



**Regional Community Advisory Committee (RCAC)  
Region 9 - Long Beach  
Committee Summary**

**Miller Family Health Education Center  
3820 Cherry Avenue  
Long Beach, CA 90807  
Monday, March 19, 2018  
9:30 a.m. - 12:00 p.m.**

**MEMBERS**

Bunly Buth	(P)	Ravy Morrath	(P)	<b><u>STAFF/MANAGEMENT</u></b>	<b><u>GUESTS/PUBLIC</u></b>
Tonya Byrd	(P)	Chou Prak	(P)	Kristina Chung, <i>Field Specialist</i>	Eduardo Kogan, <i>Interpreter</i>
Ichnarin Chea	(P)	Savy Pol	(P)	Ricardo Rivas, <i>Liaison</i>	Paula Alvira, <i>Interpreter</i>
Vandy Chin	(P)	Lorena Quezada	(P)	Fernando Villalobos, <i>Health Navigator</i>	Sina New, <i>Interpreter</i>
Maria Cruz	(P)	Sheila Thach	(P)	Idalia De La Torre, <i>Supervisor</i>	Samedy Chum, <i>Interpreter</i>
Petra Cruz Fernandez, <b><i>Vice-Chair</i></b>	(P)	Ana Villaseñor	(P)		
Thoura Day	(P)	Samouth Vonn	(P)		
Cristina Deh-Lee, <b><i>Chair</i></b>	(P)	Arun Tes Yang	(P)		
Heang Por Ing	(P)	The Children's Clinic, <b><i>Community Partner</i></b>	(E)		
Sambour Lay	(P)				

**Attendance: (18) Members, (0) Community Partner, (0) Providers, (4) Public, (4) Staff  
(P) present, (E) excused absence, (U) unexcused absence**

	<b>AGENDA ITEM</b>	<b>SUMMARY OF DISCUSSION AND FOLLOW-UP</b>
I.	<b>WELCOME &amp;</b>	<ul style="list-style-type: none"> <li>Cristina Deh-Lee, <i>RCAC Chair</i>, called the meeting to order.</li> </ul>

	<p><b>INTRODUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Petra Fernandez, <i>RCAC Vice-Chair</i>, reviewed the following ground rules for the meeting: <ul style="list-style-type: none"> <li>○ We treat each other with respect</li> <li>○ Only one member talks at a time</li> <li>○ We don't have side discussions</li> <li>○ We do not personally attack each other</li> <li>○ We speak up when something is wrong or not working: we confront issues directly</li> <li>○ Raise your hand and wait to be called on</li> <li>○ Put cell phones on vibrate</li> </ul> </li> <li>• Everyone present introduced themselves.</li> </ul> <p><u>Women's History Month</u></p> <ul style="list-style-type: none"> <li>• March is Women's History Month.</li> <li>• Today, 71% of moms with kids under 18 work. In 1975, fewer than 47% did.</li> <li>• Over 60% of college degrees awarded in the US every year are earned by women.</li> <li>• Wyoming was the first state to grant women the right to vote. It was also the first state to elect a female governor, Nellie Taloe Ross.</li> </ul> <ul style="list-style-type: none"> <li>• Kristina Chung, <i>Field Specialist</i>, reviewed the meeting's agenda and folder.</li> </ul>
<p>II.</p>	<p><b>BUSINESS</b></p> <p>Approval of Agenda &amp; Meeting Summary</p> <p>Cristina Deh-Lee, <i>Chair</i></p> <p><b>ECAC Report</b></p>	<p><u>Approval of Agenda &amp; Meeting Summary</u></p> <ul style="list-style-type: none"> <li>• The agenda was approved as presented.</li> <li>• The January 22, 2018 meeting summary was approved as presented.</li> </ul> <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>February 2018 ECAC Report</u></p> <ul style="list-style-type: none"> <li>• Sambour Lay could not provide a report because he did not have his notes from the meeting.</li> <li>• Cristina Deh-Lee provided an update on the IHSS training that L.A. Care is offering home care workers through its partnership with the CA Long Term Care Center.</li> </ul> <p><u>March 2018 ECAC Report (No report)</u></p> <ul style="list-style-type: none"> <li>• Savy Pol was not able to attend the March ECAC meeting.</li> </ul> <p><u>February 2018 Board of Governors Report</u></p> <ul style="list-style-type: none"> <li>• Heang Por Ing reported on the 5 year grant to help the homeless. A homeless member with two children received help in securing housing and receiving health benefits through L.A. Care.</li> </ul>

**CO&E Report**

Kristina Chung, *Field Specialist*

March 2018 Board of Governors Report

- There was no meeting in March.

RCAC Members Attending ECAC Meeting

- Ravy Morrath will attend the April 11, 2018 meeting.
- Thoura Day will attend the May 9, 2018 meeting.

RCAC Members attending Board of Governors (BOG) Meeting

- Sheila Thach will attend the April 5, 2018 meeting.
- Ana Villaseñor will attend the May 3, 2018 meeting.

