



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
Healthy Aging Subcommittee

November 18, 2024 | 2:00 p.m.

5500 Overland Ave, 1st Floor, Room 120

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 351 468 1798

Passcode: 251412

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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 October 14, 2024, Meeting Minutes (Action)*
4. **Discussion:** Review of Healthy Aging Goal Hb1: Research and make recommendations for priority areas of healthcare. Advocate for program development with emphasis on equity and inclusion.
5. **Next Meeting:** December 9, 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
 October 14, 2024 at 2:00pm
 5560 Overland Ave, Suite 310, San Diego, CA 92123

MINUTES - DRAFT

Members		Absent Members	Guests
Attendance:	Wanda Smith, Chair Susan Mallett Silvia Martinez, left at 3:00pm Paul Monarrez, left at 2:45pm Bradlyn Mulvey, Acting Secretary Jaqueline Simon Richard Spiering	David Milroy	Antoinette Alioto, Director of Aging Connections. Jewish Family Service of San Diego
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith, Chairman called meeting to order at: 2:17pm a. Welcome & Guest/Member Introductions b. Confirmation of Quorum		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member	No action taken.		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: b. Approval of April 15, 2024, Meeting Minutes (Action) <ul style="list-style-type: none"> • Motion: First: Jaqueline Simon • Second: Bradlyn Mulvey 		
Names are noted when vote is not unanimous	Passed unanimously.		
4. Review Discussion from Committee members	<p>Antoinette Alioto, Director of Aging Connections, Jewish Family Services of San Diego was our guest. Jewish Family Service is over 100 years in existence and offers 70 programs from refugee assistance to parking lot assistance for the homeless. The purpose of the programs is to provide community empowerment by giving people dignified options. The speaker asserted successful aging in place is dependent on housing possibilities, socialization, good mental and physical health, the ability to navigate and access resources, with strong community support. She discussed rental assistance and home modification programs, emphasizing the need to help people navigate the housing system, especially those with Section Eight vouchers. Also, the organization focuses on socialization programs to connect people and alleviate loneliness. Mental health programs include counseling and excursions to help with socialization and to reduce loneliness and isolation. The organization helps people navigate insurance situations, including qualifying for Medi-Cal and Pace which provide wraparound services for older adults.</p> <p style="text-align: center;"><u>Project Care and Resource Navigation</u></p> <p>Project Care is a resource and referral program that conducts home assessments to identify pressing needs and provide vetted resources. The program follows up with clients to ensure they connect with the resources provided. Project Care is not primarily for those with dementia but for people who feel their needs are changing and are unsure of what they need. The program helps with issues like food insecurity and housing, often discovering addition needs during assessment.</p> <p style="text-align: center;"><u>Older Adult Case Management</u></p> <p>The program provides short-term, goal-oriented support for older adults. The program was previously a fee-based ongoing case management service but that has been changed to a no-fee, short term program. The program helps clients with housing, navigating moves, and connecting</p>		

them to other resources. The program has saved the organization significant money while helping more people with a focus on achieving goals within six months.

Nutrition Programs

The speaker discussed the home-delivered meals program for seniors 60+ which includes both County funded and purchased meals. The organization also operates a kitchen that provides around 3000 meals/week with a significant increase since the pandemic. Congregate dining is available at two locations: Bayside Community Center in Linda Vista and the LGTBQ Center in Hillcrest. The program includes transportation and additional services like frozen meals to take home. The Corner Market is run like a food bank where shoppers are given points to shop with instead of money. Healthy items like fruits and vegetables are 0 points and things like cookies are 5 points. Points are given by household size. Shopping is done on an appointment basis. Also, there is a curbside program that allows for online ordering and pickup.

Older Adult Center

The Older Adult Center is a day care program for early Alzheimer or related dementias. The program consists of a structured program of games, exercises, lunch, and entertainment. It is limited to 24 participants with three staff members. Pace can pay for this program.

Fix It Service

This is a free home safety modification program. Jobs center around plumbing and electrical modifications. Examples are to install or repair doorbells, deadbolts, install security lights, give resident non-slip bathmats, toilet raisers, and bedside commodes, repair screens, install carbon monoxide detectors, fire alarms, grab bars and handrails.

JFS Friendly Match Program

In this program, a volunteer is matched with a homebound senior or disabled adult and the volunteer either calls or visits the person to provide socialization and prevent loneliness.

On-the-Go Transportation Program

Individual rides are given to medical appointments, social errands, etc. The rider calls to make an appointment seven days in advance for a ride. The rider can participate in eight one-way rides in a month unless it is a medical necessity like a ride for chemotherapy in which case, there are more rides awarded. There is also a program where the rider pays for either an Uber or Lift ride through JFS and the rider reimburses JFS by a credit card. In this way, JFS monitors the rider. The program operated from 7am-4pm M-F.

5. Next Meeting	Monday, November 18, 2024, at 2:00pm at 5500 Overland Avenue, 1 st Floor, Room 120
6. Adjournment	Meeting adjourned at 3:23pm

Respectfully submitted by Bradlyn Mulvey, Ph.D., substitute secretary