



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
Healthy Aging Subcommittee

February 10, 2025 | 2:15pm

5560 Overland Ave, 3rd Floor, John Gaffaney Conference Room

Virtual Participation

Call in: 1 (619) 343-2539

Phone conference ID: 450 266 825#

Meeting ID: 210 078 344 97

Passcode: c68pX3ii

Click here to [Join Teams 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 January 13, 2025, Meeting Minutes (Action)*
4. **Discussion:** A Personal Aging Plan
5. **Next Meeting:** March 10, 2025, 2:15pm, 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
 January 13, 2025 | 2:15 PM

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MINUTES - DRAFT

Members		Absent Members	Guests
Attendance:	Susan Mallett David Milroy Paul Monarrez Bradlyn Mulvey Jacqueline Simon Richard Spiering	Wanda Smith	Maureen Phillips
Staff			
Item	Outcome		
1. Call to Order	Susan Mallett called the meeting at 2:07 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3) There was a quorum.		
2. Standard Business	a. Public Comments/Announcements: Members or non-members: (none recorded) b. Approval of December 9, 2024, Meeting Minutes (Action) c. [M/S - Jackie Simon made the motion to approve the minutes from the last meeting and David Milroy seconded the motion. The meeting minutes were approved with three abstentions]		
3. General Discussion	In a search of a focus for the committee's attention in the next few months, Bradlyn Mulvey introduced two programs that she has developed for the members at Tierrasanta Village of San Diego and might be appropriate to develop and disseminate to the public. The first program entitled, "This is Your Life" deals with what you need after the Living Trust and Advanced Directives are complete. Where are the account numbers for your utilities, credit cards, passwords and location of house and automobile keys—all the information one needs after your death. The second program in development still is the result of a village survey. This program is titled, "What is Your Best Aging Plan?." This will eventually be a workbook that spells out problems that we will encounter as we age and possible resources to rectify the problem: if one can't drive anymore, here are some transportation alternatives, if housebound, how to get socialization to avoid loneliness and depression, etc. This idea was received with enthusiasm and may become the focus of the committee's attention in the following months.		
4. Next Meeting	February 10, 2025, at 2:15 PM at 5560 Overland Avenue, 3rd Floor, John Gaffaney Conference Room		
5. Adjournment	Meeting adjourned at 3:01 PM		

Respectfully submitted by Bradlyn Mulvey, Ph.D., Secretary