



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

**Rosemead Community Center  
3936 Muscatel Avenue, Room 4  
Rosemead, CA 91770  
Tuesday, February 20, 2018  
9:30 A.M. - 12:00 P.M.**

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

**Attendance: Members (8), Community Partners (2), Providers (0), Public (3), Staff (4)  
( ) present, (E) excused absence, (U) unexcused absence**

I.	<b>WELCOME &amp; INTRODUCTIONS</b>	<ul style="list-style-type: none"> <li>• Cynthia Conteas-Wood, <i>RCAC 3 Chair</i>, called the meeting to order. Everyone introduced themselves.</li> <li>• Felicia Gray, <i>Interim Field Specialist</i>, read the meeting Ground Rules, meeting goals and reviewed the folder contents.</li> <li>• Mrs. Gray also informed the committee members that the meeting is being recorded to produce the meeting minutes.</li> </ul>
II.	<b>BUSINESS</b> Approval of Agenda & Meeting Summary  <b>ECAC &amp; BOARD Report</b> Daniel W. Kwong, <i>RCAC 3 Member</i>  Cynthia Conteas-Woods, <i>RCAC 3 Chair</i>	<p><b><u>Approval of Agenda &amp; Meeting Summary</u></b></p> <ul style="list-style-type: none"> <li>• Members received the incorrect version of the agenda in the mail. Victor Rodriguez, <i>Liaison</i>, provided all the members with a copy of the revised agenda. Members were given 3 to 5 minutes to review the revised agenda and the revised agenda was approved.</li> <li>• Members received an incorrect copy of the summary. Members were given 3 to 5 minutes to review the revised summary on the day of the meeting. After the changes were discussed, the summary was then approved with the revised changes.</li> <li>• Members will be mailed a revised copy of the summary in the mail.</li> </ul> <p><b><u>ECAC Report</u></b></p> <ul style="list-style-type: none"> <li>• Daniel W. Kwong, <i>RCAC 3 Member</i>, reported on the following:             <ul style="list-style-type: none"> <li>➢ Cristina Deh-Lee is continuing her role as ECAC Chair and the New Vice-Chair is Ana Rodriguez, <i>RCAC 2 Chair</i>.</li> <li>➢ The time allocated for public comment on the agenda is not enough time for all the members assigned to attend the meeting to speak or ask questions. Mr. Kwong suggested adding additional time allocated to this agenda item in the future to allow more time for RCAC members to ask questions and be heard.</li> </ul> </li> <li>• Cynthia Conteas-Woods, <i>RCAC 3 Chair</i>, reported on the following:             <ul style="list-style-type: none"> <li>➢ During the last ECAC meeting, Ms. Conteas-Woods brought forth a RCAC 3 concern regarding the proper course of action to take when L.A. Care does not have a contract with a hospital that is frequently used by members. This issue is being escalated to be discussed further with upper management within L.A. Care.</li> <li>➢ Francisco Oaxaca, <i>Senior Director of Communications and Community Relations</i>, reported on the following revisions to the Operating Rules:                 <ul style="list-style-type: none"> <li>▪ The revisions to the Operating Rules were approved during the Board of Governors February meeting (there was no January BOG meeting).</li> <li>▪ This will start the 30-day public comment posting period. They will be in effect once the 30-days are complete, which will be in March 2018.</li> <li>▪ Then we will update the CAC Member Handbook.</li> </ul> </li> </ul> </li> </ul>

### Board Member Report

- New Board Member Robert Curry was welcomed to his first Board meeting.
- Board Member Sheryl Spiller will be retiring as the Director of Department of Public Social Services, and has left the L.A. Care Board. She has been a vital link to L.A. County public social services as a member of the Board of Governors for the past six years.
- Mr. Baackes shared that L.A. Care is collaborating in a training program with California Long Term Care Education Center for IHSS workers. Participants go through an In Home Supportive Services (IHSS) course to become a care giver. Most caregivers are family members and they can be a valuable part of the health care team for the beneficiary.
- Dr. Seidman reported that as of January 2018 Palliative Care is a new benefit for Medi-Cal beneficiaries.
- The Board approved revisions to the Consumer Advisory Committee Operating Rules. There is a 30-day notice requirement before the operating rules will become effective at the April 5, 2018 Board meeting. Comments on the revisions can be sent to Board Services.
- The Next Board meeting is tentatively scheduled for March 8, 2018. The meeting is a placeholder and may be cancelled.

