



**Regional Community Advisory Committee (RCAC)
Region 3 - Alhambra, Pasadena, Foothill - Committee Summary**

**Rosemead Community Center
3936 Muscatel Avenue, Room 4
Rosemead, CA 91770
Tuesday, April 17, 2018
9:30 A.M. - 12:00 P.M.**

MEMBERS				GUESTS/PUBLIC	STAFF
Margaret "Maggie" Belton, <i>Vice-Chair</i>	(P)	Lidia Parra	(P)	Eduardo Kogan, <i>Spanish Interpreter</i>	Frank Meza, <i>Field Specialist</i>
Cynthia Conteas-Wood, <i>Chair, Community Partner</i>	(E)	Marta Ramirez	(P)	Shelly Hash, <i>Spanish Interpreter</i>	Felicia Gray, <i>Liaison</i>
Adán N. Fernández	(P)	Veronica Ramirez, Jennifer Ing, - <i>removed</i> CHAPCare <i>Community Partner</i>	(E)	Christina Harro, <i>Chinese Interpreter</i> Henry Tung, <i>Chinese Interpreter</i>	Idalia De La Torre, <i>Supervisor, Community Outreach & Engagement</i>
Shekelia Harvey	(P)	Devon Rax, <i>Provider</i>	(E)		Fernando Villalobos, <i>Member Relation Health Navigator</i>
Daniel W. Kwong	(P)	Gonzalo Sandoval	(P)		Layla Gonzalez- Delgado
Fung Ha Leung Kwong	(P)	Roberto Santos	(P)		
Anna Ochoa, <i>Community Partner</i>	(E)	Mirsa Serrano, <i>Community Partner</i>	(U)		
Oleeta Igar, <i>Community Partner</i>	(P)	Rosa Ureña	(P)		

**Attendance: Members (11), Community Partners (0), Providers (0), Public (3), Staff (4)
(P) present, (E) excused absence, (U) unexcused absence**

I.	Welcome & Introductions	<ul style="list-style-type: none"> • Margaret “Maggie” Belton, Vice Chair called the meeting to order in the absence of the Chair, Cynthia Contreas-Wood. Everyone introduced themselves. <i>Add she was on Medical Leave</i> • Frank Meza, <i>Field Specialist</i>, read the meeting Ground Rules, meeting goals and reviewed the folder contents. • Mr. Meza also informed the committee members that the meeting is being recorded to produce the meeting minutes.
II.	Business Approval of Agenda & Meeting Summary ECAC & Board Meetings Report	<p><u>Approval of Agenda & Meeting Summary</u></p> <ul style="list-style-type: none"> • The agenda for April 17, 2018 meeting was approved. • The summary for the February 20, 2018 meeting was approved. <p><u>ECAC Meeting Report</u></p> <ul style="list-style-type: none"> • Robert Santos, RCAC Member was scheduled to attend the March 14, 2018 ECAC meeting, however did not attend because he states he made several attempts to contact L.A. Care staff and was not successful. • Daniel W. Kwong, <i>RCAC Member</i>, attended the April 11, 2018 ECAC meeting and reported on the following: <ul style="list-style-type: none"> ➤ Mr. Baackes shared that March 23, 2018 is his third year anniversary at L.A. Care. ➤ Mr. Kwong provided information about the IHSS Home Care Integration Training Program. The program is sponsored by L.A. Care, and continues to positively impact the IHSS workforce and the consumers to whom they provide care. Since July 2017, 17 classes have been taught in five languages across nine Los Angeles County communities, and CLTCEC trained 579 IHSS providers who provide care for 696 L.A. Care members. <p><u>Board of Governors (BOG) Report</u></p> <ul style="list-style-type: none"> • Daniel W. Kwong, <i>RCAC Member</i>, attended the April 5, 2018 BOG meeting and provided the following report: <ul style="list-style-type: none"> ➤ Motion approved by the Board to establish a safety net health care workforce development initiative (“Initiative”) and approve initial allocation of funds in the following manner. ➤ Delegate authority to the Executive Committee to direct up to \$31 million annually for five years in to a designated fund to support the Initiative and authority to approve expenditures of those funds for Initiative purposes until they are exhausted or as otherwise directed by the Executive Committee; ➤ Authorize an initial expenditure of \$2.8 million to provide funding to educational institutions to support medical school scholarships. ➤ This initiative will enhance L.A. Care’s provider network and increase access for the vulnerable populations they serve. The ultimate goals of this initiative are to increase workforce capacity and improve quality of care across the safety net of providers in Los Angeles County. ➤ Mr. Kwong added he would like to see some funds go towards expanding services in the San Gabriel Valley as well.

