



**Regional Community Advisory Committee (RCAC)
Region 8 – San Pedro, Torrance, Wilmington – Committee Summary
Providence Community Health Wellness & Activity Center**

470 N. Hawaiian Avenue
Wilmington, CA 90744
Friday, March 15, 2019
10:30 AM - 1:00PM

MEMBER ATTENDANCE

STAFF/MANAGEMENT

Maria Alvarez	P	Rita Montes	P	Martin Vicente, <i>Community Outreach Field Specialist</i>
Higinio Carrillo	P	Raul Montes	P	Felicia Gray, <i>Community Outreach Liaison</i>
Belen Garcia	P	Rosario Moreno	P	Idalia Chitica, <i>Community Outreach Field Specialist Supervisor</i>
Dioselina Garcia (vice chair)	P	Mario Mosqueda	P	Vanessa Bernal, <i>L.A. Care's Health Navigator</i>
Maria N. Lopez		Dominga Pardo (advocate)	E	
Dorothy Me Lowery	P	Ana Romo (Chair)	P	
Maria Montes	P	Janet Sevilla	P	
	P	Maria Isabel Tamayo	P	

(P) present **(E)** excused absent **(U)** unexcused absent

PUBLIC

INTERPRETERS

	Eduardo Kogan
	Paula Alvira

MEETING SUMMARY, DISCUSSION AND FOLLOW UP

	AGENDA ITEM	LEAD
I.	WELCOME AND INTRODUCTION	Martin Vicente, Field Specialist – Ana Romo, Chair

L.A. Care's Mission Statement / Focus of CO&E and RCACs

- RCAC members read L.A. Care's Mission statement and the three pillars of Community Outreach and Engagement. (Health Promotion, Health Advocacy and Partnership).
- RCAC members reviewed the RCAC meeting "Ground Rules" prior to the start of the meeting.
- Ana Romo, *RCAC Chair* called the meeting to order at 10:30a.m. Everyone introduced themselves.

II. BUSINESS

Martin Vicente, *Field Specialist* - Ana Romo, *Chair*

Approval of Agenda & Meeting Summary

- Members approved today's agenda.
- The January 18, 2019 meeting summary was approved.

ECAC and Board Meeting Update

Dorothy Lowery, RCAC 8 member, attended the ECAC meeting on February 13, 2019 no report was available.

Rita Montes, RCAC 8 member, attended the ECAC meeting on March 13, 2019 and reported the following:

- Mrs Montes informed members that they received an update on the new transportation vendor for L.A. Care member Heath Care Service call "Call the Car".
- Mrs Montes informed that some members asked to be help with the re-charging of their wheelchair batteries.
- Mrs. Montes informed that they received information about the funds L.A. Care is investing on housing for the homeless.
- Mrs. Montes apologize for not having her notes to give more detailed information.

Maria Montes, RCAC 8 Member, attended the BOG Meeting on March 6, 2019 and reported the following:

- Maria Montes informed members that L.A. Care did not come up on top on the HEDIS scores, she informed that Health Net came up on top with a total of 64% compare to L.A. Care's 54%. She informed that this was based on the cervical cancer outreach done by the two entities.
- Maria Montes informed members that a contract for the Health Promoters Program was presented to the Board but it was not moved forward since it needed changes.
- Maria Montes informed members that 30 deaths were reported due to the flu, she informed that L.A. Care emphasized the importance of getting the flu shot.

Andria McFerson RCAC 6 member commented the following:

- Mrs. McFerson informed members that she brought to the Board of Governors meeting the topic of a resource guide. She informed members she proposed to Dr. Seidman to conduct a survey with all RCACs for members to give input about organization and resources

available in their communities. Mrs. McFerson informed that after the surveys were done this information was going to be given to Dr. Seidman for the opportunity to be included in a resource guide. This will allow every single neighborhood the opportunity to include some information in the resource book

RCAC Spring Conference

- Members were informed that the spring conference is scheduled for Friday, March 22, 2019 at St. Anne's at 155 N. Occidental Blvd, Los Angeles, CA 90026, from 8:30 a.m. to 2:30 p.m. Members were informed the conference is mandatory for all RCAC members. Stipends will be provided for all eligible members.
- 11 members had confirmed attendance to the conference, a bus will be provided for the conference. The bus will pick up members from Long Beach and they will pick up RCAC 8 members at 7:30 p.m. at Providence. All member received a flyer with more information about the conference. Only Mrs. Dorothy Lowery will be picked up at her house.

CCI Councils Transition

- RCAC member received a brief presentation about the CCI Council transition into the RCACs with the following information:
 - A summary of the RCACs legislation and the place of the CCI Councils in this legislation.
 - A timeline of the process of integration of the CCI councils into the RCACs.
 - The dates when the CCI Council members will start attending the RCAC meetings.
- RCAC members were able to provide feedback on the integration of the Councils on how we can make a smooth transition. The RCAC members provided the following feedback:
 - Motivate them to feel comfortable and talk about their issues.
 - Add specific section on the RCAC agenda for them to address issues.
 - L.A. Care staff should get more training on the advocacy and proper tools.
 - Simplify information given at RCACs.
 - Follow up on their needs.
 - Provide accommodations and train RCAC members.

