



**Regional Community Advisory Committee (RCAC)
Region 11 - Pomona - Committee Summary**

dA Center for the Arts
252 D South Main Street
Pomona, CA 91766
May 17, 2018

<u>MEMBERS</u>				<u>ADOVOCATES</u>		<u>STAFF/MANAGEMENT</u>	
Gladys Alvarez	P	Marina Garcia	P	Layla Gonzalez-Delgado, <i>L.A. Care Board Member</i>	P	Frank Meza, <i>Community Outreach Field Specialist</i>	
Sandra Aramburo	P	Maria Ángeles Refugio	P	Bianca Gonzalez, <i>ChapCare</i>	E	Felicia Gray, <i>Community Outreach Liaison</i>	
Evangelina Candelario	P	Rosa Pastrana	P	Mario Ramos, (<i>Advocate</i>)	E	Christian Vega, <i>Member Services Health Navigator</i>	
Angelica Vazquez Cisneros	P	Linda Resendez	P	Ana Gonzalez (<i>Advocate</i>)	E		
Reyna Hernandez	P	Elda Sevilla (<i>Vice Chair</i>)	P				
Mariela Lopez	P	Lluvia Salazar (<i>Chair</i>)	P	<u>GUESTS/PUBLIC</u>		<u>INTERPRETERS</u>	
Cruz Lopez Ochoa	P	Tanya King	P				
Reyna Orellana	E						

Attendance: Members 13, Advocates 1, Providers 0, Public 0, Staff 3, Interpreters 2
(P) Present, (E) Excused absence, (U) Unexcused absence
(R) Removed due to recertification/absences/membership termination.

AGENDA ITEM	SUMARY OF DISCUSSION AND FOLLOW-UP
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I	WELCOME & INTRODUCTIONS	<ul style="list-style-type: none"> • Lluvia Salazar, <i>RCAC 11 Chair</i>, called the meeting to order at 9:30 a.m. • Layla Gonzalez-Delgado, L.A. Care’s Board Member suggested the Heart Heath presentation be moved before the RCAC Chair and Vice Chair elections on the agenda to allow the members to receive the information. Her concern was that there would not be enough time considering the Chair and Vice Chair Elections take a lot of time from the agenda. All members were in agreement. • Frank Meza reviewed the meeting materials and the agenda prior to the start of the meeting. • RCAC members read the: L.A. Care Mission Statement and Meeting “Ground Rules”.
II	BUSINESS Approval of Agenda & Meeting Summary	<p><u>Meeting Agenda & Summary</u></p> <ul style="list-style-type: none"> • RCAC Members approved the agenda for May 17, 2018 with the following change: <ul style="list-style-type: none"> ➤ The Heart Heath presentation be moved before the RCAC Chair and Vice Chair elections on the agenda. • The March 15, 2018 meeting summary was reviewed and approved without any changes. <p><u>Executive Community Advisory Committee (ECAC) Report</u></p> <ul style="list-style-type: none"> • Sandra Aramburo attended the April ECAC meeting and reported on the following: <ul style="list-style-type: none"> ➤ L.A. Care renewed a contract for \$4.6 with California Long-Term Care Education Center to provide education and training for IHSS providers for dual-eligible beneficiaries for the period of May 15, 2018 through May 15, 2020. ➤ Advocacy Day in Sacramento is scheduled for May 22, 2018 and L.A. Care members will have an opportunity to advocate for issues that impact their communities. • Evangelina Candelario attend the May ECAC meeting and reported on the following points: <ul style="list-style-type: none"> ➤ Mr. Baackes mentioned that L.A. Care Health Plan is working on contracting with UCLA Hospital to increase the services members have in the west side of the county. ➤ A federal judge for the District of Columbia ruled on April 24, 2018 that the protections for individuals under the Deferred Action for Childhood Arrivals (DACA) program must stay in place and that the government must resume accepting new applications. <p><u>Board of Governors (BOG) Report</u></p> <ul style="list-style-type: none"> • Sandra Aramburo, RCAC 11 Member, was assigned to attend the April Board Meeting, however was not able to attend. • Mariela Lopez, RCAC 11 Member, was assigned to attend the May Board Meeting, however was absent. • Layla Gonzalez-Delgado, Board Member provide a brief report from the May Board Meeting. She talked about the success of the I-Speak Advocacy trainings and the benefit it will make for members when they advocate for their healthcare or visit their Legislators in Sacramento. In addition, she talked about the upcoming Pride Festival and the importance of advocating for the LQTBQ population and the communities L.A. Care serves.

CO&E REPORT

Frank Meza, *Field Specialist*

Members Attending the ECAC Meeting

- Angelica Vasquez Cisneros is scheduled to attend the ECAC meeting on Wednesday, June 13, 2018.
- The ECAC Meeting goes dark in the month of July and will resume their regular scheduled meeting on August 8, 2018.
- Reyna Hernandez is scheduled to attend the ECAC meeting on Wednesday, August 8, 2018.

