



Advisory Council for Aging & Independence Services
NUTRITION SUBCOMMITTEE

May 1, 2024 | 1:00 PM

5560 Overland Ave, 3rd Floor
John Gaffaney Conference Room
San Diego, CA 92123

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

Click here to [Join Zoom Meeting](#)

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 March 6, 2024, and April 3, 2024, Meeting Minutes (Action)*
4. **Discussion:**
 - a. Nutrition Resources from AIS Website – CalFresh Newsletters, EatFresh.org Mini Courses
 - b. Discussion of 2023-2026 Annual Goals*
5. **Next Meeting:** June 5, 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.

Advisory Council for Aging & Independence Services
Nutrition Subcommittee
 Wednesday, March 6, 2024 | 11:30 AM

Imperial Beach Senior Citizens Center
 1075 Eighth Street, Imperial Beach CA 91932

Call in: (669) 900-9128
 Meeting ID: 824 8650 7295
 Passcode: 162815

MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Ethel Larkins Bradlyn Mulvey Jaqueline Simon	Kristine Stensberg	
Staff			
	Deliah Bisase, AIS Nutrition Manager		
Item	Outcome		
1. Call to Order	Susan Mallett Chair, (Call to order 11:45 AM) 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: Ethel Larkins reported that she has a contact that could arrange a site visit to George Stevens Senior Center at 570 65th Street in the Encanto area. Delilah Bisase suggested that she could check if this center is in the County's service area. Then she could arrange a visit for April or May. b. Approval of (February 7, 2024) Meeting Minutes (Action) [M/S –Bradlyn Mulvey/Jaqueline Simon; Unanimous approval]		
4. Discussion	a. Site visit to Imperial Beach Senior Citizen Center. The Committee met outside due to space limit in the dining area. Lunch was served outdoors. The lunch was prepared at the Serving Seniors kitchen in City Heights. It consisted of hot lentil soup, a clear foil wrapped tray with a slice of turkey, a slice of cheese, marinated cucumbers, shredded iceberg lettuce, two slices of wheat bread, a banana, and a carton of 1% milk. Delilah described the food safety measurements that she inspects at the site such as the temperature of the food when it leaves the Serving Seniors kitchen and when it arrives. She inspects the Center's kitchen equipment such as the refrigerator for its hygiene and temperature consistency. Delilah reported that the County's contracts with the nutrition vendors will be finalized by July after the 90-day submission period. Delilah agreed to present to the committee in May on the nutrition education requirements for the senior nutrition programs. b. The committee reviewed its goals and accomplishments through 2023/24 which included five site visits and a tour of the kitchen at Jewish Family Service. The committee had a joint meeting with Health Aging to learn from the Chief Dental Officer about the status of senior oral health in San Diego. The focus of oral health and dental benefits was added		

	<p>to the Advisory Council's goals. Susan Mallett suggested that the examinations of the barriers to CalFresh benefits become a separate goal. Susan suggested that we consult with the program services of Health Promotions that target CalFresh recipients. Since Goal HB3 has been completed, Susan will ask Jana Jordan whether it should be replaced.</p> <p>c. The 2024 Goals will be finalized at the next meeting. We will wait to hear from Ethel/Delilah whether next month's meeting will be at the George Stevens Senior Center.</p>
5. Next Meeting	April 3, 2024
6. Adjournment	Meeting adjourned 1:10 PM

Respectfully submitted by Shirley King

Advisory Council for Aging & Independence Services
Nutrition Subcommittee
 Wednesday, April 3, 2024 | 1:00 PM

George L. Stevens Senior Resource Center
 Fourth District Seniors Resource Center
 570 S 65th Street (off Skyline Drive), San Diego, 92114