CO&E Report
Frank Meza, *Field Specialist*

RCAC Members Attending ECAC

- Fung Ha Leung Kwong is scheduled to attend the ECAC meeting on May 9, 2018 at L.A. Care.
- Oleeta Igar, RCAC 3 Member is scheduled to attend the ECAC meeting on June 11, 2018 at L.A. Care.
- ECAC is scheduled from 10:00am to 1:00pm.

RCAC Members Attending the Board of Governors (BOG)

- Adan Fernandez, *RCAC 3 Member* will attend the BOG meeting on Thursday, May 3, 2018 at L.A. Care Health Plan.
- Maggie Belton, *RCAC 3 Member* will attend the BOG meeting on Thursday, June 7, 2018 at the East San Gabriel Valley Japanese Community Center located at 1203 West Puente Ave. West Covina, CA 91790 meeting will start at 2:00 p.m.

Community Outreach & Engagement Report

- Frank Meza, *Field Specialist*, provided the following update:

RCAC Chair/ Vice Chair Nominations and Elections

- Frank Meza informed the committee about postponing the Chair and Vice Chair elections to June 19, 2018. The RCAC 3 committee will have to vote in order to postpone the elections.
- The current Chair, Cynthia Contreas-Wood suffered an injury and is not able to take part in the elections and is interested in running for a second term.
- The current members who are running for Chair of the RCAC are: Cynthia Contreas-Wood and Maggie Belton, and for Vice-Chair: Maggie Belton.
- RCAC member will be able to nominate a member or themselves prior to the elections on June 19, 2018.
- The Vice Chair, Margaret “Maggie” Belton suggested the committee make a motion and hold a “Roll Call Vote” to decide whether the committee will postpone the elections to the next scheduled meeting on June 19, 2018. Ms. Belton made a motion asking the committee to postpone the elections for the June 19, 2018 meeting, a second was made by RCAC member, Rosa Urena and the motion was approved with no abstentions or discussions.
- Frank Meza called roll following the member roster on the meeting summary and recorded every member’s vote to ensure accuracy. There are currently 16 active members and only 10 present at the meeting.
- The response “Yes” indicates they are in agreement to postpone the meeting date and “No” indicates they are not.
 - Margaret “Maggie” Belton – Yes
 - Cynthia Contreas-Wood – Not present
 - Adan N. Fernandez – Yes
 - Shekelia Harvey – Yes
 - Daniel W. Kwong – Yes
 - Fung Ha Leung Kwong – Yes
 - Ana Ochoa, Community Partner – Not present

- Oleeta Igar, Community Partner – Yes
- Lidia Parra – Yes
- Marta Ramirez – Not present
- Veronica Ramirez, CHAPCare, Community Partner – Not present
- Devon Rax, Provider – Not present
- Gonzalo Sandoval – Yes
- Roberto Santos – Yes
- Mirsa Serrano, Community Partner – Not present
- Rosa Urena – Yes

- Frank Meza tallied the votes and counted 10 votes indicating “Yes” which make the vote unanimous to postpone the elections for the next RCAC 3 meeting in June 2018.

L.A. Care Member Transportation Benefit

- Alan Lu, L.A. Care consultant provided information to the RCAC about L.A. Care's efforts to improve the transportation benefit for L.A. Care members.
- Mr. Lu asked RCAC members if they use the transportation services to their doctor appointments, and also wanted to know if members do not use the service.
- Several RCAC members were not aware of the service and stated if they had more information about the service they would definitely use it.
- Mr. Lu encouraged members to call L.A. Care or talk to their Health Navigator about the service.

Community Advisory Committee (CAC) Transportation Guidelines

- Frank Meza, Field Specialist reviewed the guidelines with the committee and highlighted that the following guidelines for transportation only pertain to Community Advisory Committee (CAC) meetings and related activities, they are not related to, nor do they apply to transportation health care benefits that was recently discussed.
- Transportation services are provided to CAC members as a courtesy and is not regulatory mandated by the state or a benefit of L.A. Care.
- Committee 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.
- Committee members requesting caregiver accompaniment or special accommodations may be asked to provide a doctor's note annually.
- Members must abide to the Code of Conduct and Standards of Behavior during all L.A. Care-scheduled trips, including engagement with fellow riders and with transportation staff.