### CCI Area 1 Motion to ECAC

- CCI Area 1 – Motion to request L.A. Care staff to investigate and report back their finding on how Antelope Valley Hospital and Palmdale Regional Medical Center may increase their capacity to perform pediatric care to avoid families being referred out of the Antelope Valley for care.
- The motion was approved by ECAC and will be forward to internal departments for follow-up and next steps.

### DACA UPDATE

- On January 9<sup>th</sup>, a San Francisco federal judge blocked the Trump Administration’s ruling to end the DACA program (Deferred Action for Childhood Arrivals). The new order allows anyone whose DACA expires on or after September 5, 2016 to file for a renewal.
- It allows people whose DACA expired before September 5, 2016 to file a new initial DACA request. **It does not allow people who have never had DACA to file an initial request.**
- To read the full release you can visit [www.whitehouse.gov](http://www.whitehouse.gov).

### BOG Report

- Gonzalo Sandoval was scheduled to attend the BOG meeting in February but was unable to attend. As a result, no report was given.

**CO&E Report**  
Felicia Gray,  
*Interim Field Specialist*

**RCAC Members Attending ECAC**

- Roberto Santos, *RCAC 3 Member*, is scheduled to attend the ECAC meeting on March 14, 2018.
- Daniel W. Kwong, *RCAC 3 Member*, is scheduled to attend the ECAC meeting on April 11, 2018.
- The time of the meeting is from 10:00am to 1:00pm.
- Transportation will be provided
- Staff will contact you prior to the meeting to confirm your attendance and advise you of the time transportation will pick you up.

**RCAC Members Attending the Board of Governors (BOG)**

- Daniel W. Kwong, *RCAC 3 Member*, is scheduled to attend the BOG meeting on Thursday, March 1, 2018. This meeting is a “place holder or as needed”. Which means if the Board of Governors does not have to meet, this meeting is canceled.
- Daniel W. Kwong, *RCAC 3 Member*, is scheduled to attend the BOG meeting on Thursday, April 5, 2018. If the meeting on March 8, 2018 does not occur.
- The time of the meeting is from 2:00pm to 5:00pm.
- Transportation will be provided
- Staff will call you prior to the meeting to confirm your attendance and advise you of the time transportation will pick you up.

Members were reminded that if they volunteer to attend the ECAC or the BOG meetings, they will be responsible for reporting back to the RCAC.

**Community Outreach & Engagement Report**

- Felicia Gray, *Interim Community Outreach Field Specialist*, shared the following with the members:

**RCAC Chair/ Vice Chair Nominations and Election Process**

- The nominations for RCAC Chair and Vice Chair have opened.
- Committee members can nominate someone or themselves by completing a nomination sheet.
- The nomination sheet can be turned in during the meeting, mailed, or faxed. Also, a committee member can call their Field Specialist to inform them of their nomination.
- All members were able to complete nomination forms during the meeting.
- The nominations will close prior to the elections that will happen during the next scheduled RCAC meeting.

**Member Acknowledgement Form**

- Members were asked to sign two copies of the Member Acknowledgement Form.
- Members were instructed to keep one copy and place the other copy in their folder to be filed by staff.

		<ul style="list-style-type: none"> <li>Members were reminded that the number of tabling events changed from a total of 3 to 2-3 to allow more flexibility for members.</li> </ul> <p><b><u>Health Topic for the month of February</u></b></p> <ul style="list-style-type: none"> <li>The health topic for the month of February was Understanding Heart Disease.</li> <li>Information was provided in the folder but not discussed during the meeting.</li> </ul>
III.	<b>REGIONAL ISSUES</b> <i>Group</i>	<p><b><u>RCAC 3 Motion</u></b></p> <ul style="list-style-type: none"> <li>Committee members made a motion regarding contracting directly with Huntington Hospital. <ul style="list-style-type: none"> <li>Members asked why Huntington Hospital emergency room procedure does not allow members to be admitted in to the hospital. The current procedure is when a member arrives at the emergency room in the hospital, they are admitted temporarily, triaged and transported to a hospital out of the area. A few examples of cities that members are transported to are Los Angeles or Baldwin Park.</li> </ul> </li> <li>Fernando Villalobos, <i>Member Relation Navigator</i>, provided an update on the process: <ul style="list-style-type: none"> <li>Resolution: Navigator called Huntington Hospital admitting department at 626-397-5294, they do accept members from L.A. Care / Medi-Cal. Members can go to their Emergency Room if they need to be stabilized. For outpatient procedures, the medical groups (IPAs) must be contracted with them and an authorization is required. Navigator addressed to the floor, it is best for the members contact their medical groups to see if the hospital is contracted with their assigned medical group and obtain the proper authorizations for services at this hospital.</li> </ul> </li> <li>After the report from Fernando Villalobos, <i>Member Relation Navigator</i>, the motion was rescinded.</li> <li>Lidia Parra, <i>RCAC 3 Member</i>, experienced issues with navigating Covered CA payment system. Although Ms. Parra was ultimately able to fix her problem, she feels the process was very difficult to reconcile on her own.</li> </ul>
IV.	<b>GET UP AND MOVE</b> <i>Group</i>	<ul style="list-style-type: none"> <li>Members stretched and took a break.</li> </ul>
V.	<b>RCAC Community Work Projects</b>  Felicia Gray, <i>Interim Field Specialist</i>	<p><b><u>2017/2018 RCAC Work Plan Projects</u></b></p> <p><b>A. <u>Community Partnership</u></b></p> <ul style="list-style-type: none"> <li>The RCAC 3 members selected Diabetes as their focus this year.</li> <li>Additional names of organizations were added to the list of potential organizations to partner with during the year. The following organizations were suggested: <ol style="list-style-type: none"> <li>Diabetes Association of Greater Los Angeles</li> <li>Children’s Hospital of Los Angeles</li> <li>Community Health Alliance of Pasadena (contact Devon Rax)</li> <li>Pasadena Unified School District (contact Mirsa Serrano)</li> </ol> </li> </ul>