Call in: (669) 900-9128
 Meeting ID: 824 8650 7295
 Passcode: 162815

MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Ethel Larkins Bradlyn Mulvey	Jaqueline Simon Kristine Stensberg	Rosemary Pope, Executive Director, Fourth District Seniors Resource Center
Staff			
Item	Outcome		
1. Call to Order	Susan Mallett Chair, (Call to order 1:00 PM) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): four 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) No action taken because of field trip to Fourth District Seniors Resource Center. Approval delayed until May 1, 2024.		
4. Discussion	<p>Visit to Fourth District Seniors Resource Center (FDSRC), tour and presentation of programs and services. The Executive Director, Rosemary Pope, met us in her conference room for a discussion of the history and program delivery at FDSRC, a 501(c)(3) non-profit located at 570 S. 6th St in the Encanto area. Since 1998, FDSRC has served the moderate to low-income seniors ages 55 and older, within 4th Council District. It was preceded by the informal services delivered through the medical practice of Dr. Charles Johnson who had enlisted Rosemary Pope, a social worker, and San Diego Community College instructor. Rosemary Pope began to work with Dr. Johnson to manage the needs of seniors in his practice who struggled with stressors that burdened their health. She helped the seniors with benefits paperwork and the barriers to day-to-day living. The City of San Diego opened the George L. Community Senior Center in 2006, and Rosemary became the Director. FDSRC hosts fitness classes through AIS 'Feelin Fit', a monthly bereavement group, Bridge Classes, a Walkers group, a choral project with the Old Globe Theatre, Friday congregant lunch meal and food delivery and a monthly food distribution by Feeding San Diego (FDSRC provides recipes). Prior to Covid, congregant lunches were available Monday to Friday through St. Jude's as part of AIS. The Friday seafood lunch is cooked on site in the commercial kitchen by volunteers (ambassadors). Food is procured fresh consisting of fish such as catfish or perch along with fresh greens many of which are donated from local gardens and the organization Mas Frescas. Diners can have fish cooked to their preferences. FDSRC's</p>		

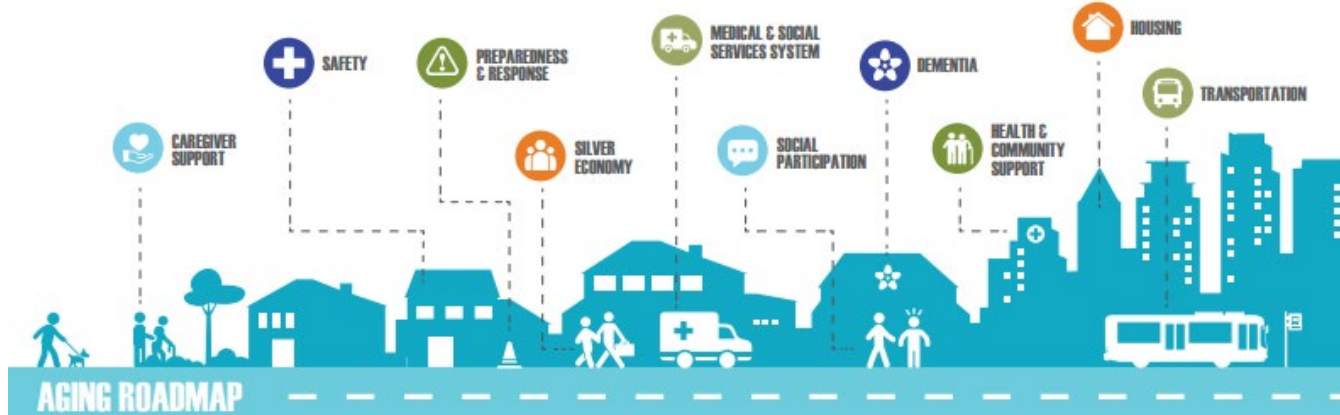
	facility hosts many social events for its clients and offers its large social hall for community rental. We toured the big commercial kitchen. FDSRC is planning to replace the 15-year-old kitchen equipment. Volunteers are long standing community members. Rosemary Pope brings to her work her history in the community and her background in teaching nutrition and delivering social work. FDSRC has a younger community member who is the Board Chair, Thomas Van, who met us briefly. This Center is surrounded by a community park with large expanses of green space for open activities and dog play.
5. Next Meeting	May 1, 2024
6. Adjournment	Meeting adjourned 2:00 PM

Respectfully submitted by Shirley King



AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

COUNCIL FOCUS: Use or gain expertise to identify, project, and anticipate needs and trends, and advise on legislative and AIS operational actions to address the needs of older adults and persons with disabilities.