		<ul style="list-style-type: none"> • 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. • CAC members were directed to reference their Transportation Guidelines handout for more information, and if they have any additional questions they may contact their Field Specialist. <p><u>Health Topic for the month of April</u></p> <ul style="list-style-type: none"> • The health topic for the month of April was Alcohol Awareness. All RCAC members received an informational sheet for their reference.
III.	Regional Issues Group	<ul style="list-style-type: none"> • RCAC Member asked about Home Health Aids and what it covers. Leyla Gonzalez - Delgado explained the difference between Home Health Aids and Home Care Providers through the IHSS program. Mr. Delgado explained that Home Health Aids generally require a license and Home Care Providers don't require a license or certification to provide services at home. In addition, Ms. Belton added that the IHSS program is Medi-Cal based and anyone requiring IHSS services must have Medi-Cal, which is different from a Home Care Provider that does not need to be on Medi-Cal to provide services to individuals who are receiving services from the IHSS program. • Member requested information if L.A. Care covers batteries for hearing Aids. The question was referred to the Health Navigator, Marisol who informed the member he must first make the request from his Primary Care Provider who will submit an authorization for the batteries.
IV.	Get up and Move Group	<ul style="list-style-type: none"> • Members stretched and took a break.
V.	RCAC Community Work Projects Frank Meza, <i>Field Specialist</i>	<p><u>2017/2018 RCAC Work Plan Projects</u></p> <p><u>Community Partnership</u></p> <ul style="list-style-type: none"> • Frank Meza, Field Specialist provided an update about the Community Sponsorship applications and informed the RCAC of the single application that was received by Oleeta Igar, Manager at Personal Assistance Services Council (PASC). • Ms. Oleeta provided information about how they plan to support this partnership by providing diabetes information, prevention education, training workshops, and PASC homecare registry services to the community in the San Gabriel Valley. In addition, they will provide a series of 4 events, which will include 2 trainings and 2 events.

Community Outreach Events

- All RCAC members will be required to participate in three Community Outreach events to provide information and resources to the community about the following topics they were trained on: Diabetes, Heart Health, and Cancer Screenings. Members were encouraged to call Frank Meza if they know of any events or outreach opportunities taking place in their community.
- Frank Meza will provide an update to the RCAC at their next meeting on June 19, 2018.

Health Education Training – Heart Health

- Felicia Gray, Liaison provided the first part of the presentation and Frank Meza will conclude the second portion.
- Ms. Gray asked everyone to take a pretest to test their knowledge of the subject and then will have an opportunity to take a post-test to measure how much was learned. Ms. Gray reviewed the training objectives
 - Heart Health Overview,
 - Understanding Heart Disease,
 - Lifestyle Changes,
 - Exams and Tests,
 - Quiz and Resources, and
 - Call to Action and Next Steps
- Ms. Gray talked about the importance of heart disease and named the different types of heart disease, risk factors and why high cholesterol and high blood pressure are also factors. In addition, changing your lifestyle can also help with preventing heart disease and making sure you take the necessary tests and exams for heart health are important.
- Frank Meza reviewed the second portion of the presentation that covered the risk factors, health conditions, family characteristics, and emphasized on changing your eating habits to reduce the risk of heart disease. The My Plate Method was also used to demonstrate what types of foods to eat and including fresh fruit, vegetables, grains, lean protein, exercise, and plenty of water in your daily diet and routine.
- Mr. Meza provided information about the variety of resources, such as Health In Motion, Health Education resources and programs and classes that are provided at the L.A. Care Family Resource Centers.
- Ms. Maggie Belton, RCAC Member suggested L.A. Care provide additional information about the distinction between Men and Women who are affected by the various Heart Health conditions.
- A post-test was provided to all members to measure how much they learned.

Polo Shirts for RCAC Members

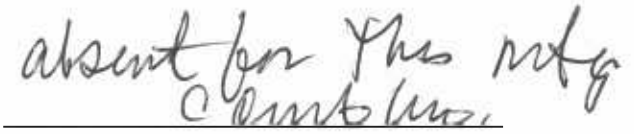
- All RCAC members were asked to provide their shirt size because L.A. Care will be purchasing polo shirts for all RCAC members to help support them at events and during outreach activities.

VII.	Future Agenda Items	<ul style="list-style-type: none"> No future items were discussed.
VIII.	Meeting Evaluations	<ul style="list-style-type: none"> Members were reminded to complete and turn in their meeting evaluations.
IX.	Public Comments	<ul style="list-style-type: none"> No public comments were made.
X.	Adjournment	<ul style="list-style-type: none"> The meeting was adjourned at 12:00 p.m. The next RCAC meeting is scheduled for Tuesday, June 19, 2018 from 9:30 AM - 12:00 PM and will be held at the Rosemead Community Center located at 3936 Muscatel Avenue, Room 4, Rosemead, California 91770.

Respectfully Submitted by:


 Frank Meza, **Field Specialist**

Approved by:


 Cynthia Contreas-Wood, **RCAC 3 Chair**