



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

February 5, 2025 | 1:00 PM

*Virtual Participation*

Call in: 619-343-2538

Phone Conference ID: 728 771 44#

Meeting ID: 231 545 090 575

Passcode: m8RV9Hh9

Click here to [Join Teams Meeting](#)

**AGENDA**

\*Attachment

1. **Call to Order:** Shirley King, Chair
  - a. Welcome & Guest/Member Introductions
  - b. Confirmation of quorum (quorum = 3)
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 January 8, 2025, Meeting Minutes (Action)\*
4. **Site Visit:** Linda Vista Community Park, 7064 Levant Street, San Diego, California 92111. Hosted by Amy Zink, Urban Farmer at the Bayside Community Center and a Certified Master Gardener
5. **Next Meeting:** March 5, 2025, at 1:00 PM
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**

January 8, 2025 | 1 P.M.

Call in: (669) 900-9128

Meeting ID:824 8650 7295

Passcode: 162815

**MINUTES - DRAFT**

<b>Members</b>		<b>Absent Members</b>	<b>Guests</b>
Attendance:	Shirley King, Chair/Recording Secretary Susan Mallett, Ex-Officio Bradlyn Mulvey Kristine Stensberg	Jacqueline Simon	Maureen Phillips, newly appointed District Two Representative
<b>Staff</b>			
Delilah Bisase, RD, Public Health Nutrition Manager			
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	Shirley King, Chair, 1:09 P.M. a. Welcome & Guest/Member Introductions: Welcome to Maureen Phillips as the new District Two Representative. She lives in Jacumba and directs a non-profit that serves breakfast and lunch one day a week to adults in her area. About 40 individuals attend. b. Confirmation of quorum (three): three present for a quorum.		
2. Statement (Just Cause) and/or Consideration of a request to participate Remotely (emergency circumstance) by a Council Member, if applicable.	No action taken.		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: Kristine Stensberg announced that her employer, Jewish Family Service, received a U.S. HUD grant of two million dollars for a new program to support home safety modifications for those who qualify and are assessed by the agency's Occupational Therapist. The service is county-wide based on income parameters, and the individual award is up to \$5,000 b. Approval of December 4, 2024, Meeting Minutes (Action) M/S –Bradlyn Mulvey/Kristine Stensberg: Unanimous approval		
4. General Discussion	Evaluating Screening Tools that assess nutritional and food insecurity for adaptation and use in a clinical health care setting to identify the older adult who is at risk. The committee reviewed two nutrition assessments provided by Delilah Bisase, RD. One is used at the congregant dining sites. Today's discussion is a continuation of the Food as Medicine movement within health care delivery systems. Shirley reported about Tufts University new Food as Medicine Institute and its partnership with Kaiser Permanente and Los Angeles Department of Public Health are researching a two-item nutrition security screener. The questions would yield responses of low nutrition security and very low nutrition security. The intent is for more research about use in a clinical setting and entry into a patient's electronic record. Kristine described a developing model that Jewish Family Service has implemented those stages medically tailored meals to medically tailored groceries and food pantry distribution. The committee agreed that medically tailored meals or groceries need to be evaluated for longer duration than three to six months. Susan asked about the local Emergency Rooms that are certified with designated Geriatric units and the use of the nutrition screening tool. Shirley showed the Boston Medical Center Emergency Department screening tool that identified community resources to the needs that a patient demonstrates. Delilah explained about the CAL Fresh classes that are available as nutrition counseling. The committee agreed that the food as medicine research by health care organizations is a sound direction for identifying and		

	<p>intervening with patients' nutrition and food insecurity, especially the older adult with chronic conditions with the goal of establishing systemic changes to health care delivery and medical record documentation.</p> <p>Susan recommended that the group visit one of the Intergenerational Community Gardens (IG) for next month's meeting. Delilah suggested the Linda Visit Community Garden and offered to contact Pam Plimpton who oversees the IG program. Shirley will follow up with Pam Plimpton.</p>
5. Next Meeting	Wednesday, February 5, 2025   1 P.M.
6. Adjournment	Meeting adjourned at 2 P.M.

Respectfully submitted by Shirley King