AGING ROADMAP: San Diego County’s [regional plan](#) that is implemented and organized by 10 focus areas that collectively represent the county’s comprehensive system of care. Roadmap focus areas are as follows and identified throughout the Council’s Goals:




GOALS 2023 – 2026






#	Goal	Timeline	Lead	Measure	Outcome	Status
A1a	Advise on updates for FY 2023-2024. 	Mar – June 2023	• Ad Hoc Area Plan Subcommittee	<ul style="list-style-type: none"> • Meeting date(s) • Discussion • Vote and authorization of Council Chair to sign letter of transmittal 	<ul style="list-style-type: none"> • Ad Hoc Area Plan Subcommittee met on 3/24/23. • Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 4/10/23. • Discussion included: Updates of Area Plan 2020-2024 Update FY 23-24; process and content of Area Plan fair and equitable; and the Ad Hoc Subcommittee recommends continued consultation, input, and monitoring of progress from Advisory Council. Authorization passed with 18 votes on 4/10/23. 	Completed
A1b	Advise on the 4-year Area Plan for FY 2024-2028. 	Mar – May 2024	• Ad Hoc Area Plan Subcommittee	<ul style="list-style-type: none"> • Meeting date(s) • Discussion • Vote and authorization of Council Chair to sign letter of transmittal 	<ul style="list-style-type: none"> • Ad Hoc Area Plan Subcommittee met on: • Discussion included: • Authorization passed: 	Not yet started

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

A1c	Participate in the 4-year Area Plan FY 2024-2028 focus group sessions. 	Sept 2023	<ul style="list-style-type: none"> Advisory Council 	<ul style="list-style-type: none"> Focus group date (s) 	<ul style="list-style-type: none"> Focus group was held on: 	Not yet started
A1d	Monitor and plan for the expansion of services for older adults to meet the needs of the growing population. 	Ongoing	<ul style="list-style-type: none"> Ad Hoc Area Plan Subcommittee Advisory Council 	<ul style="list-style-type: none"> Discussion 	<ul style="list-style-type: none"> Discussion included: 	In progress
A2	Find engaging speakers for the AIS Advisory Council general meetings. 	Ongoing	<ul style="list-style-type: none"> Advisory Council 	<ul style="list-style-type: none"> Speakers 	<ul style="list-style-type: none"> Speakers' topics included: 	In progress
A3	Explore and participate in appropriate Auxiliary subcommittees including but not limited to the Age Well San Diego Theme Teams and Community Action Networks. 	Ongoing	<ul style="list-style-type: none"> Healthy Aging Subcommittee 	<ul style="list-style-type: none"> Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> Age Well San Diego Health & Community Support meetings attended by Advisory Council and Subcommittee members. 	In progress



#	Goal	Timeline	Lead	Measure	Outcome	Status
HEALTHCARE AND BEHAVIORAL HEALTH						
HB1	Research and make recommendations for priority areas of healthcare. Advocate for program development with emphasis on equity and inclusion. 	Ongoing	<ul style="list-style-type: none"> Healthy Aging Subcommittee 	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but are not limited to, where the older adult population meets, nutrition, socialization, geography/communities, disabilities, mental health, dementia, Alzheimer's disease, ways to increase awareness and education in hospitals re: geriatric issues. 	

