



LIVE WELL  
SAN DIEGO

*Advisory Council for Aging & Independence Services*  
**HEALTHY AGING SUBCOMMITTEE**

June 10, 2024 | 2:00 p.m.

5560 Overland Ave, John Gaffaney Conference Room, 3<sup>rd</sup> Floor

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

Click here to [Join Zoom Meeting](#)

**AGENDA**

*\*Attachment*

1. **Call to Order:** Wanda Smith, 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 13, 2024, Meeting Minutes (Action)\*
4. **Discussion:** Discussion of Goals\*
5. **Next Meeting:** July 8, 2024, 2:00 p.m. 5560 Overland Ave, John Gaffaney Conference Room
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  
**Healthy Aging Subcommittee Meeting**  
 May 13, 2024 | 2:00 P.M.

Call in: (699) 900-9128  
 Meeting ID: 824 8650 7295  
 Passcode: 162815

**MINUTES - DRAFT**

Members		Absent Members	Guests
Attendance:	Wanda Smith, Chair Susan Mallett, Secretary Silvia Martinez Bradlyn Mulvey Jaqueline Simon Pualani Vasquez		David Milroy, new appointee to Advisory Council  Marty Acevedo, MS, RD, President, The Parkinson's Assoc. of San Diego
<b>Staff</b>			
Item	Outcome		
1. Call to Order	<b>Wanda Smith, Chair, (2:02 P.M.)</b> a. Welcome & Guest/Member Introductions b. Confirmation of quorum (quorum = 4) 6 present		
2. Statement (just cause) and/or Consideration of a Request to participate Remotely (emergency circumstances) by a Council Member, if applicable.	No action taken.		
3. Standard Business	a. Public Comments/Announcements: Members or non-members n/a b. Approval of April 8, 2024, Meeting Minutes M/S Simon/Mulvey - Unanimous		
4. Presentation: Marty Acevedo, MS, RD President, Board of Directors, The Parkinson's Association of San Diego	<p>Ms. Acevedo, a person living with Parkinson's Disease (PD) for several years, was quite candid about some of her symptoms and what treatment has been effective in controlling tremors as well as slowness and stiffness in movement. She said that the disease has been known for over 200 years and is a progressive systemic neurological disorder. Aging is a risk factor as is gender at a rate of 1.5 times for males due to toxins and chemical exposure through industrial work as well as military service.</p> <p>According to Ms. Acevedo, the VA reports 37% of military personnel have suffered such exposure through burn pits during deployments. About 15% of cases have a genetic connection. Currently, 19 diseases causing genes have been identified and 90 genes have an association with PD. A free saliva screening for PD is available through the national Association, Parkinsonsfoundation.org.</p> <p>Various gene mutations have been discovered that may lead to PD as well as Lewy Body Dementia, cognitive decline, or mild cognitive impairment. An example of such mutation.</p>		

