

Advisory Council for Aging & Independence Services
Healthy Aging Subcommittee
 November 10, 2025, 2:15 PM
 5560 Overland Avenue, 3rd Floor, JG Conference Room

Call in: 1 (619) 343-2539
 Meeting ID: 210 078 344 97
 Passcode: c68pX3ii

COSI CLERK OF THE BOARD
 2025 JAN 8 PM 2:27

MINUTES - DRAFT

	Members	Absent Members	Guests
Attendance:	Wanda Smith, Chair David Milroy Jackie Simon Bradlyn Mulvey	Paige Colburn-Hargis Maureen Phillips	
	Staff		
Item	Outcome		
1. Call to Order	Wanda Smith, Chair called the meeting at 2:18 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3) There was a quorum.		
2. Standard Business	a. Public Comments/Announcements: None b. Approval of October 13, 2025 Meeting Minutes (Action) c. [M/S David Milroy made the motion to approve the minutes from the last meeting and Bradlyn Mulvey seconded the motion. Minutes were approved.]		
3. General Discussion	The speaker for this meeting was ill so her presentation on polypharmacy was postponed until January. This meeting was centered on future presentations and discussions related to aging and dementia. Most of the meeting time was spent brainstorming topics for upcoming meetings including pharmacological impacts on aging and vascular dementia. A significant part of the discussion focused on the "Beyond" campaign which aims to broaden the understanding of dementia beyond just memory loss to include movement disorders like Parkinson's Disease. Also, there was concern about the over-medication of seniors and the lack of awareness among some doctors regarding different types of dementia and appropriate treatments.		
4. Next Meeting	January 12, 2026 at 2:15 PM at 5560 Overland Avenue, 3 rd Floor, JG Conference Room		
5. Adjournment	Meeting adjourned at 2:49 PM		

Respectfully submitted by Bradlyn Mulvey, Secretary

Advisory Council for Aging & Independence Services
Nutrition Subcommittee
November 5, 2025 | 1:00 PM

Virtual Participation
Meeting ID: 896 0847 3221
Passcode: 035415

MINUTES - DRAFT

COSD CLERK OF THE BOARD
2026 JAN 2 PM12:24

	Members	Absent Members	Guests
Attendance:	Shirley King, Chair Bradlyn Mulvey Jacqueline Simon	Susan Mallett Maureen Phillips (phone connection)	Carolyn Kendle Paige Colburn Hargis (Virtual)
	Staff		
		Outcome	
1. Call to Order	Shirley King, Chair, 1 PM a. Welcome & Guest/Member Introductions b. Confirmation of quorum (Three): (Quorum achieved)		
2. Statement of (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: (no announcements) b. Approval of October 8, 2025, Meeting Minutes (Action) M/S – Bradlyn Mulvey/Jacqueline Simon: Unanimous Vote		
4. General Discussion	Today's in-person guest was Carolyn Kendle, Community Health Specialist and Fall Prevention Program Coordinator with Health Promotions. She was invited to demonstrate the dining placemat project she developed in collaboration with Paige Colburn-Hargis, Scripps Health. Carolyn brought samples of the laminated placemat (11" x 17") that she had designed for her Fall Prevention campaign to educate diners at congregate sites. She has about 1,000 placemats in stock. The placemats are waiting to be used. The members agreed to talk with Delilah Bisase, RD who is attending a conference today about introducing the placemats to two congregate dining sites - Salvation Army and Chula Vista Norman Park Senior Centers. The attendance at these sites was estimated by Delilah during the period from April to June 2025. The placemats can be used daily and wiped clean. Carolyn suggested building a template with other public health messaging that would align with the Subcommittee's goals such as oral health, nutrition tips and CalFresh reminders that can be used as alternates. Carolyn reported that the CalFresh Healthy Living Initiative will be discontinued in March 2026. The materials from this Initiative will be available for use with the new placemat template. The committee agreed to develop a brief survey tool to evaluate the value of the information on the placemats to the congregate site dinner. Carolyn will mail 75 placemats to Maureen Phillips for her community center's senior dinners in Jacumba. The next meeting in January will be used to finalize with Delilah Bisase the sites, which have agreed to use the placemats for one month to start. Carolyn agreed to be available as needed.		
5. Next Meeting	January 7, 2026, at 1:00 PM		
6. Adjournment	Meeting adjourned at 2 PM		

Respectfully submitted by Shirley King

Aging & Independence Services Advisory Council
Monday, November 10, 2025 | 12:00 p.m. – 2:00 p.m.
5560 Overland Avenue, 3rd Floor, Joaquin Anguera Room, San Diego, CA 92123

