



**Regional Community Advisory Committee (RCAC)
Region 1 - Antelope Valley, Palmdale, Lancaster, Santa Clarita
Committee Summary**

L.A. Care Family Resource Center – Palmdale
2072 East Palmdale Blvd., Palmdale, CA 93550
Friday, February 16, 2018
10:00 a.m. - 12:30 p.m.

MEMBERS

GUESTS/PUBLIC

Maria Angeles Cruz	(P)	Adela Guadarrama, <i>Chair</i>	(P)	COMMUNITY PARTNERS	Eduardo Kogan, <i>Spanish Interpreter</i>
Maria Teresa Caballero	(P)	Pamela Harris	(P)	LAC DPH - SPA 1	Shelly Hash, <i>Spanish Interpreter</i>
Maria Lourdes Caballero	(P)	Rut Hernández	(P)	Antelope Valley Partners for Health	Wilma Ballew, <i>Guest</i>
Amanda Calzada	(P)	Marsha Diana Jackson	(P)	Independent Living Center of So. Cal.	Demetria Saffore, <i>Guest</i>
Maria Camacho	(P)	Russell Mahler	(P)		Josefina Osigueda, <i>Guest</i>
Daniela Castillo	(P)	Adriana Martínez	(E)	STAFF/MANAGEMENT	
Deena Des Voigne	(P)	Pedro Martinez	(E)	Kristina Chung, <i>Field Specialist</i>	
Alicia Flores	(P)	Maria Mayoral	(P)	Jose Ricardo Rivas, <i>Liaison</i>	
Lupe Galvez	(P)	Antonia Rodas	(E)	Idalia De La Torre, <i>Field Specialist Supervisor</i>	
Rita Gamboa	(P)	Maria Teresa Trujillo	(P)	Christian Vega, <i>Health Navigator</i>	
Laura Gonzalez	(P)				

**Attendance: (17) Members, (0) Community Partners, (0) Providers, (5) Public, (4) Staff
(P) present, (E) excused absence, (U) unexcused absence**

	AGENDA ITEM	SUMMARY OF DISCUSSION AND FOLLOW-UP
I.	WELCOME &	<ul style="list-style-type: none"> Adela Guadarrama, <i>Chair</i>, called the meeting to order at 10:06 a.m. and asked everyone to introduce themselves.

	<p>INTRODUCTIONS</p>	<ul style="list-style-type: none"> Ms. Guadarrama reviewed the meeting’s Ground Rules. <p><u>Cultural Celebrations</u></p> <ul style="list-style-type: none"> Starting this year, L.A. Care will be highlighting various groups and their contributions to LA’s diversity. Black History Month - During the month of February, we will celebrate the contributions that African Americans have made in healthcare: <ul style="list-style-type: none"> Dr. Charles Drew is the inventor of how we store blood plasma for transfusions. Daniel Hale Williams is the first person to successfully complete open heart surgery Dr. Ben Carson revolutionized neurosurgery by separating conjoined twins attached at the back of the head. Lunar Year Celebration – This holiday is celebrated by many Asian countries. This year’s lunar celebrations starts February 16th and it is the year of the dog.
<p>II.</p>	<p>BUSINESS Approval of Agenda & Meeting Summary</p> <p>Adela Guadarrama, <i>Chair</i></p>	<ul style="list-style-type: none"> Kristina Chung, <i>Field Specialist</i>, reviewed the meeting agenda and folder. The agenda was approved as presented. Ms. Guadarrama asked the committee to review the December 19, 2017 meeting summary. The meeting summary was approved as presented. <p>Members received a copy of the ECAC report to review. Members who attended the ECAC and Board of Governors (BOG) meetings gave a report on the following:</p> <p><u>January 2018 ECAC Report (Rita Gamboa)</u></p> <ul style="list-style-type: none"> There has been a change to the member acknowledgement form. For the RCAC work plan projects, members will be required to attend 2-3 outreach events. <p><u>February 2018 ECAC (Laura Gonzalez)</u></p> <ul style="list-style-type: none"> L.A. Care is focusing on housing and working with other nonprofits on homelessness. People should continue to apply for DACA. <p><u>January 2018 BOG Report</u></p> <ul style="list-style-type: none"> There was no meeting in January. <p><u>February 2018 BOG Report (Alicia Flores)</u></p> <ul style="list-style-type: none"> Alicia Flores could not attend the meeting so there was no report.

