



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
Healthy Aging Subcommittee

January 13, 2025 | 2:15pm

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

Virtual Participation

Call in: 1 (619) 343-2539

Meeting ID: 210 078 344 97

Passcode: c68pX3ii

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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 November 18, 2024, Meeting Minutes (Action)*
4. **Discussion:** Aging Plan for Individuals Who are Seniors
5. **Next Meeting:** February 10, 2025, 2:00pm, 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
 November 18, 2024 | 2:00 p.m.
 5500 Overland Ave, 1st Floor, Room 120, San Diego, CA 92123

MINUTES - DRAFT

	Members	Absent Members	Guests
Attendance:	Wanda Smith, Chair Bradlyn Mulvey, Secretary Susan Mallett David Milroy Jaqueline Simon	Silvia Martinez Paul Monarrez Richard Spiering	
	Staff		
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, called meeting to order at: 2:23 p.m. a. Welcome & Guest/Member Introductions b. Confirmation of Quorum 5 present at this time		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member			
3. Standard Business Names are noted when vote is not unanimous	a. Public Comments/Announcements: Members or non-members: b. Approval of (October 14, 2024) Meeting Minutes (Action) Motion: Jacqueline Simon / Second: David Milroy but with one correction: David Milroy was present at the 10-14-2024 meeting of the Healthy Aging Subcommittee Aye: 5 Nay: 0 Abstain: 0		
4. Review Discussion from Committee Members	<ul style="list-style-type: none"> • Chairman, Wanda Smith introduced a discussion about goals for next year, 2025. The goal she listed was to look at the research and make recommendations for priority areas of health care and then to advocate for program development with the emphasis on equity and inclusion. • David introduced the importance of education for seniors on aging healthfully. He talked about physical activities like yoga and informational classes for continuing education. In all, he advocated for a consideration of how to integrate educational resources into county plans. • Bradlyn talked of two active projects in Tierrasanta Village of San Diego. The first project called "This is Your Life" was designed to help villagers prepare for what happens after estate planning and advanced directives are complete. The project involved gathering important documents like a listing of passwords, credit/debit cards, deeds to property, instructions for caring for the pets, etc. The other project came out of a recent survey which asked villagers what services they thought they might need as they aged. Out of that survey grew the need to help villagers develop their best aging plan, know what problems they could encounter and the resources they will need as they age. • Wanda shared a chart of additional elements that could be a part of the "Best Aging Plan": cognitive, financial, and health care. She suggested we put together a list of what a good agency plan should have and then ask the county if it would develop and finance the plan. • This was followed by a brief discussion about how the information might be disseminated. • It was decided that we would research this topic for the next three months to develop the list of problems of aging and resources needed to develop a "Best Aging Plan". 		
5. Other Announcements	None.		
6. Next Meeting	Date: January 13, 2025 Time: 2:00 p.m. Location: 5560 Overland Avenue, John Gaffaney Conference Room		
7. Adjournment	Meeting adjourned at 2:33 p.m.		

Respectfully submitted by Bradlyn Mulvey, PhD., Secretary