Call in: 1 (619) 343-2539
Meeting ID (access code): 224 849 240 117 | Passcode: eq7c5Wr2

MINUTES - DRAFT

	Members	Absent Members	Guests
Attendance:	Shelia Coulbourn Stephen Huber Rhys Jones Ted Kagan Mina Kerr Shirley King Dennis Leggett Mikie Lochner	Silvia Martinez Dan McNamara David Milroy Bradlyn Mulvey Molly Nocon Jacqueline Simon Smith Sirisakorn Wanda Smith	Sabrina Bishop Paige Colburn-Hargis Faye Detsky-Weil Elaine Lewis Susan Mallett Taryn Patterson Maureen Phillips Cristin Whittaker
Staff			
	Allison Boyer Wendy Garcia Samantha Hasler Michelle Hollie-Luterick	Jana Jordan Madelyn Ochoa-Wingate Sunita Upchurch	
Outcome			
1. Call to Order	<p>Wanda Smith, 2nd Vice Chair, 12:03 p.m.</p> <p>a. Welcome & Pledge of Allegiance</p> <p>b. Guest/Member Introductions</p> <p>c. Confirmation of Quorum: 16 present at this time.</p>		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.			
3. Standard Business	<p>a. Public Comment/Announcements: Members or non-members</p> <p>b. Approval of October 13, 2025, Meeting Minutes (Action)* [M/S – S. King/ T. Kagan (Passed with 15 votes, 1 abstained.)]</p>		
4. AIS Director's Items	<p>a. AIS Director's Update</p> <p>b. Legislative Update</p>		
5. Guest Speakers	<p>a. Elder Law & Advocacy <i>Alexis Hernandez, Community Engagement Coordinator</i> Highlights included:</p> <ul style="list-style-type: none"> ○ About Elder Law & Advocacy ○ Elder Law & Advocacy ○ Senior Legal and Caregiver Legal Support ○ Elder Tenant Assistance Program ○ Elder Abuse Protection ○ About Health Insurance Counseling & Advocacy Program (HICAP) 		

	<ul style="list-style-type: none"> ○ HICAP's Comparison Charts ○ Over 20 HICAP Fact Sheets and Comparison Charts ○ How to Get HICAP's Charts ○ Medicare Basics ○ What is Medicare? ○ What does Medicare Cover? ○ Parts of Medicare ○ Original Medicare vs. Medicare Advantage ○ HICAP Case Example ○ Medicare Premium Costs ○ First Enrollment in Medicare ○ Enrollment Changes ○ Low-Income Assistance Programs ○ Assistance Programs ○ Medicare + Medi-Cal <p>b. Ombudsman Annual Report <i>Sunita Upchurch, Long-Term Care Ombudsman Program Supervisor</i> Highlights included:</p> <ul style="list-style-type: none"> ○ Long-Term Care Ombudsman Mission ○ Older Americans Act ○ Services/ Receive, Investigate, And Resolve Complaints ○ Ensure A Regular Presence In Long Term Care Facilities ○ Address Patterns Of Poor Practice ○ Influence Public Policy ○ San Diego County Ombudsman - San Diego County Long-Term Care Facilities ○ Myth Vs Fact ○ Summary & Contact 															
6. Executive & Membership Subcommittee Report/Other Business	<p>a. Chair's Report: Wanda Smith, 2nd Vice Chair</p> <p>b. Membership Report: Jacqueline Simon, Secretary</p> <p>i. Appoint Antoinette Alioto to full term (Action) – Seat #29, effective immediately, to expire 2/9/2029 [M/S – T. Kagan/B. Mulvey (Passed with 16 votes.)]</p> <p>c. Board of Supervisors Annual Visits (Dates posted as confirmed):</p> <table> <tbody> <tr> <td>i. District #1: Aguirre</td> <td>[Vacant/Vacant]</td> <td></td> </tr> <tr> <td>ii. District #2: Anderson</td> <td>[Phillips/Nocon]</td> <td>2/26/2025</td> </tr> <tr> <td>iii. District #3: Lawson-Remer</td> <td>[King/Colburn-Hargis]</td> <td>1/31/2025</td> </tr> <tr> <td>iv. District #4: Montgomery Steppe</td> <td>[Bishop/Milroy]</td> <td>10/11/2024</td> </tr> <tr> <td>v. District #5: Desmond</td> <td>[Vacant/Vacant]</td> <td></td> </tr> </tbody> </table>	i. District #1: Aguirre	[Vacant/Vacant]		ii. District #2: Anderson	[Phillips/Nocon]	2/26/2025	iii. District #3: Lawson-Remer	[King/Colburn-Hargis]	1/31/2025	iv. District #4: Montgomery Steppe	[Bishop/Milroy]	10/11/2024	v. District #5: Desmond	[Vacant/Vacant]	
i. District #1: Aguirre	[Vacant/Vacant]															
ii. District #2: Anderson	[Phillips/Nocon]	2/26/2025														
iii. District #3: Lawson-Remer	[King/Colburn-Hargis]	1/31/2025														
iv. District #4: Montgomery Steppe	[Bishop/Milroy]	10/11/2024														
v. District #5: Desmond	[Vacant/Vacant]															
7. Ancillary Subcommittee Oral Reports (Possible action)	<p>a. LTC Ombudsman/Facilities (met 11/10/25): Elaine Lewis, Chair</p> <p>b. Healthy Aging (met 10/13/25): Wanda Smith, Chair</p> <p>c. Affordability in Aging (met 11/10/25): David Milroy, Chair</p> <p>d. Nutrition (met 11/5/25): Shirley King, Chair</p>															
8. Ad Hoc Subcommittee Oral Reports																
9. Other Announcements	<p>a. California Senior Legislature Caucus Report: Wanda Smith*</p>															

