



Regional Community Advisory Committee (RCAC) Region 1

Palmdale Community Resource Center

2072 E. Palmdale Blvd, Palmdale, CA 93550

Tuesday, September 17, 2024

11:00AM – 1:30PM

Meeting Summary

Member Attendance				Staff/Management Present
Adela Guadarrama	P	Maria Los Angeles Cruz	E	Frank Meza, Community Outreach Field Specialist
Adriana Martinez	P	Maria Mayoral	P	Ramon Garcia, Community Outreach Field Specialist
Alicia Flores	P	Maria Teresa Rabaja	P	Idalia De La Torre, Field Specialist Supervisor
Daniela Castillo	P	Maria Teresa Trujillo	E	
Fidelia Pineda	P	Marsha Diana Jackson	P	
Irene Cuevas	P	Pamela Harris	P	
Laura Gonzalez	P	Pedro Martinez	P	
Lupe Galvez	P	Roger Rabaja	P	
Marica Ramos	P	Yajaira Valdovinos	P	
Maria Del Carmen Gutierrez	P			

(P) Present (E) Excused Absence (U) Unexcused Absence

Public Attendance	Interpreter Attendance
Andria McFerson	Andrea Yates
Russell Mahler	Shelley Hash
Demetria Saffore	
Amanda B.	

MEETING SUMMARY, DISCUSSION AND FOLLOW UP	
I. Welcome & Introduction (15 min)	Agenda Lead
<p>A. Call Meeting to Order</p> <ol style="list-style-type: none"> a. Roger Rabaja, Interim RCAC Chair, called the meeting to order at 11AM. b. Roger asked the RCAC members to review the agenda for approval. <p>B. Approval of Agenda</p> <ol style="list-style-type: none"> a. Roger Rabaja asked for a motion to approve the agenda. b. Marcia Ramos, RCAC 1 member submitted a motion to approve the agenda for the day. c. Maria Teresa Rabaja, RCAC 1 member made a second motion to approve the agenda. d. No abstentions or discussions. e. The agenda was approved as presented. <p>C. Group Connection</p> <ol style="list-style-type: none"> a. Ramon Garcia, Field Specialist made an introduction and provided instructions for the group connection activity. b. The group went around the room to present themselves and share a fun fact about themselves. 	<p><i>Roger Rabaja, Interim RCAC Chair</i></p> <p><i>Ramon Garcia, CO&E Field Specialist</i></p>
II. Develop RCAC Group Agreement (15 min)	Agenda Lead
<p>A. Review Basic Group Agreements</p> <ul style="list-style-type: none"> • Roger began the section by reading the first Group Agreement. • RCAC members volunteered to reach each one of the agreements that were presented. • The Chair asked the members if anyone would like to add to the agreements for RCAC 1. • Marcia Ramos asked to include “We agree to keep our devices on silent.” 	<p><i>Roger Rabaja, Interim RCAC Chair</i></p> <p><i>RCAC Members</i></p>
III. L.A Care Updates (10 min)	Agenda Lead
<p>A. L.A. Care Internal Updates RCAC Chair and Vice-Chair Elections</p> <ul style="list-style-type: none"> • Ramon gave an update on RCAC Chair and Vice-Chair Elections 	<p><i>Ramon Garcia, CO&E Field Specialist</i></p>

- Chair and Vice-Chair nominations are set to open in October and November – October for RCAC 1
- All RCAC 1 members are welcome and eligible to apply as a candidate.
- Nominations will close and we will move forward with voting during December/January meeting cycles – December for RCAC 1.
- All candidates who accept will their nominations for each position will be allowed to speak for 2 minutes before the elections occur during the December meeting.
- After RCAC members vote for their candidates, the names will be forwarded to February TTECAC meeting for review and consent to forward to BOG for final approval.
- BOG will review and approve during March 2025 meeting.
- TTECAC members will continue in their roles until February 2025 meeting.
- Once official Chairs are elected, they will fill in the roles at ECAC.
- New elected Chairs will sit as ECAC members in March of 2025.
- 2 At-Large members will remain in their roles.
- At-Large member elections will take place during April 2025 ECAC meeting.
- All RCAC members interested in applying for At-Large positions will submit an application and attend the April 2025 ECAC meeting.
- During April 2025 ECAC meeting, ECAC will vote for the 2 positions and forward the names to BOG for final approval in May.
- May 2025, ECAC will be complete with 8 RCAC Chair representatives and 2 At-Large representatives.

TTECAC/ECAC and BOG Meetings

- Ramon invited members to volunteer to attend future TTECAC/ECAC and BOG meetings.
- Members will receive a stipend for attending these meetings.
- We will be alternating to allow multiple members the opportunity to attend.
- Ramon presented putting together a list of members to attend future meetings.
- Adriana Martinez, RCAC members suggested that we also select an alternative representative in case the selected member is unable to attend.
- Maria Teresa Rabaja volunteered to attend either one of the meetings (TTECAC or BOG).
- Alicia Flores volunteered to attend either one of the meetings (TTECAC or BOG).
- Transportation is provided for members.
- Marcia Ramos volunteered as an alternate for TTECAC, October 9th.
- Maria Del Carmen volunteered as an alternate for BOG, October 3rd.