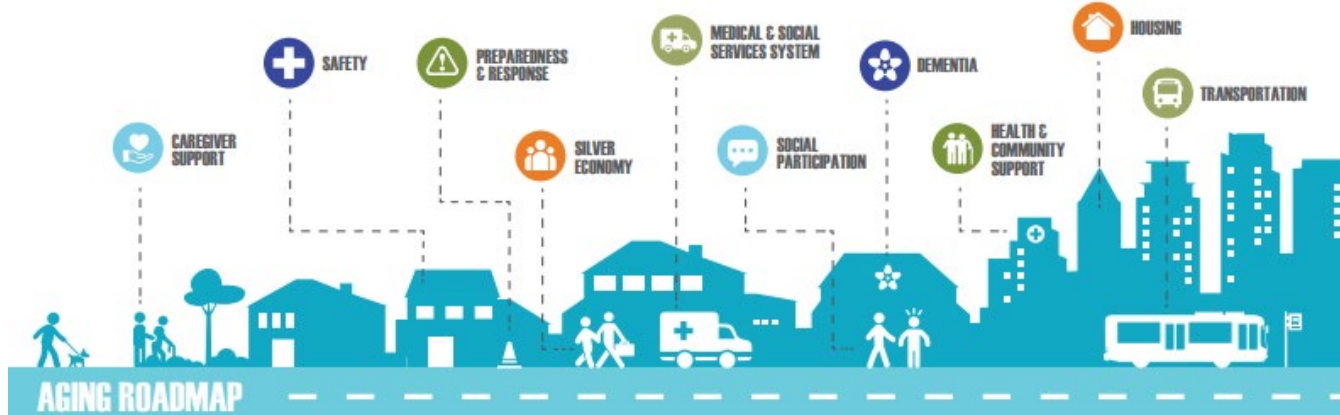
	<p>The SNCA gene makes protein called alpha-synuclein that folds on itself in mutated form. This misfolding of this protein is found in the cerebral spinal fluid of 93% of persons with PD. PD can be diagnosed by a movement disorder neurologist and there are 15 in San Diego County. Several early symptoms such as loss of smell, constipation, mood disorders, anxiety, depression may appear 10-20 years before diagnosis.</p> <p>Ms. Acevedo shared several promising “tools in the toolbox” for those with PD. New tests are in clinical trials as are medication and therapies that may slow the disease progression. Deep Brain Stimulation has been effective in lessening tremors and spasms.</p> <p>Additionally, new delivery systems for L-dopamine are coming along with gene therapy and stem cell therapy. Exercise is the only therapy that is proven to slow progression. The Parkinson’s Association of San Diego focuses on live well day to day, and provides services and resources to those living with PD. The Good Start Program, an educational seminar, begins a new session on July 26<sup>th</sup> for recently diagnosed persons and their care partners. When asked about issues for people with PD when they must go into the hospital, Ms. Acevedo said hospitalization is dangerous for them. Self-advocacy alone hasn’t been effective, and their resource Aware in Care has been abandoned. Rather, she said doctors and hospital staff must be educated about the dangers such as missed or untimely medication administration for one issue. She emphasized Levodopa, a dopamine promoter, is as important to a person with PD as insulin is for a diabetic. Ms. Acevedo provides training on PD to a local nursing school each year. She added it’s very important to provide education to doctors in community clinics as well.</p> <p>Pua suggested a presentation on PD and the dangers while hospitalized could be presented at hospital Grand Rounds and provide physicians with continuing education credits.</p>
5. Next Meeting	June 10, 2024, at 2:00 P.M.
6. Adjournment	Meeting adjourned at 3:05 P.M.

Respectfully submitted by Susan Mallett



## AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

**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:




### GOALS 2023 – 2026






#	Goal	Timeline	Lead	Measure	Outcome	Status
<b>A1a</b>	Advise on updates for FY 2023-2024. 	Mar – June 2023	• Ad Hoc Area Plan Subcommittee	<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 3/24/23.</li> <li>• Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 4/10/23.</li> <li>• Discussion included: Updates of Area Plan 2020-2024 Update FY 23-24; process and content of Area Plan fair and equitable; and the Ad Hoc Subcommittee recommends continued consultation, input, and monitoring of progress from Advisory Council. Authorization passed with 18 votes on 4/10/23.</li> </ul>	Completed
<b>A1b</b>	Advise on the 4-year Area Plan for FY 2024-2028. 	Mar – May 2024	• Ad Hoc Area Plan Subcommittee	<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 & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

<b>A1c</b>	Participate in the 4-year Area Plan FY 2024-2028 focus group sessions. 	Sept 2023	<ul style="list-style-type: none"> <li>Advisory Council</li> </ul>	<ul style="list-style-type: none"> <li>Focus group date (s)</li> </ul>	<ul style="list-style-type: none"> <li>Focus group was held on:</li> </ul>	Not yet started
<b>A1d</b>	Monitor and plan for the expansion of services for older adults to meet the needs of the growing population. 	Ongoing	<ul style="list-style-type: none"> <li>Ad Hoc Area Plan Subcommittee</li> <li>Advisory Council</li> </ul>	<ul style="list-style-type: none"> <li>Discussion</li> </ul>	<ul style="list-style-type: none"> <li>Discussion included:</li> </ul>	In progress
<b>A2</b>	Find engaging speakers for the AIS Advisory Council general meetings. 	Ongoing	<ul style="list-style-type: none"> <li>Advisory Council</li> </ul>	<ul style="list-style-type: none"> <li>Speakers</li> </ul>	<ul style="list-style-type: none"> <li>Speakers' topics included:</li> </ul>	In progress
<b>A3</b>	Explore and participate in appropriate Auxiliary subcommittees including but not limited to the Age Well San Diego Theme Teams and Community Action Networks. 	Ongoing	<ul style="list-style-type: none"> <li>Healthy Aging Subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>Dementia and Brain Health; Fall Preventions</li> </ul>	<ul style="list-style-type: none"> <li>Age Well San Diego Health &amp; Community Support meetings attended by Subcommittee members.</li> </ul>	In progress