## **B. Health Education Training**

- The training was provided by Felicia Gray, *Interim Community Outreach Field Specialist*.
- RCAC 3 members were trained on Diabetes 101: Sugar in the Blood.
- General information was provided to members to answer basic information regarding Diabetes and to be able to answer questions and provide resources to the community during tabling events.
- This is the first training in a series of 3 trainings provided during the year.
- Members were given a pre-test before the training and post-test at the end of the training to test their knowledge learned.
- Topics covered during the training:
  - What is Diabetes?
    - Members were asked what is the definition of Diabetes and if they knew people who were Diabetic.
  - What are the three types of Diabetes?
    - Members answered questions regarding the different types of Diabetes.
  - What are the risk factors for Diabetes?
    - Members responded by suggesting poor diet, race or ethnicity and little or no exercise were all risk factors for Diabetes.
  - What are common symptoms of Diabetes?
    - Members suggested frequent urination, blurred vision and thirstiness as common symptoms of Diabetes.
  - The importance of knowing how to read your A1C test results.
    - Members were advised to ask their primary physician the results of their test.
  - What is High Blood Sugar?
    - Members were advised that if they have high blood pressure, they may be Diabetic as well.
  - How to take control of your Diabetes.
    - Members were informed that although there is no cure for Diabetes, with treatment it can be managed
    - African American, Latinos and Native Americans are more at risk for acquiring Diabetes.
  - Diabetes resources available to members and non-members.
    - American Diabetes Association, [www.diabetes.org/](http://www.diabetes.org/) 800-342-2383 or 800-DIABETES
    - Academy of Nutrition and Dietetics, [www.etrigh.org/](http://www.etrigh.org/) 800-877-1600
    - Children with Diabetes, [www.childrenwithdiabetes.com/](http://www.childrenwithdiabetes.com/) 800-877-1600
    - National Institute of Diabetes and Digestive and Kidney Diseases/ [www.niddk.nih.gov/niddkhomepage.html](http://www.niddk.nih.gov/niddkhomepage.html)
    - L.A. Care Health Promoters/ Promotoras Program/ Tanisha Johnson/ 213-694-1250 x 5314
- Materials regarding Diabetes will be provided at the next RCAC 3 meeting. These materials will be used during tabling events in the community.

## **C. Community Outreach Events**

		<ul style="list-style-type: none"> <li>Members were asked to attend 3 community events in their area, with the approval of staff, and distribute educational materials on the topics they have been trained on.</li> </ul>
VII.	<b>FUTURE AGENDA ITEMS</b>	<ul style="list-style-type: none"> <li>No future items were discussed.</li> </ul>
VIII.	<b>MEETING EVALUATIONS</b>	<ul style="list-style-type: none"> <li>Members were reminded to complete and turn in their meeting evaluations.</li> </ul>
IX.	<b>PUBLIC COMMENTS</b>	<ul style="list-style-type: none"> <li>No public comments were made.</li> </ul>
X.	<b>ADJOURNMENT</b>	<ul style="list-style-type: none"> <li>The meeting was adjourned at 12:00 p.m.</li> <li><b>The next RCAC meeting is scheduled for Tuesday, April 17, 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.</b></li> </ul>

Respectfully Submitted by:   
 Felicia Gray, Interim Field Specialist

Approved by:   
 Cynthia Contreas-Wood RCAC 3 Chair