



*Advisory Council for Aging & Independence Services*  
**NUTRITION SUBCOMMITTEE**  
September 4, 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

Click here to [Join Zoom Meeting](#)

**AGENDA**

\*Attachment

1. **Call to Order:** Shirley King for Susan Mallett
  - 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 July 10, 2024, Meeting Minutes (Action)\*
4. **Next Meeting:** October 2, 2024
5. **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**

July 10, 2024 | 1 PM

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

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**MINUTES - DRAFT**

Members		Absent Members	Guests
Attendance:	Susan Mallett, Chair Shirley King, Recording Secretary Ethel Larkins Bradlyn Mulvey Kristine Stensberg	Jaqueline Simon	
<b>Staff</b>			
Deliah Bisase, RD Public Health Nutrition Manager			
Item	Outcome		
1. Call to Order	<b>Susan Mallett, Chair, (2:00 PM)</b> a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): (four 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: Susan distributed a flyer she downloaded from the CA State Dept. of Agriculture regarding the Senior Farmers Market Voucher program. This educational flyer is attached with the vouchers given to the receiving Senior consumers. It includes tips on food safety and food storage and efficient shopping at the markets. b. Approval of (May 1, 2024) Meeting Minutes (Action) [M/S –Ethel Larkins/Bradlyn Mulvey: (five unanimous vote)]		
4. Guest Presentation	Esther Matos, Program Manager, San Ysidro Health Senior Nutrition Program and Cynthia Rivera, Operations Manager presented by Zoom. They manage the Rural East Senior Nutrition Program that distributes hot lunches and home delivered meals for those qualifying seniors ages 60 and over and those disabled. The program has been in service for 20 years and in 2020 San Ysidro Health merged with Mountain Health Community Services. These services cover a geographic range of 660 miles reaching seven congregant sites in libraries and community centers serving 680 seniors in 2023. In 2023, 20,775 miles were travelled to deliver 49,595 meals. That is over a threefold increase since 2019 of about 16,000 meals. Congregant sites are located at Campo, Alpine, Descanso, Dulzura, Jacumba, Pine Valley and Portero. Campo is the main site where the meals are prepared, and a daily lunch is available. The other sites have a once-a-week hot lunch and meals to go. Home bound meals are distributed in the areas of Campo, Alpine, Boulevard, Jacumba and Portero. A week’s worth of food (six frozen meals) is delivered along with a hot lunch. The staff and volunteers link the seniors with services such as CALFresh, local food pantries, MediCal, mobile health clinic and referrals to the PACE program in Alpine. The staff assisted Seniors with a more affordable cell phone service. This program is critically important to Seniors living in these distant rural areas where a grocery store may be 45 minutes away. Deliah visits these rural sites once a month.		

	Susan reported that the recent LiveWell newsletter featured a partner, Fallbrook Regional Health that offers a free cookbook from its Lifestyle Change Program.
5. Next Meeting	a. Deliah will arrange a site visit at the Senior Nutrition Program in Vista on Wednesday, September 4, 2024, at 12 noon. She will send the address separately.
6. Adjournment	2:15 PM

Respectfully submitted by Shirley King