



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services
Healthy Aging Subcommittee

October 14, 2024 | 2:00 p.m.

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

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

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AGENDA

*Attachment

1. **Call to Order:** Wanda Smith, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 5)
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 July 8, 2024, Meeting Minutes (Action)*
4. **Presentation:** Antoinette Alioto, Director of Aging Connections, Jewish Family Service of San Diego
5. **Next Meeting:** November 18, 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
 July 8, 2024, 2:00 P.M.

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 Meeting ID: 824 8650 7295
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MINUTES - DRAFT

Members		Absent Members		Guests	
Attendance:		Wanda Smith, Chair Susan Mallett Silvia Martinez Bradlyn Mulvey Jaqueline Simon Richard Spiering		David Milroy Paul Monarrez	
Staff					
Item		Outcome			
1. Call to Order		Wanda Smith, Chair, (2:06 P.M.) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (quorum = 5) 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 June 10, 2024, Meeting Minutes M/S Mulvey/Simon - unanimous			
4. Presentation: Wanda Smith, Dementia with a Difference- Changing Landscape of Dementia		<p>Dementia, a neurological disease broadly described as Alzheimer's Disease, Vascular Dementia, Lewy Body Dementia, Frontotemporal Dementia, Huntington's Disease, Parkinson's Disease and Mixed Dementia. Wanda noted that percentages of these types of dementia are changing as epidemiological study of dementias improves. Additionally, some ethnic groups have higher numbers of some dementias</p> <p>Overlapping of symptoms, physical impairment as well as mental deterioration are seen with the overlapping of dementias which makes getting a correct diagnosis critically important. Promising new drug treatments may slow progression of the diseases when a person is properly diagnosed. Diagnosis depends on the expertise of one's physician, the types of diagnostic testing and if the diagnosis includes genetic testing.</p> <p>Genetic testing often not be covered by insurance and can cost \$780. A saliva test captures 18 different genes and will show mutations. Such testing has found family genetic predisposition for types of dementia and some family members may have preventative genes as well preventing the occurrence of the disease. Advances in this area continue.</p> <p>Neurodegenerative Diseases have several hallmark symptoms including abnormal proteins in the brain such as amyloids, tauopathies, progranulin, MAPT among others. The proteins and the mutations can be present up to 10-30 years before the onset of dementia symptoms.</p> <p>The pharmaceutical pipeline for research into the genetic causes of dementia and promising drug therapies to treat symptoms is emerging. In conclusion, researchers are focusing on a variety of treatments, drug regimens and advances in testing across the dementia types.</p>			

	Wanda shared research sites such as the National Institute on Aging at NIH as well as CARD, Center for Alzheimer's Research.
5. Next Meeting	October 14, 2024, at 2:00 P.M.
6. Adjournment	Meeting adjourned 2:52 P.M.

Respectfully submitted by Susan Mallett