



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

**Miller Family Health Education Center
3820 Cherry Avenue
Long Beach, CA 90807**

**Monday, July 16, 2018
9:30 a.m. - 12:00 p.m.**

MEMBERS

				<u>STAFF/MANAGEMENT</u>	<u>GUESTS/PUBLIC</u>
Bunly Buth	(P)	Ravy Morrath	(P)		
Tonya Byrd	(P)	Chou Prak	(P)	Kristina Chung, <i>Field Specialist</i>	Alexander Thong, <i>Interpreter</i>
Ichnarin Chea	(P)	Savy Pol	(P)	Hilda Herrera, <i>Liaison</i>	Lyda Sing, <i>Interpreter</i>
Vandy Chin	(P)	Lorena Quezada	(E)	Manny Vizcarra, <i>Liaison</i>	
Maria Cruz	(P)	Sheila Thach	(P)	Layla Gonzalez-Delgado, <i>Board member</i>	
Petra Cruz Fernandez, <i>Vice-Chair</i>	(P)	Ana Villaseñor	(E)	Aaron Garcia, <i>Health Navigator</i>	
Thoura Day	(P)	Samouth Vonn	(P)	Idalia De La Torre, <i>Supervisor</i>	
Cristina Deh-Lee, <i>Chair</i>	(P)	Arun Tes Yang	(P)		
Heang Por Ing	(P)	The Children’s Clinic, <i>Community Partner</i>	(E)		
Sambour Lay	(P)				

**Attendance: (16) Members, (0) Community Partner, (0) Providers, (2) Public, (6) Staff
(P) present, (E) excused absence, (U) unexcused absence**

	AGENDA ITEM	SUMMARY OF DISCUSSION AND FOLLOW-UP
I.	<p>WELCOME & INTRODUCTIONS</p>	<ul style="list-style-type: none"> • Cristina Deh-Lee, <i>RCAC Chair</i>, called the meeting to order. • Petra Fernandez, <i>RCAC Vice-Chair</i>, reviewed the following ground rules for the meeting: <ul style="list-style-type: none"> ○ We treat each other with respect ○ Only one member talks at a time ○ We don't have side discussions ○ We do not personally attack each other ○ We speak up when something is wrong or not working: we confront issues directly ○ Raise your hand and wait to be called on ○ Put cell phones on vibrate • Everyone present introduced themselves. • Kristina Chung, <i>Field Specialist</i>, introduced Manny Vizcarra as the new <i>Liaison</i> for RCAC 9. • Ms. Chung informed the members that RCAC 9 will be meeting at another site for the September and November meetings. Miller Family Health Education Center said that the room is not available during those two months and will find us another site. Kristina asked members to look for the new meeting site information on the September agenda. • Ms. Chung reviewed the meeting's agenda and folder.
II.	<p>BUSINESS</p> <p>Approval of Agenda & Meeting Summary</p> <p>Cristina Deh-Lee, <i>Chair</i></p> <p>ECAC Report</p>	<p><u>Approval of Agenda & Meeting Summary</u></p> <ul style="list-style-type: none"> • The agenda was approved as presented. • The May 21, 2018 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>June 2018 ECAC Report (Bunly Buth)</u></p> <ul style="list-style-type: none"> • Bunly reported that L.A. Care will be opening up a Family Resource Center (FRC) in Long Beach in 2020. LA. Care will eventually have an FRC in every region of LA County. <p><u>July 2018 ECAC Report</u></p> <ul style="list-style-type: none"> • There was no meeting in July. <p><u>June 2018 Board of Governors Report (Ichnarin Chea)</u></p> <ul style="list-style-type: none"> • There was no report because Ichnarin was unable to attend the meeting. <p><u>RCAC Members Attending ECAC Meeting</u></p> <ul style="list-style-type: none"> • Maria Cruz will attend the August 8, 2018 meeting.