FIRST 5 COMMISSION OF SAN DIEGO
9655 Granite Ridge Drive, Suite 120, MS A-211
San Diego, CA 92123
(858) 285-7710

COSD CLERK OF THE BOARD
2026 JAN 7 PM3:17

FINANCE COMMITTEE MEETING MINUTES

October 7, 2025

Members Present:

Ricardo Macedo, Chair
RC Kinzly
Julie Bjerke

Staff Present:

Alethea Arguilez, Executive Director
Fortune Cheng, Fiscal Manager

Members Absent:

Charissa Japlit, Vice Chair
Tracy Drager

Staff Absent:

Karen Hays, Executive Admin

1. Call to Order

Chair Macedo called the Finance Committee meeting to order at 9:01am.

2. Opportunity for Public Comments

None

3. Recusal Reminder

Chair Macedo reminded the Finance Committee Members to recuse themselves from voting on any agenda items that have a real or perceived conflict of interest.

4. Approval of Finance Committee Meeting Minutes from May 28, 2025.

ON MOTION OF Member Bjerke, seconded by Member Kinzly, the Committee approved the minutes for the May 28, 2025 meeting.

AYES: Macedo, Kinzly, Bjerke
ABSENT: Japlit, Drager
ABSTAIN: None
NOES: None

5. Approval of Annual Financial Report (AFR) for 2024-25

The Principal Auditor, Hadley Hui, led a presentation and review of the final draft of the FY 2024 – 25 Annual Financial Report (AFR) audited by Moss, Levy, and Hartzheim. The Committee was asked to approve the Annual Financial Report for FY 2024 – 2025.

ON MOTION OF Member Bjerke seconded by Member Kinzly, the Committee approved the Annual Financial Report for FY 2024-25.

AYES: Macedo, Kinzly, Bjerke
ABSENT: Japlit, Drager
ABSTAIN: None
NOES: None

FINANCE COMMITTEE MEETING MINUTES

October 7, 2025

Page 2 of 2

6. Approval of Commission Financials

Fortune Cheng, First 5 San Diego Fiscal Manager, led a review and discussion of the Balance Sheet as of August 31, 2025.

ON MOTION OF Member Kinzly, seconded by Member Bjerke, the Committee approved the Balance Sheet as of August 31, 2025.

AYES: Macedo, Kinzly, Bjerke

ABSENT: Japlit, Drager

ABSTAIN: None

NOES: None

7. Approval of Schedule of Finance Committee Meetings for 2026

The Committee was asked to approve the proposed schedule for Finance Committee meetings for the 2026 calendar year.

Month	Date	Agenda Items
January	January 14, 2026	▪ 2 nd Quarter reports & projections
March	March 19, 2026	▪ Review of FY 2026 - 27 Operating Budget and Financial Spending Plan
April	April 9, 2026	▪ 3rd Quarter reports & projections
September	September 24, 2026	▪ Final audit report presentation by the auditor

ON MOTION OF Member Bjerke, seconded by Member Kinzly, the Committee approved the Finance Committee meeting schedule for 2026.