CO&E Report
Kristina Chung, *Field Specialist*

ECAC Meeting Attendance

- Pamela Harris will attend the March 14, 2018 ECAC meeting at L.A. Care Health Plan.
- Russell Mahler will attend the April 11, 2018 ECAC meeting at L.A. Care Health Plan.

BOG Meeting Attendance

- There is no BOG meeting in March.
- Rut Hernandez will attend the April 5, 2018 BOG meeting at L.A. Care Health Plan.

I-Speak Advocacy Program

- L.A. Care is starting a new education program called “I-Speak Advocacy”.
- The following RCAC 1 members were selected to participate in the Program.
 - Rut Hernandez
 - Maria Angeles Cruz

2018 Chair/Vice-Chair Elections

- The nominations for RCAC Chair and Vice-Chair have opened.
- Members received the following materials:
 1. Election Letter
 2. Chair and Vice-Chair nomination forms
 3. Chair and Vice-Chair Responsibilities
- Members can nominate themselves or another RCAC member by completing a nomination form.
- Nominations can be turned in during the meeting, mailed, or faxed.
- Members can also call their Field Specialist to inform them of their nomination.
- Nominations will close prior to the elections which will happen at the April RCAC 1 meeting.

Member Acknowledgement Form

- Kristina Chung, *Field Specialist*, reviewed the revision to the Member Acknowledgement Form.
 - For the community outreach events under the work plan project, members will be required to participate in 2-3 tabling events.
- Members were given two copies of the form to sign. One copy is for L.A. Care and the other copy is for members to take home.

III.	REGIONAL ISSUES	<p><u>Member Issue</u></p> <ul style="list-style-type: none"> • Rut Hernández spoke about the social determinants of health at the December 2017 meeting and would like the RCAC to focus on the following issues affecting the community. <ul style="list-style-type: none"> ○ Homelessness ○ Lack of jobs ○ Sexual abuse ○ Other local issues • Ms. Chung explained that although these issues are very important to our members, the focus of this year’s workplan project is to improve HEDIS measures. Ms. Chung suggested connecting with the Family Resource Center for resources. Members can speak with Victor Estrada who is the Palmdale FRC Administrator.
IV.	GET UP & MOVE	Members took a 15 minute stretch break.
V.	RCAC/COMMUNITY WORK-PLANS	<p><u>2018 RCAC Work Plan Project</u></p> <ol style="list-style-type: none"> 1. Community Partnerships <ul style="list-style-type: none"> • RCAC 1 chose Women’s Health for the focus of the Community Partnership. • Members were asked to identify clinics, agencies, and/or organizations that focus on women’s health. • Applications have been forwarded to clinics and organizations. • The application deadline is March 30th. 2. Health Education Training – Diabetes 101: Sugar in the Blood <ul style="list-style-type: none"> • Ms. Chung and Ricardo Rivas, <i>Liaison</i>, provided a training on Diabetes. • Members learned the following: <ul style="list-style-type: none"> ○ What is Diabetes? ○ Risk Factors <ul style="list-style-type: none"> ▪ Family history ▪ Being overweight or obese ▪ Being over 45 ▪ History of gestational diabetes or delivering a baby over 9 pounds ▪ African American, Latino or Native Americans descent ○ Symptoms of Diabetes ○ Complications of Diabetes

		<ul style="list-style-type: none"> ○ Resources ● Members took a pre and post test to measure how much they learned from the training. ● Members were asked to help with finding 3 outreach events to share the information from these trainings.
VI.	FUTURE AGENDA ITEMS	No items were discussed.
VII.	MEETING EVALUATIONS	<ul style="list-style-type: none"> ● Members were reminded to complete and turn in the meeting evaluation included in their packets.
VIII.	PUBLIC COMMENTS	There were no public comment.
IX.	ADJOURNMENT	<ul style="list-style-type: none"> ● The meeting was adjourned at 12:43 p.m. ● The next RCAC meeting is scheduled for Friday, April 20, 2018 from 10:00 a.m. to 12:30 p.m.

Submitted by: _____
 Kristina Chung, *Community Outreach & Engagement Specialist*

Approved by: _____
 Maria Adela Torres - Guadarrama, *RCAC 1 Chair*

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