



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
NUTRITION SUBCOMMITTEE

June 7, 2023 | 1:00 PM

5560 Overland Ave, John Gaffaney Room, 3rd floor

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 May 3, 2023 Meeting Minutes (Action)*
4. **Guest Speaker:** Catherine Ayers, PhD, Department of Psychiatry UCSD
5. **Next Meeting:** TBA
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, 2023, | 11:30 AM

College Avenue Center

Temple Emanu-El

6299 Capri Drive, San Diego, CA 92120

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MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair Ethel Larkins Kristine Stensberg Bradlyn Mulvey (via Zoom)	Shirley King Jaqueline Simon	
Staff			
Item	Outcome		
1. Call to Order	Susan Mallett, Chair, 11:30 AM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): (four present)		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Committee Member	Just Cause request by Bradlyn Mulvey due to caregiving need. (action) M/S Mallett/Larkins. Unanimous approval		
3. Standard Business	a. Public Comments/Announcements: Members or non-members none b. Approval of April 5, 2023, Meeting Minutes (Action) M/S: Larkins/Stensberg. Unanimous approval.		
4. Senior Nutrition Center site visit	Thanks to Kristine for making our lunch reservations at the Jewish Family Service's (JFS) College Avenue Center Nutrition Program. The two meal choices were Beef Bulgogi- Bok choy salad, brown rice, and stir fry mixed vegetables or a lunch salad with vegies, cheese, and hard-boiled egg. Both were delicious. Our meals were served in a plastic wrap sealed dish (recyclable I believe). Unlike the first two nutrition programs we visited, there is no on-site kitchen for this nutrition program. All meals are prepared and packaged at the JFS Balboa Ave. facility for home delivered meals and meals for the three JFS Nutrition Programs. The participation was smaller, less than 30 on the day we visited. Kristine explained that people generally have lunch after an activity at the Center and some days are busier than others. She also noted there is a coffee area in the lobby that is quite popular with Center visitors as well. All the lunch attendees		

	seemed to be enjoying the company at their tables and were welcoming to us as well.
5. General Discussion Future topics and speakers	<p>Ethel suggested a discussion/speaker on the nutritional needs of those with kidney disease as well as those undergoing dialysis. All agreed a speaker from AIS Health Promotion Team would be helpful to explain the programs for older adults living with chronic conditions.</p> <p>The visits to Nutrition Programs have been informative as well as providing us with an opportunity to share a meal together. All agreed another site visit in either July or September would be nice.</p>
6. Next Meeting	June 7, 2023, 1:00 PM
7. Adjournment	11:42 AM

Respectfully submitted by Susan Mallett