2018 RCAC Chair and 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 May RCAC 9 meeting.

CAC Transportation Guidelines

- These guidelines are for transportation for CAC meetings and related activities. They **do not** apply to transportation health care benefits.
- Transportation guidelines for CCI Councils are different from guidelines for RCACs, as they serve a different member population.
- When transportation service is provided to CAC members, it is provided as a courtesy, as it is not regulatory mandated; it is therefore a privilege.
- CAC members who request to have transportation arranged, but cancel less than two business days in advance of the scheduled service, or miss a scheduled trip will have their transportation privileges suspended after two incidents.
- After a third incident, a CAC member may lose transportation privileges altogether.
- CAC members requesting caregiver accompaniment or special accommodations may be asked to provide a doctor's note annually.
- CAC members must abide to the Code of Conduct and Standards of Behavior during all L.A. Care-

		<p>scheduled trips, including engagement with fellow riders and with transportation staff.</p> <ul style="list-style-type: none"> <li>• Violation of the Code of Conduct or Standards of Behavior during L.A. Care-arranged trips may be grounds for disciplinary action and suspension of transportation privileges.</li> <li>• CAC members should reference their Transportation Guidelines handout for more information, and should direct questions about it to the Field Specialist assigned to their area.</li> </ul> <p><u>L.A. Care Transportation Benefit</u></p> <ul style="list-style-type: none"> <li>• Idalia De La Torre, <i>Supervisor</i>, shared that LA. Care has hired consultants to conduct transportation focus groups.</li> <li>• Ms. De La Torre explained that transportation is a Medi-Cal benefit.</li> <li>• Sambour Lay and Chou Prak volunteered to be a part of the focus group.</li> </ul>
III.	<b>REGIONAL ISSUES Member Issues Group</b>	<p>Arun Tes Yang shared that the blood pressure machines sometimes do not have accurate readings. She advised that the electronic version is more accurate than the battery operated machine.</p> <p>Cristina Deh-Lee, <i>Chair</i>, shared that she needed authorization for a CT Scan. She was assigned to a location that is not close to her home. Cristina talked to a Member Navigator to find a facility closer to her home.</p>
IV.	<b>GET UP &amp; MOVE Group</b>	Members took a 15 minute stretch break.
V.	<b>RCAC/Community Work-Plan Group</b>	<p><b><u>2018 RCAC Work Plan Project</u></b></p> <ol style="list-style-type: none"> <li><b>1. Community Partnerships</b> <ul style="list-style-type: none"> <li>• RCAC 9 chose Women’s Health for the focus of the Community Partnership.</li> <li>• Members were asked to identify clinics, agencies, and/or organizations that focus on women’s health prevention and management.</li> <li>• Applications have been forwarded to clinics and organizations.</li> <li>• The application deadline is March 30<sup>th</sup>.</li> </ul> </li> <li><b>2. Health Education Training – Diabetes 101: Sugar in the Blood</b> <ul style="list-style-type: none"> <li>• Ms. Chung and Ricardo Rivas, <i>Liaison</i>, provided a training on Diabetes.</li> <li>• Members learned the following: <ul style="list-style-type: none"> <li>○ What is Diabetes?</li> <li>○ Risk Factors <ul style="list-style-type: none"> <li>▪ Family history</li> <li>▪ Being overweight or obese</li> </ul> </li> </ul> </li> </ul> </li> </ol>

		<ul style="list-style-type: none"> <li>▪ Being over 45</li> <li>▪ History of gestational diabetes or delivering a baby over 9 pounds</li> <li>▪ African American, Latino or Native Americans descent</li> <li>○ Symptoms of Diabetes</li> <li>○ Complications of Diabetes</li> <li>○ Resources</li> </ul> <ul style="list-style-type: none"> <li>• Members took a pre and post test to measure how much they learned from the training.</li> </ul> <p><b>3. Outreach Events</b></p> <ul style="list-style-type: none"> <li>• RCAC 9 will participate in the Cambodian New Year Festival as part of the work plan project. Date: April 21, 2018 (Saturday) Time: 9:00 am – 5:00 pm Location: El Dorado Park</li> </ul> <ul style="list-style-type: none"> <li>• Members were asked to find other outreach events in the Long Beach area.</li> </ul>
VI.	<b>FUTURE AGENDA ITEMS</b>	<ul style="list-style-type: none"> <li>• Tonya Byrd suggested having the Behavioral Health Department present on mental health services.</li> <li>• Topics brought up as future agenda items will be discussed after the health topic trainings are completed.</li> </ul>
VII.	<b>MEETING EVALUATIONS</b>	Members were reminded to complete and turn in the meeting evaluation included in their packets.
VIII.	<b>PUBLIC COMMENTS</b> <i>Public</i>	<ul style="list-style-type: none"> <li>• A “Mosquito Alert” flier was passed out. For more information on the Zika Virus, contact Long Beach Dept. of Health &amp; Human Services’ Zika Hotline at (562) 570-7907.</li> <li>• The Community Resource Guide for Immigrant Angelenos was shared with the group.</li> </ul>
IX.	<b>ADJOURNMENT</b> Cristina Deh-Lee, <i>Chair</i>	<ul style="list-style-type: none"> <li>• The meeting was adjourned at 12:05 p.m.</li> <li>• The next RCAC 9 meeting will be on <b>Monday, May 21, 2018 from 9:30 a.m. – 12:00 p.m. at Miller Family Education Center located at 3820 Cherry Avenue, Long Beach, CA 90807.</b></li> </ul>

Respectfully Submitted by:  
Kristina Chung, *Field Specialist*

Approved by:  
Cristina Deh-Lee, *Chair*

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