



**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, April 20, 2018
10:00 a.m. - 12:30 p.m.

MEMBERS

GUESTS/PUBLIC

Maria Angeles Cruz	(P)	Adela Guadarrama, <i>Chair</i>	(P)	<u>COMMUNITY PARTNERS</u>	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)		Eliana Torres, <i>Guest</i>
Daniela Castillo	(P)	Adriana Martínez	(P)	<u>STAFF/MANAGEMENT</u>	Maria Teresa T. Rabaja, <i>Guest</i>
Alicia Flores	(P)	Pedro Martinez	(P)	Kristina Chung, <i>Field Specialist</i>	
Lupe Galvez	(P)	Maria Mayoral	(P)	Jose Ricardo Rivas, <i>Liaison</i>	
Rita Gamboa	(P)	Antonia Rodas	(E)	Thomas Mapp, <i>Chief Compliance Officer</i>	
Laura Gonzalez	(P)	Maria Teresa Trujillo	(P)	Christian Vega, <i>Health Navigator</i>	

**Attendance: (19) Members, (0) Community Partners, (0) Providers, (6) Public, (4) Staff
() present, (E) excused absence, (U) unexcused absence**

	AGENDA ITEM	SUMMARY OF DISCUSSION AND FOLLOW-UP
I.	WELCOME & INTRODUCTIONS	<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. Ms. Guadarrama reviewed the meeting's Ground Rules.

		<ul style="list-style-type: none"> • Thomas Mapp, <i>Chief Compliance Officer</i>, attended the meeting and explained his role at L.A. Care.
<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 February 16, 2018 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>March 2018 ECAC Report (Pamela Harris)</u></p> <ul style="list-style-type: none"> • Pamela Harris was not at the meeting so there was no report. <p><u>April 2018 ECAC (Russell Mahler)</u></p> <ul style="list-style-type: none"> • John Baackes celebrated his anniversary in March. • A presentation on the IHSS Training Program was given at the meeting. <p><u>March 2018 BOG Report</u></p> <ul style="list-style-type: none"> • There was no BOG meeting in March. <p><u>April 2018 BOG Report (Rut Hernandez)</u></p> <ul style="list-style-type: none"> • John Baackes shared that L.A. Care continues to support DACA recipients and will also focus on mental health. <p><u>ECAC Meeting Attendance</u></p> <ul style="list-style-type: none"> • Adriana Martinez will attend the May 9, 2018 ECAC meeting at L.A. Care Health Plan. • Pedro Martinez will attend the June 13, 2018 ECAC meeting at L.A. Care Health Plan. <p><u>BOG Meeting Attendance</u></p> <ul style="list-style-type: none"> • Maria T. Trujillo will attend the May 3, 2018 BOG meeting at L.A. Care Health Plan. • Maria Mayoral will attend the June 7, 2018 BOG meeting at L.A. Care Health Plan.

CO&E Report
Kristina Chung, *Field Specialist*

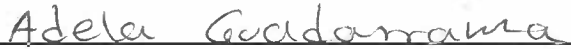
2018 Chair/Vice-Chair Elections

- Ms. Chung reviewed the following list of candidates for the **Chair** position:
 - Alicia Flores, Russell Mahler and Maria Angeles Cruz
 - Before the start of the elections, Ms. Chung asked if there were any other members interested in running.
 - All the candidates introduced themselves and talked about their background and why they are running.
 - A total of 19 members were present at the meeting. A winner is selected if they receive a total of 11 votes (50% +1 rule).
 - There were 2 rounds of voting:
 - Round 1
 - Alicia Flores (8)
 - Russell Mahler (9)
 - Maria Angeles Cruz (2)
 - Round 2
 - Alicia Flores (8)
 - Russell Mahler (11)
 - Maria Angeles Cruz (removed herself from the list)
 - Russell Mahler was selected as the New Chair.
- The following list includes the candidates for the **Vice-Chair** position:
 - Adela Guadarrama, Rut Hernandez, Maria Angeles Cruz and Alicia Flores
 - There were 3 rounds of voting:
 - Round 1
 - Adela Guadarrama (2)
 - Rut Hernandez (8)
 - Maria Angeles Cruz (1)
 - Alicia Flores (8)
 - Round 2
 - Adela Guadarrama (2)
 - Rut Hernandez (9)
 - Maria Angeles Cruz (1)
 - Alicia Flores (7)
 - Round 3
 - Adela Guadarrama (4)
 - Rut Hernandez (14)

		<ul style="list-style-type: none"> • Maria Angeles Cruz (1) • Alicia Flores (removed herself from the list) <p>○ Rut Hernandez was selected as the new Vice-Chair.</p> <p><u>Consumer Advisory Committee Transportation Guidelines</u></p> <ul style="list-style-type: none"> • Members were asked to review the transportation guidelines and to follow up with staff if there are any questions.
III.	REGIONAL ISSUES	<p><u>Member Issue</u></p> <ul style="list-style-type: none"> • No member issues were discussed.
IV.	GET UP & MOVE	Members took a 10 minute stretch break.
V.	RCAC/COMMUNITY WORK-PLANS	<p><u>2018 RCAC Work Plan Project</u></p> <p>1. Community Partnership – Women’s Health</p> <ul style="list-style-type: none"> • RCAC 1 received 2 applications for the Community Partnership. One the applications was not complete so L.A. Care has selected the other organizations to receive the \$5,000 award. <p>2. Health Education Training – Heart Health</p> <ul style="list-style-type: none"> • Ms. Chung and Ricardo Rivas, <i>Liaison</i>, provided a training on Heart Health. • Members learned about the following: <ul style="list-style-type: none"> ○ What is Heart Disease? ○ Risk Factors – health conditions, lifestyle and family characteristics ○ Symptoms of Heart Disease - high blood pressure, high cholesterol, stroke and heart attack ○ Prevention of Diabetes – healthy diet, exercise, limit alcohol, avoid tobacco ○ Exams and Tests – check blood pressure, cholesterol, weight ○ Health Resources • Members took a pre and post test to measure how much they learned from the training. <p>3. Outreach Events</p> <ul style="list-style-type: none"> • RCAC 1 will be participating in the following 3 outreach events: <ol style="list-style-type: none"> 1. Homeless Outreach Event – July 23, 2018 from 10:00 am – 1:00 pm

		<p>Lancaster Library – 601 W. Lancaster Blvd. Lancaster, CA 93534</p> <p>2. Back to School Event – August 4, 2018 Time: to be determined L.A. Care – Palmdale Family Resource Center 2072 E. Palmdale Blvd, Palmdale, CA 93550</p> <p>3. Make Women Healthy Again – August 18, 2018 from 9:00 am – 1:00 pm Barz-Altadonna Community Health Center 43322 Gingham Avenue Lancaster, CA 93535</p>
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	<ul style="list-style-type: none"> An information sheet on Enact Day 2018 was passed out. Flyers for the following events was also passed out: <ul style="list-style-type: none"> 5K Run for Hope – April 28, 2018 Power of Play – May 12, 2018 Stamp Out Hunger – May 12, 2018
IX.	ADJOURNMENT	<ul style="list-style-type: none"> The meeting was adjourned at 12:36 p.m. The next RCAC meeting is scheduled for Friday, June 15, 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*