Member Attending the Board of Governors (BOG) Meeting

- Reyna Hernandez is scheduled to attend the BOG meeting, on Thursday, June 7, 2018. The meeting will take place at an offsite location at the East San Gabriel Valley Japanese Community Center, located at 1203 W Puente Ave, West Covina, CA 91790 from 2:00pm - 5:00pm.
- The Board of Governors meeting was scheduled to go dark in the month of July and scheduled for August 2, 2018, however was rescheduled to take place on July 26, at L.A. Care Health Plan offices.
- Angelica Vasquez Cisneros is scheduled to attend the BOG meeting, on Thursday, July 26, 2018.

Community Outreach & Engagement (CO&E) Report

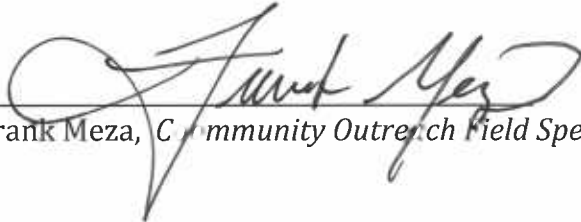
RCAC Chair/Vice Chair Nominations and Election Process

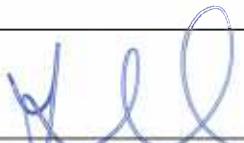
- Frank informed the committee prior to the start of the Chair & Vice Chair elections, RCAC members will be able to nominate a member or themselves before nominations close.
- The current members who are running for the Chair position are:
 - Lluvia Salazar (Current Chair),
 - Elda Sevilla
 - Gladys Alvarez
 - Maria Angeles Refugio
- The current candidates running for the Vice-Chair position are:
 - Gladys Alvarez
 - Maria Angeles Refugio
- There were no additional nominations for Chair or Vice Chair. Mr. Meza went over the voting rules and explained to everyone they must sign their ballot in order to be valid.
- The candidates running for the Chair position gave a few words as to why they are running for the position.
- The candidates running for the Vice Chair position also said a few words.
- The results were as follows:
RCAC Chair - Elda Sevilla
RCAC Vice Chair - Maria Angeles Refugio
- All RCAC members congratulated both Chair and Vice Chair and look forward to working with them.

III	REGIONAL ISSUES Frank Meza, <i>Field Specialist</i>	<ul style="list-style-type: none"> • There were no member issues presented.
IV	Get Up & Move	<ul style="list-style-type: none"> • Members were given the opportunity to move, stretch and take a break.
VI	WORK PLAN PROJECT Frank Meza, <i>Field Specialist</i>	<p><u>RCAC/ Community Work Plan Projects 2017/2018 update</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 United Against Poverty and Disease (UAPAD). • A representative from the agency will attend the next RCAC meeting and provide information about how they plan to support this partnership by providing information, prevention education on Women’s Health to the RCAC 11 region. <p><u>Health Education Training – Heart Health</u></p> <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> ➤ 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.

		<ul style="list-style-type: none"> • 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. • A post-test was provided to all members to measure how much they learned. <p><u>Community Outreach Events</u></p> <ul style="list-style-type: none"> • 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 in July 2018. <p><u>Polo Shirts for RCAC Members</u></p> <ul style="list-style-type: none"> • 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 Group	<ul style="list-style-type: none"> • No future agenda meeting items were presented.
VIII	MEETING EVALUATION Group	<ul style="list-style-type: none"> • Members were informed to complete their meeting evaluation.
IX	PUBLIC COMMENTS Group	<ul style="list-style-type: none"> • Layla Gonzalez-Delgado, Board Member provided information about an upcoming training organized by the IHSS program. This training is designed to help people who receive services from the IHSS program with the hiring process when looking for a care taker. • Estela Lara, RCAC 2 Member, congratulated RCAC 11 on their meeting and the new leadership that was elected. She also invited RCAC members to visit RCAC 2 in the San Fernando Valley.

		<ul style="list-style-type: none"> • RCAC member requested there be more information available on the services and resources that are available in RCAC 11. She states the services are very limited or scattered because of the shortage of providers in RCAC 11.
X	ADJOURNMENT/ NEXT MEETING DATZE <i>Lluvia Salazar, RCAC 11 Chair</i>	<ul style="list-style-type: none"> • Meeting Adjourned at 12:00 p.m. • The next meeting is scheduled for Thursday, July 19, 2018 at the dA Center for the Arts at 252 D South Main Street, Pomona, CA 91766.


 Frank Meza, Community Outreach Field Specialist


 Lluvia Salazar, RCAC 11 Chair