Temporary move of RCAC 8 meeting date

- Ana Romo, RCAC 8 member, proposed to change the RCAC 8 meeting to second Friday of the month or fourth Friday of the month.
- Mrs. Romo was informed that the meeting cannot be moved due to other meeting conflicts. She was informed the meeting can be moved to the 3rd, of any other day (Monday, Tuesday Wednesday and Thursday) except Friday.
- The RCAC 8 committee did not come to any conclusion and the meeting will be left as it is.

Certificate of Participation

- RCAC members who participated in the 2017-2018 RCAC work plan receive a certificate of participation and a special gift.

Members attending ECAC/BOG meeting

- Rita Montes will attend ECAC on March 13, 2019
- Dorothy Lowery will attend ECAC on April 11, 2019.
- Maria Isabel Tamayo will attend BOG on April 4, 2019.

III. REGIONAL ISSUES Group

Member Issues

- Members had several individual issues, regarding referrals and emergency care. Members had the opportunity to sit with L.A. Care's member advocate.
- Other members offer their advice regarding referrals process and share their experience on how to address the issues.
- Mrs. McFerson, RCAC 6 member, informed that L.A. Care members have access to Drs. and specialists from UCLA.

IV. GET UP AND MOVE Victor Rodriguez, Liaison and Group

- All RCAC members took a ten-minute break.

V. RCAC WORKPLAN Group

Work-Plan 2018-2019

Sponsorships

- Martin Vicente gave member a brief presentation about the RCAC sponsorship program. Martin informed members that the sponsorship process will be different this year. Members were informed that the process has been simplify and it will be easier for organizations to acquire funds.
- Members were presented with the following topics:
 - **Food Security**, under this topic L.A. Care will be able to sponsor programs or organizations that has to do with food security like, food pantries, food banks and community gardens to mention a few.
 - **Early Childhood Development**, under this program L.A. Care will be able to sponsor programs or organizations that had to do with early child hood development like, Early Head Start, School Programs not funded by the schools and any organizations that helps in the proper development of children's early stages.
- RCAC members had the opportunity to discuss and ask questions regarding the two programs. Members were asked to vote for the topic they would like sponsor this year. They were informed that they can only chose one topic and they can sponsor more than one organization on that topic. Members took a vote and 11 out of 16 voted for voted for Food Security.

Outreach Work Plan

Colorectal Cancer,

- Dalia Cadena, RCAC 7 Member and L.A. Care Health Promoter, gave a presentation about colorectal cancer with the following information:
 - What is colorectal cancer?
 - How to protect yourself from colorectal cancer, risk factor and lowering your risk.
 - Statistics on how common is colorectal cancer.
 - Colorectal cancer screening and understanding colorectal cancer.
 - What is a colonoscopy procedure, how to prepare for it , results and the benefits of doing this procedure
 - Resources and information on how to access screenings.
- Members were informed that this will be the topic for the second portion of the RCAC work plan. Members were informed they will receive more information and tools to be able to start doing outreach. This information will be given at the RCAC meetings during the months of April and May 2019.

VII.	FUTURE AGENDA ITEM	Group
-------------	---------------------------	--------------

RCAC Meeting Process

- Members will like basic information about motions and approval of agenda and summary process.

VIII.	MEETING EVALUATION	Group
--------------	---------------------------	--------------

- Members had the opportunity to give a comment about today's meeting and to fill out the meeting evaluation.

IX.	PUBLIC COMMENTS	Group
------------	------------------------	--------------

Providence Little Company of Mary Wellness and Activity Center

- Members were informed that Providence Little Company of Mary has the following programs open to members of the community:
 - **A Bridge Home** an initiative to help the homeless population living in the community. Members were invited to hear about this initiative on March 20, 2019 at Providence Little Company of Mary at 470 N. Hawaiian Ave, Wilmington, CA starting at 9:00 a.m.
 - **Fit Food Fair** a program with the following topics:
 - Healthy Cooking demonstration for kids and adults
 - Physical activities and games for kids
 - Exercise sessions for adults
 - Q&A with dietitian and individual consultation
 - **Information and education on Stroke Awareness**
- The event will take place on March 23, 2019 at Providence Little Company of Mary from 10:00 a.m. to 12:00p.m.
- RCAC 8 members received handouts for all of these programs.

X.	ADJOURNMENT	Group
<ul style="list-style-type: none"> The meeting was adjourned at 1:00 p.m. The next RCAC meeting is scheduled for May 17, 2019 at the Providence Community Health and Wellness and Activity Center. 470 Hawaiian Ave, Wilmington, CA 90744 from 10:30 a.m. to 1:00pm. 		

Respectfully Submitted by:
 Martin Vicente, *Community Outreach Field Specialist*

Approved by: _____
 Ana Romo, *RCAC 8 Chair*

In the absence of chair approved by:
 Name: _____

X.	ADJOURNMENT	Group
-----------	--------------------	--------------

- The meeting was adjourned at 1:00 p.m.
- **The next RCAC meeting is scheduled for May 17, 2019 at the Providence Community Health and Wellness and Activity Center. 470 Hawaiian Ave, Wilmington, CA 90744 from 10:30 a.m. to 1:00pm.**

Respectfully Submitted by:
Martin Vicente, *Community Outreach Field Specialist*

Approved by: 
Ana Romo, *RCAC 8 Chair*

In the absence of chair approved by:
Name: _____