<ul style="list-style-type: none"> • Question: Do you have a ballot that we can fill out? <ul style="list-style-type: none"> ○ Ramon: We will dive further into the election process during our October RCAC 1 meeting. ○ Frank: CO&E staff will create and bring ballots to the meeting on the day of election. We will have a specific section for the election on the agenda. 	
IV. Review New Agenda Format (30 min)	Agenda Lead
<p>A. Understanding the RCAC and the Agenda as a Tool</p> <ul style="list-style-type: none"> • Ramon asked members to look for the new agenda format located in each of their folders. • The purpose of the new agenda format after the restructure is to provide members with more opportunities for open discussion. • Some of the topics included in the new agenda format include: • Meeting information: <ul style="list-style-type: none"> ○ Date, Address, Time ○ Goals for the meeting • Meeting Agenda <ul style="list-style-type: none"> ○ Welcome and Introductions <ul style="list-style-type: none"> • Call the meeting to order • Review group agreements • Review agenda ○ Meeting Minutes Approval ○ L.A. Care Updates <ul style="list-style-type: none"> • Where we provide updates to members on new information. ○ Continued Business <ul style="list-style-type: none"> • Invite other departments to join meetings and interact with our members. ○ Break ○ New Business ○ Public Comments ○ Resource Sharing & Meeting Evals ○ Adjournment • Continued by reviewing the Community Outreach & Engagement Department Mission on the back of the Agenda. 	<p><i>Ramon Garcia, CO&E Field Specialist</i></p>

<ul style="list-style-type: none"> • Reviewed “A Promise to Our RCAC” • Ramon reminded members that they had index cards available to write down and questions/comments that we didn’t have time to get to during the meeting. • Meeting materials are available prior to the meeting on the L.A. Care website, CRC, and via mail and email. • Field Specialist information is always available on the agenda (Ramon & Frank) along with the CO&E email and toll-free line. • Question: With the new agenda format, will we still have the 2nd page included? • Answer: Yes, future agendas will include the 2nd page, which includes Mission and contact information. 	
<p>V. Break (10 min)</p>	<p>Agenda Lead</p>
<p>A. An opportunity to take a 10-minute break.</p> <ul style="list-style-type: none"> • Members took a 15-minute break. • Set to return at 12:02 PM. 	<p><i>Roger Rabaja, Interim RCAC Chair</i></p>
<p>VI. Ralph M. Brown Act (30 min)</p>	<p>Agenda Lead</p>
<p>A. Review Ralph M. Brown Act</p> <ul style="list-style-type: none"> • The Brown Act is about ensuring transparency for the public. • Our meetings are open to the public – anyone can attend. • The Right of Access <ul style="list-style-type: none"> ○ All meetings of the legislative body of a local agency shall be open and public, and all persons shall be permitted to attend any meeting of the legislative body of a local agency. • Applies Broadly <ul style="list-style-type: none"> ○ Legislative Bodies <ul style="list-style-type: none"> ▪ Boards of Supervisors ▪ City Councils ▪ School Boards ▪ Other subsidiary committees, boards, Boards of Trustees of Special Districts ○ Appointed Bodies <ul style="list-style-type: none"> ▪ Planning Commissions, 	<p><i>Ramon Garcia, CO&E Field Specialist</i></p> <p><i>RCAC Members</i></p>

- Civil Service Commissions, and
 - Public Entity i.e., L.A. Care Health Plan
 - Acting as Local Authority for Medicaid
- Meeting
 - A gathering of a majority (or quorum) of the members of the legislative body at the same time and location to:
 - HEAR
 - DISCUSS
 - DELIBERATE
 - TAKE ANY ACTION
- Types
 - REGULAR MEETING: occurring at the dates, times, and location set by resolution, ordinance, or other formal action.
 - Special Meeting: called by the presiding officer or majority of the legislative body to discuss only discrete items on the agenda.
 - Emergency Meeting: limited class of meetings held when prompt action is needed.
 - Adjourned Meeting: regular or special meetings that have been adjourned or re-adjourned to a time and place specified.
- Exceptions
 - The Brown Act does not apply to the following:
 - Individual Contacts
 - Conferences
 - Community Meetings
 - Other Legislative Bodies
 - Social or Ceremonial Events
 - Standing Committees
 - Grand Jury Testimony
- Standing Committee (ECAC & RCACs)
 - Less than a quorum of members
 - Includes other individuals not on the legislative body
 - Advisory or Decision-making
 - Continuing jurisdiction over a particular subject matter
 - Fixed meeting schedule

