



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
HEALTH & NUTRITION

November 5, 2018 | 5560 Overland Ave., Ste. 310, San Diego | 11 a.m.

AGENDA

* (attachment)

1. Call to Order: Rosemarie Bahmani
 - a. Welcome & Guest/Member Introductions
2. Standard Business
 - a. Public Comment/Announcements: Members or non-members
3. Speaker: Kyra Reinhold, AIS
4. The Brown Act
5. Finalizing Committee Charter *
6. Recruiting New Members
7. Next Meeting: December 10, 2018, 11 a.m.
8. 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 (AIS)

Charter to Establish

Health and Nutrition

March 29, 2018

Purpose

Ensure that the Council is informed and adequately represented in the delivery and performance of the AIS Nutrition Services System and other aging network service components that promote a healthy lifestyle for older adults, such as through social engagement and contact with the community. Support AIS in fulfilling state requirements for mandated nutrition related services. Committee members will receive specific knowledge of core programs and an appreciation of their relationship to the whole of an AAA, to AIS, and their value within a community-based system of care. Increase program responsiveness through public's involvement via the AIS committee structure of volunteer members. **Conduct service delivery review and provide input and recommendations to program staff on how to optimize performances and resources.**

Background

Nutrition is a fundamental service of an Area Agency on Aging, involving multiple funding sources, as funded through the Older Americans Act. Trends in the aging network have long pointed to a declining participation rate for the Congregate Meals program and increasing rate of participation with the Home-Delivered Meals program level. This later component of the system has a direct relationship to the long-term care support strategy of a community-based and home-based approach for those "aging in place"; promoting alternatives to the unwelcome transition to institutional-based and facility-based setting is part of the AIS mission. Participation in the congregate program inherently reduces isolation. Overall food insecurity is a concern for the older population which is addressed in part by the effective arrangement of the AIS nutrition dining sites at natural senior gathering places and to the extent that our system stays current with those dynamics.

Goals

1. Understanding participation rates between Congregate and Home-delivered and related contractor performance.
2. Understand where the older adult population meets and its relationship to communities, nutrition, socialization, and geography.
3. Assessing Senior meeting sites
4. **Increase the number of older adults attending the dining sites by targeting older adults who have the greatest economic or social need**
5. **Decrease hunger and food insecurity and adverse health conditions resulting from poor nutritional health**
6. **Enhance nutritional quality by increasing fruits and vegetable consumption**

Core Focus Areas

1. Congregate (III C1)
2. Home-Delivered (III C2)
3. Registered Dietitian (RD), who on staff? Wendy is contract
4. Transportation (III B) to Dining Sites
5. Senior Gathering Places
6. Socialization trends
7. Food insecurity
8. Senior Fitness

Specific Objectives {for now these seem to be only nutrition related until we identify further committee responsibilities}

- Comply with federal nutrition standards:
- Dietary Reference Intakes for Older Adults
- 2015 Dietary Guidelines for Americans, is there a newer version?
- Understand participation and eligibility rules of?
- SNAP records of 60+ participation and Electronic Benefits Transfer (EBT) card, vouchers, More on the Menu, and alternate sources
- Community specific food resource/referral list.
- Update and maintain Congregate and HDM provider list for public and provider use. **DONE!**
- Recognize the importance of Dietary Reference Intake for Older Adults in menu preparations
- Track participation trends and congregate meal sites
- Outreach strategies
- Understand Senior Fitness programs, Feeling Fit and Fall Prevention