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026





HB1b	Position Paper: “Seniors Who Live Alone”.	Ongoing	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Finding(s) • Number and topic of position paper 	<ul style="list-style-type: none"> • Position paper finalized on [date] and presented to [audience]. 	In progress
HB3	Develop recommendations to decrease hunger, food insecurity, and adverse health conditions resulting from poor nutritional health; increase awareness about good oral health and the dental treatment options through public insurance benefits. 	Ongoing	<ul style="list-style-type: none"> • Nutrition Subcommittee 	<ul style="list-style-type: none"> • Finding(s) 	<ul style="list-style-type: none"> • Topics may include, but are not limited to, enhancing nutritional quality through increased fruit and vegetable consumption and the importance of good nutrition for older adults living with chronic health conditions. 	In progress
HB4	Identify diseases risk reduction strategies and educational opportunities for diseases and disorders affecting older adults. 	Ongoing	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Finding(s) 	<ul style="list-style-type: none"> • [Recommendations] shared with [audience/modality] on [date]. 	In progress
HB5	Recommend enhanced partnership and collaboration between COSD and local hospitals. 	Ongoing	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Finding(s) 	<ul style="list-style-type: none"> • Enhanced partnership may include a hospital summit or collaboration to share best practices between local hospitals and healthcare providers to address geriatric physical and mental health and wellbeing. 	In progress
HB6	Monitor and advise on Age-Friendly Public Health Systems. 	Ongoing	<ul style="list-style-type: none"> • Healthy Aging Subcommittee 	<ul style="list-style-type: none"> • Finding(s) 	<ul style="list-style-type: none"> • [Discussion] 	
HB7	Monitor and advise on AIS programs through presentations and site visits. 					
HB7a	Congregate Meals (Title III C1) and Transportation to Dining Sites (Title III B)	Ongoing	<ul style="list-style-type: none"> • Nutrition Subcommittee 	<ul style="list-style-type: none"> • Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> • [Discussion] 	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026


HB7b	Home-Delivered Meals (Title III C2)	Ongoing	<ul style="list-style-type: none"> Nutrition Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
HB7c	SNAP-Ed (Cal Fresh)	Ongoing	<ul style="list-style-type: none"> Nutrition Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
HB7d	Senior Health Promotion (Feeling Fit, Fall Prevention, etc.)	Ongoing	<ul style="list-style-type: none"> Healthy Aging Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress

#	Goal	Timeline	Lead	Measure	Outcome	Status
HOUSING						
H1	Explore and participate in appropriate Auxiliary subcommittees including but not limited to the Age Well San Diego Housing Theme Team and County housing and homelessness initiatives. 	Ongoing	<ul style="list-style-type: none"> Housing Subcommittee 	<ul style="list-style-type: none"> Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> Age Well San Diego Housing: [date], [date], [date]. 	In progress
H2	Monitor and advise on the Thriving component of the <i>Live Well San Diego</i> vision, particularly related to: <ol style="list-style-type: none"> Supporting availability and affordability of housing for all community members. Creating more accessible housing for older adults and people with disabilities to live independently. 	Ongoing	<ul style="list-style-type: none"> Housing Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

#	Goal	Timeline	Lead	Measure	Outcome	Status
LEGISLATION						
L1	<p>Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation.</p> 	Ongoing	<ul style="list-style-type: none"> Advisory Council Ad Hoc Legislative Subcommittee 	<ul style="list-style-type: none"> Legislation monitored 	<ul style="list-style-type: none"> [Discussion] [Recommendations] 	In progress
LONG TERM CARE/RESPIRE/IN-HOME CARE						
LT1	<p>Monitor and make recommendations for enhancements to Choose Well and advise AIS on legislation proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly.</p> 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Date(s) of Choose Well meeting(s) attended Legislation monitored 	<ul style="list-style-type: none"> [Recommendations for improvement, including assessment of effectiveness or additional resources needed]. [Discussion] 	In progress
LT2	<p>Monitor and advise on areas of concern related to long term care, in-home care, and respite.</p> 	Ongoing				
LT3	<p>Monitor and advise AIS on the Ombudsman program standard of operations, goals, performance, and increasing the number of volunteers.</p> 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2023 – 2026

#	Goal	Timeline	Lead	Measure	Outcome	Status
TECHNOLOGY						
T2	Monitor and advise on success of existing technology programs and promote access to and utilization of technology. 	Ongoing	<ul style="list-style-type: none"> Advisory Council All Subcommittees 	<ul style="list-style-type: none"> Finding(s) Number and topic of media campaign 	<ul style="list-style-type: none"> [Recommendations may include a media campaign to promote existing programs or identify opportunities for new programs.] 	Not yet started