	<p>CO&E Report Kristina Chung, <i>Field Specialist</i></p>	<ul style="list-style-type: none"> Petra Cruz will attend the September 12, 2018 meeting. <p><u>RCAC Members attending Board of Governors (BOG) Meeting</u></p> <ul style="list-style-type: none"> Vandy Chin will attend the July 26, 2018 meeting. Thoura Day will attend the September 6, 2018 meeting. This meeting is the Board Retreat and will take place at an off site location. More information will be provided at a later date. <p><u>ECAC Leadership Training</u></p> <ul style="list-style-type: none"> The next ECAC Leadership Training will be on Friday, July 28, 2018 and focus on Data and Technology. The last training will be on Friday, September 28, 2018 and will be on LA. Care Business Part 2. Both trainings are mandatory for all Chairs, Vice-Chairs and At-Large Members. <p><u>New Chair and Vice-Chair Training</u></p> <ul style="list-style-type: none"> Training for the new RCAC Chairs and Vice-Chairs will be on Wednesday, August 29, 2018 from 8:30 am – 3:00 pm. This training is mandatory for the new leadership. <p><u>New Member Orientation</u></p> <ul style="list-style-type: none"> The next orientation for new members will be on September 7, 2018 from 8:30 am – 12 pm at L.A. Care Health Plan’s office in Downtown LA. This is mandatory for all new Consumer Advisory Committee members.
III.	<p>REGIONAL ISSUES Member Issues Group</p>	<ul style="list-style-type: none"> Cristina Deh-Lee shared her experience of getting charged for a prescription at the pharmacy. She reminded members to ask for the generic brand and to look at the drug formulary. Sambour Lay shared that the medication that he needed was too expensive. Also, he needs follow up for liver surgery he had two years ago. Sambour was referred to the Health Navigator to resolve these two issues. Tonya Byrd shared that a member had issues with transportation for their medical appointment. Arun Tes Yang explained that many Cambodian members do not feel comfortable in accessing the transportation benefit that is offered to Medi-Cal patients because of the language barrier.
IV.	<p>GET UP & MOVE Group</p>	<p>Members took a 15 minute stretch break.</p>
V.	<p>RCAC/Community Work-Plan Group</p>	<p><u>2018 RCAC Work Plan Project</u></p> <p>1. Community Partnership – YMCA of Greater Long Beach</p> <ul style="list-style-type: none"> Rebecca Nelson, <i>Director of Development</i>, and Astrid Bashmakian, <i>Healthy Lifestyle and Chronic</i>

		<p><i>Disease Coordinator</i>, provided an overview of the services that are provided at the YMCA.</p> <ul style="list-style-type: none"> ○ The YMCA focuses on 3 areas: youth development, healthy living, and social responsibility. ○ They offer the following programs: swim lessons, childcare, after school, camps and group classes. ○ All programs are offered on a sliding scale (depending on income). ● Ms. Nelson also presented on the “<i>Salsa, Sabor y Salud</i>”, a healthy lifestyle program for single Latino moms and their children that RCAC 9 is supporting as part of the Community Partnership. <ul style="list-style-type: none"> ○ The 8-week program starts on July 7th and ends on August 25th. ○ Each week, the mothers will learn about their own health needs and how to set a healthy example for their children. ○ All participants will receive a complimentary membership to YMCA for 2 months. <p>2. Outreach Event RCAC 9’s third outreach event will be on Saturday, July 21, 2018 from 9am – 12:00pm. This is the third workshop of the YMCA’s “<i>Salsa, Sabor y Salud</i>” Program.</p> <ul style="list-style-type: none"> ● Fairfield Family YMCA 4949 Atlantic Avenue Long Beach, CA 90805 <p>3. Health Education Training – Cervical Cancer</p> <ul style="list-style-type: none"> ● Ms. Chung and Hilda Herrera, <i>Liaison</i>, provided a training on Cervical Cancer. ● Members learned about the following: <ul style="list-style-type: none"> ○ What is Cervical Cancer? ○ Risk Factors & HPV ○ Prevention – Screening and Vaccination ○ Pap Tests ○ Health Resources ● Members took a pre and post test to measure how much they learned from the training.
VI.	FUTURE AGENDA ITEMS	<ul style="list-style-type: none"> ● No items were discussed.
VII.	MEETING EVALUATIONS	Members were reminded to complete and turn in the meeting evaluation included in their packets.

VIII.	PUBLIC COMMENTS <i>Public</i>	<ul style="list-style-type: none"> • There was no public comment.
IX.	ADJOURNMENT Cristina Deh-Lee, <i>Chair</i>	<ul style="list-style-type: none"> • The meeting was adjourned at 12:00 p.m. • The next RCAC 9 meeting will be on Monday, September 17, 2018 from 9:30 a.m. – 12:00 p.m. The Miller Family Education Center is not available for the months of September and November. RCAC 9 will meet at Long Beach Water Department - Administration Building Assembly Room located at 1800 E. Wardlow Road, Long Beach, CA 90807.

Respectfully Submitted by:
Kristina Chung, *Field Specialist*

Approved by:
Cristina Deh-Lee, *Chair*

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