</li> </ul>	<ul style="list-style-type: none"> <li>[Discussion]</li> </ul>	In progress
LT8	Review data and reports on long term care, respite, and in-home care AIS programs and AIS-funded programs to assess effectiveness and identify gaps in service(s). 	Ongoing	<ul style="list-style-type: none"> <li>Long Term Care &amp; Ombudsman Facilities</li> </ul>	<ul style="list-style-type: none"> <li>Data and reports reviewed</li> </ul>	<ul style="list-style-type: none"> <li>[Findings/gaps in service]</li> </ul>	In progress
LT9	Research and prepare a position paper. 	July 2022	<ul style="list-style-type: none"> <li>Long Term Care &amp; Ombudsman Facilities</li> </ul>	<ul style="list-style-type: none"> <li>Finding(s)</li> <li>Number and topic of position paper</li> </ul>	<ul style="list-style-type: none"> <li>[Topic/title] position paper finalized on [date] and presented to [audience].</li> </ul>	In progress
<b>TECHNOLOGY</b>						
T1	Identify technology that can assist older adults and recommend application to AIS program(s). 	Ongoing	<ul style="list-style-type: none"> <li>Advisory Council</li> <li>ALL Subcommittees</li> </ul>	<ul style="list-style-type: none"> <li>Findings</li> </ul>	<ul style="list-style-type: none"> <li>[Recommendations]</li> </ul>	In progress
T2	Develop a media campaign that informs older adults about access to and utilization of technology. 	July 2022	<ul style="list-style-type: none"> <li>Advisory Council</li> <li>ALL Subcommittees</li> </ul>	<ul style="list-style-type: none"> <li>Finding(s)</li> <li>Number and topic of media campaign</li> </ul>	<ul style="list-style-type: none"> <li>Details of media campaign</li> </ul>	Not yet started

## AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
<b>TRANSPORTATION</b>						
TR1	Explore and participate in appropriate Auxiliary subcommittees, including but not limited to the Age Well San Diego Transportation Theme Team.	Ongoing	<ul style="list-style-type: none"> <li>Advisory Council Transportation Liaison</li> </ul>	<ul style="list-style-type: none"> <li>Name and dates of Auxiliary subcommittee meetings attended</li> </ul>	<ul style="list-style-type: none"> <li>Age Well San Diego Transportation: [date], [date], [date].</li> <li>Topics of interest may include, but not be limited to, recommendations to make local roads, highways, and streets safer and friendlier for bicyclists, walkers, including older adults &amp; people with disabilities, and public transit riders.</li> </ul>	In progress
TR2	Monitor and advise on AIS access to services at AIS dining sites and within Senior Options, Advocacy, and Referrals (SOAR).	Ongoing	<ul style="list-style-type: none"> <li>Advisory Council</li> </ul>	<ul style="list-style-type: none"> <li>Meeting(s) and date(s) attended</li> </ul>	<ul style="list-style-type: none"> <li>[Discussion]</li> </ul>	In progress