#	Goal	Timeline	Lead	Measure	Outcome	Status
<b>HEALTHCARE AND BEHAVIORAL HEALTH</b>						
<b>HB1</b>	Research and make recommendations for priority areas of healthcare programs and groups for seniors. 	Ongoing	<ul style="list-style-type: none"> <li>Healthy Aging 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 are not limited to, where the older adult population meets, nutrition, socialization, geography/communities, disabilities, mental health, neurodegenerative diseases of AD,PD,FTD, Dementia, ways to increase awareness and education in hospitals re: geriatric issues.</li> </ul>	

## AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

<b>HB1b</b>	“Seniors Who Live Alone”. Topic	Ongoing	• Healthy Aging Subcommittee	•		Monitor and Advise
<b>HB3</b>	Develop recommendations to decrease hunger, food insecurity, and adverse health conditions resulting from poor nutritional health; increase awareness about good oral health and the dental treatment options through public insurance benefits. 	Ongoing	• Nutrition Subcommittee	• Finding(s)	• Topics may include, but are not limited to, enhancing nutritional quality through increased fruit and vegetable consumption and the importance of good nutrition for older adults living with chronic health conditions.	In progress
<b>HB4</b>	Identify diseases risk reduction strategies and educational opportunities for diseases and disorders affecting older adults. 	Ongoing	• Healthy Aging Subcommittee	• Finding(s)	Topics may include cardiac health, diabetes, oral health care and nutrition, dementia and neuro-degenerative disorders and parkinson’s disease	In progress
<b>HB5</b>	EnhanceDELETE 	Ongoing	• Healthy Aging Subcommittee	• Finding(s)	• Enhanced partnership may include a hospital summit or collaboration to share best practices between local hospitals and healthcare providers to address geriatric physical and mental health and wellbeing.	In progress
<b>HB6</b>	Delete 	Ongoing	• Healthy Aging Subcommittee	• Finding(s)	• [Discussion]	
<b>HB7</b>	Monitor and advise on AIS programs through presentations and site visits. 					
<b>HB7a</b>	Congregate Meals (Title III C1) and Transportation to Dining Sites (Title III B)	Ongoing	• Nutrition Subcommittee	• Meeting(s) and date(s) attended	• [Discussion]	In progress
<b>HB7b</b>	Home-Delivered Meals (Title III C2)	Ongoing	• Nutrition Subcommittee	• Meeting(s) and date(s) attended	• [Discussion]	In progress





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<b>HB7c</b>	SNAP-Ed (Cal Fresh)	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>HB7d</b>	Senior Health Promotion (Feeling Fit, Fall Prevention, etc.) and Healthy Aging in lifetime learning	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

#	Goal	Timeline	Lead	Measure	Outcome	Status
<b>HOUSING</b>						
<b>H1</b>	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
<b>H2</b>	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> </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


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## AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

LEGISLATION						
<b>L1</b>	Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation. 	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> <li>[Recommendations]</li> </ul>	In progress
LONG TERM CARE/RESPIRE/IN-HOME CARE						
<b>LT1</b>	Monitor and make recommendations for enhancements to Choose Well and advise AIS on legislation proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly. 	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> <li>Legislation monitored</li> </ul>	<ul style="list-style-type: none"> <li>[Recommendations for improvement, including assessment of effectiveness or additional resources needed].</li> <li>[Discussion]</li> </ul>	In progress
<b>LT2</b>	Monitor and advise on areas of concern related to long term care, in-home care, and respite. 	Ongoing				
<b>LT3</b>	Monitor and advise AIS on the Ombudsman program standard of operations, goals, performance, and increasing the number of volunteers. 	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



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#	Goal	Timeline	Lead	Measure	Outcome	Status
<b>TECHNOLOGY</b>						
T2	Monitor and advise on success of existing technology programs and promote access to and utilization of technology. 	Ongoing	<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>[Recommendations may include a media campaign to promote existing programs or identify opportunities for new programs.]</li> </ul>	Not yet started