



*Advisory Council for Aging & Independence Services*  
**NUTRITION SUBCOMMITTEE**

July 10, 2024 | 1:00 PM

5560 Overland Ave, 3<sup>rd</sup> Floor  
John Gaffaney Conference Room  
San Diego, CA 92123

*Virtual Participation*

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

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**AGENDA**

**\*Attachment**

1. **Call to Order:** Susan Mallett, 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 1, 2024, Meeting Minutes (Action)\*
4. **Presentation:**
  - a. Esther Matos, Program Manager, San Ysidro Health Senior Nutrition Program
5. **Next Meeting:** September 4, 2024
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.

**Nutrition Subcommittee**

May 1, 2024 | 1:00 PM

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**MINUTES – DRAFT**

	<b>Members</b>	<b>Absent Members</b>	<b>Guests</b>
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Bradlyn Mulvey Jaqueline Simon Kristine Stensberg	Ethel Larkins	
	<b>Staff</b>		
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	Susan Mallett, Chair, (Call to order 1 PM) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): (five in attendance)		
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: None b. Approval of March 6, 2024 Meeting Minutes (Action) [Bradlyn Mulvey/Susan Mallett] – (Unanimous approval); Approval of April 3, 2024 Meeting Minutes (Action) [Bradlyn Mulvey/Susan Mallett] (Three approve; two abstain - Simon and Stensberg)		
4. Discussion	a. Susan Mallett distributed the Quarterly AIS Newsletter for CalFresh recipients (Winter 2024). It was derived from the AIS website through the window sequence of ‘Older Adults’, ‘Healthy Living’ and then ‘CalFresh Healthy Living’. Each volume has a health theme and nutrition education for that area of health. Also, Susan introduced the online nutrition classes ( <a href="https://EatFresh.org">EatFresh.org</a> and <a href="https://Leahspantry.org">Leahspantry.org</a> , (an official CalFresh Healthy Living Trainer) through AIS as part of a state-wide training resource. b. Susan provided copies of the draft changes to the goals that the committee worked on at the March meeting. Changes that were agreed upon are: HB3 - Review how older adults who have the greatest economic or social need are made aware of and utilize nutrition services including CalFresh benefits; HB4 a. - Review the research and the implementation efforts of local and national ‘food as medicine’ initiatives that are focused on the integration of food with disease prevention and management. HB4 b. Increase awareness about good oral health treatment options through public insurance benefits; HB7a. Review educational programs at the congregant sites. c. Susan and Shirley agreed to prepare questions for Deliah’s presentation in June.		
5. Next Meeting	June 5, 2024, 1 PM		
6. Adjournment	Meeting adjourned at 1:57 PM		

Respectfully submitted by Shirley King