



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

September 6, 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 = 4)
2. **Authorization 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 July 5, 2022 Meeting Minutes (Action)*
4. **Guest Speaker:** DASH, MIND and Mediterranean Diets: Charli Brand, RDN, AIS
Public Health Nutrition Manager
5. **General Discussion**
 - a. Position Paper
6. **Next Meeting:** TBD
7. **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
July 5, 2022 | 1:00 PM
 Call in: (6669) 900-9128
 Meeting ID: 931 0213 2512
 Passcode: 383698

MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Bradley Mulvey Jackie Simon		Ethel Larkins, John Osborne Kristine Stensberg, JFS Chiquita Falls, MOW
Staff			
Charli Brand, AIS Nutritionist			
Item	Outcome		
1. Call to Order	Susan Mallett, Chair, (Called to order 1:04 PM) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (three): (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 - Ethel Larkins expressed her desire to join this subcommittee. Susan Mallett agreed to bring her name for a full Council vote of approval at the July 11th meeting. Charli Brand announced that the Senior Farmers' Markets checks in the amount of \$60,000 have been received by AIS. The finalized booklet version will be ready within two to three weeks. Each booklet has nutrition education. 1,500 will be distributed to the program participants at the congregate setting on first come, first serve. It is uncertain if there will be the booklets with 4-\$10 coupons will contain an extra one. b. Approval of June 7, 2022 Minutes: (Action) [M/S - Mulvey/Simon; King abstained; Approved with three votes.		

4. General Discussion	<p>a. Review of Draft Position Paper: Susan had included the draft position paper with the meeting's agenda. She posted a screen share for the committee's review and discussion. The paper broadens the focus from food insecurity to education for health-promoting senior nutrition. Susan detailed the background information that she incorporated from the many months of expert guest speakers through screen shots of the slides and the committee's Minutes. She solicited from today's committee attendees the existing types of community nutrition education. Chiquita Falls with Meals on Wheels(MOW) offered that MOW includes flyers from their dietitians with the meal deliveries. Charli Brand affirmed that the meal contractors are required to distribute education materials four times a year. Susan described that Healthy Living cooking classes are available at senior centers. Susan focused on the factors of not only food insecurity, but social and geographic isolation that formed the basis of the paper's recommendations. She asked about transportation means to congregate sites. Charli offered that Title 3B provides transportation, and she listed the sources of transport as JFS, Salvation Army and especially at sites in Escondido and Ramona.</p> <p>b. John Osborne asked what AIS currently is doing with its nutrition health promotion. Susan responded that it is through Health Promotion. Charli recommended more community outreach; especially if more seniors accessed the senior nutrition programs, but the limitations are based on contractors' capacity to provide services. Also Charli suggested that the AIS website include direct nutrition information that was easy to find John affirmed that the AIS website could be enhanced to have readily available nutritional guidance. Charli explained how the menu planning is established by each contractor based on the client profiles at those settings. She said that Title XXII has nutritional education that the Live Well practices include in the contracts. Contracts are every four years. Susan questioned whether the contractors can meet the capacity if there is an over-subscription. John asked Charli how the contracts can be expanded. Charli responded that the contracts would have to be amended, but she will report more at the next meeting. Charli will review the position paper and include more nutrition-focused language. Susan will email the word document to members. The next meeting will continue the discussion of the position paper. Susan invited Chiquita and Kristine to let her know if they would like to apply to become members.</p>
5. Next Meeting	September 6, 2022, 1:00 PM
6. Adjournment	Meeting adjourned 2:00 PM

Respectfully submitted by Shirley King