AYES: Macedo, Kinzly, Bjerke

ABSENT: Japlit, Drager

ABSTAIN: None

NOES: None

8. Executive Director Report

Executive Director Arguilez provided an update on the following issues affecting the Commission:

- Continued efforts to partner with HHSA departments on upcoming joint procurement to leverage the Prop 10 funds. Specifically for Home Visiting and the new Integrated prevention and early intervention services. These items are pending Board of Supervisor approval in November.
- Article IIIp ordinance update to the duties and responsibilities section 84.108 that adds language that explicitly states that the Commission has independent authority over the Children and Families Trust Fund (Prop 10 funds) including the ability to authorize contracts or grant agreements with other entities. This will allow the commission to work directly with DPC via Commission to issue contracts on behalf of the commission.

9. Future Agenda Items

- 2nd Quarter reports & budget projections FY 25 – 26

10. Adjournment

Chair Macedo adjourned the meeting at 10:01am to reconvene on January 14, 2026.

Prepared by Karen Hays

10. Adjournment &
Next Meeting

Meeting adjourned: 1:48 p.m.
Next Council Meeting: January 12, 2026, 12:00 p.m.

Future Subcommittee Meetings:

- | | | |
|-----------------------------|----------|------------|
| ➤ Healthy Aging: | 11/10/25 | 2:15 p.m. |
| ➤ Executive & Membership: | 12/2/25 | 9:00 a.m. |
| ➤ Nutrition: | 1/7/26 | 1:00 p.m. |
| ➤ LTC Ombudsman/Facilities: | 1/12/26 | 10:30 a.m. |
| ➤ Affordability in Aging: | 1/12/26 | 10:30 a.m. |

Minutes respectfully submitted by Michelle Hollie-Luterick.



PARKS ADVISORY COMMITTEE

October 10, 2025

Members Present	Members Absent	Staff Present	Public Present
<u>In-Person</u> Doug Goad, Chair, District 3 Rob Hutsel, Vice-Chair, District 3 Susan Hector, District 4 Paul Davis, District 5 Jeffry Jones, District 2 Nicole Honstead, District 2	Susie Murphy, District 1	Jason Hemmens Cynthia Robles Elisa Jazo(virtual) Andrew Quinn Makenna Welsh, PDS Jason Mahn, PDS	Ed Stovin Jay West

MEETING MINUTES

1. Call to Order – 9:04 AM
2. REMOTE PARTICIPATION DISCLOSURE
 - None
3. OPPORTUNITY FOR MEMBERS OF THE PUBLIC TO SPEAK
 - Ed Stovin expressed his concern on the delay of the feasibility study for the County's Off-Highway Vehicle grant.
4. APPROVAL OF THE MEETING MINUTES
 - MOTION TO APPROVE the September 12, 2025, MEETING MINUTES – committee member Hector, 2nd by committee member Hutsel. ALL IN FAVOR – 6-0-0
5. COMMITTEE MEMBER COMMENTS ON ANY ITEM NOT ON TODAY'S AGENDA
 - Committee member Hector expressed concerns about the increased flow of water in the Los Peñasquitos Ranch House and how it may affect the adobe.
 - Committee member Honstead expressed gratitude to the Department of Parks and Recreation marketing team for a quick turnaround.
 - Committee member Hutsel gave an update on the purchase of the fifty-eight-acre property where Mildred Falls is located and how the purchase will be completed on October 20, 2025.
6. DEPARTMENT REPORT
Jason Hemmens, Director, gave the department report, which included notifications about the following upcoming items related to Parks:

- On October 22nd, the Department of Parks and Recreation will present to the Board regarding the surfacing of the Miracle Field. The department has accumulated \$650,000, with approximately \$300,000 contributed by the Padres Foundation.
- An Open House will be taking place on Saturday, October 11th in Butterfield Trails where there will be tree planting and will include the Birds of Prey Program as well as a guided walk.
- Department of Parks and Recreation is currently engaged in our five-year forecasting process.

7. DPR ITEM PRESENTATIONS

- Sustainable Cattle Grazing – Makenna Welsh, Project Manager and Jason Mahn, Land Use/Environmental Planner with Planning & Development Services along with Andrew Quinn, Chief of Departmental Operations from Department of Parks and Recreation gave a presentation on Sustainable Cattle Grazing that included board direction and key stakeholder takeaways.
- Committee members Hutsel and Hector shared the importance of incorporating sustainability guidelines for grazing leases as they can negatively impact the environment without proper monitoring and safeguards in place.

8. ADJOURNMENT – 10:06 AM

- MOTION TO ADJOURN - Committee Member Honstead, 2nd by Committee Member Hector. ALL IN FAVOR – 6-0-0