- Ad-Hoc Committee
 - Less than a quorum of members
 - Advisory only
 - Short-term; not ongoing
 - No fixed meeting schedule.
- Agenda
 - **DETAIL:** Agenda items must have enough detail to give the public a reasonable idea of what will be discussed or acted upon. If it's not on the agenda, it cannot be discussed.
 - **LOCATION:** List location of the meeting and the location for document inspection.
 - **NOTICE:** Regular Meetings must be posted 72 hours before. Special Meetings must be posted 24 hours before.
- Adding to the Agenda
 - After the agenda is posted, an item may be added only if one of the following occurs:
 - **EMERGENCY:** when prompt action is needed because of actual or threatened disruption of public facilities (only applies to bodies with ultimate decision-making authority).
 - **NEW ITEMS:** unknown at the time of the original posting and immediate action needed.
- Public's Rights
 - Members of the public have the right to:
 - Not give their name as a condition
 - precedent to attend;
 - Record the meeting;
 - Comment and Criticize.
 - Members of the public must be allowed to comment on:
 - Any agenda item, before or during the consideration of the item; and
 - On any matter within the Board's jurisdiction.
- Public Comment
 - Fair and reasonable rules may be adopted to assist the body in processing comments from the public.
 - Regulating time is OK if reasonable.
 - Regulating content is not OK.
 - At least twice the allotted time should be provided to a member of the public who utilizes a translator unless simultaneous translation is utilized.
 - Public comment is not a debate. Avoid back and forth.
- Public's Right to Documents
 - Public can make a standing request for copies of agenda materials:

- Request must be made in writing;
- Request is effective for one year;
- Subject to fees for copying and postage;
- Failure to send packet can invalidate action
- Materials provided to a majority of a body, unless exempt must be provided to members of the public.
- Serial Meetings
 - A serial meeting is typically a series of communications (face-to-face, telephone, e-mail, text, social media), each of which involves less than a quorum of the body, but which taken as a whole, involves a majority of the body's members.
 - General Rule: A Majority may not use a series of communications, directly or through intermediaries, to discuss agency business.
- Permitted
 - A member of a legislative body may engage in “**separate**” **communications with the public** using an internet-based social media platform that is open and accessible to the public regarding a matter that is within the subject matter jurisdiction of that body, provided that a "majority" do not discuss among themselves **business of a "specific nature"**.
 - A member of a legislative body may use social media to discuss personal matters with another member of a legislative body.
- Prohibited
 - A majority may not use an internet-based social media platform to discuss agency business.
 - Communication posted or shared by another member regarding agency business on an internet-based social media platform (No likes, thumbs up, emojis, or other symbols).
- Violating the Brown Act
 - Criminal Penalties
 - Knowing violations are a misdemeanor.
 - Civil Remedies
 - Any interested person may bring a lawsuit for declaratory and injunctive relief.
 - Body has chance to cure and correct.
 - Certain illegal action may be voided.
 - Costs and attorney fees awarded.
- Ramon concluded the presentation and asked the members if there were any questions.

<ul style="list-style-type: none"> • Question: Is it possible for us to participate in these meetings remotely? Whether it be through the phone or a zoom call in case we cannot attend in person? <ul style="list-style-type: none"> ○ Answer: The reason we do not currently hold our meetings remotely is due to technological restraints. We do have some of our other meetings, such as ECAC and BOG, that are available remotely and are held in conference room 100. The CRCs are not currently set up to host our meetings both in person and remotely. We also have multiple languages that makes it difficult to conduct meetings virtually. ○ Frank also added that when we host our meetings remotely, we lose the connection and energy that we have when we meet in person. It is a possibility in the future, but for the moment we will continue to host our meetings in person. ○ Follow up from Adriana: Yes, my question was simply to ask if the Brown Act mentions anything about the possibility of meeting virtually, especially from those who would like to attend but cannot do so in person. ○ Ramon added that the Brown Act is more in reference to the availability of materials to our members and the public. ○ Pedro Martinez added, if you are unable to attend a meeting then you also have the Field Specialist contact information to let them know you are unable to attend. ○ Ramon added, yes please make sure to inform either Frank or myself that you are unable to attend. 	
<p>VII. Member Feedback (20 min)</p>	<p>Agenda Lead</p>
<p>A. Discuss Member Experiences</p> <ul style="list-style-type: none"> • Marcia Ramos brought up the issue of dealing with COVID-19. Member mentioned there is a new strain and is still going around in the Antelope Valley. <ul style="list-style-type: none"> ○ Member mentioned others are asking about quarantine times and where can individuals be tested? What happens if I have COVID-19 but my children don't, do they still have to go to school? ○ There are a lack of answers at doctor's offices – especially at the Wesley Health Center. ○ Quarantine times are unclear. <ul style="list-style-type: none"> ▪ Answer: From California Department of Public Health (CDPH). Always check with your doctor's office when you are interested in testing. ▪ Recommendations – stay home if you have COVID-19 symptoms until you have not had a fever for 24 hours and without using fever-reducing medications and other symptoms are improving. ▪ If you do not have symptoms: <ul style="list-style-type: none"> a. Wear a mask when indoors with other individuals for 10 days. 	<p><i>Ramon Garcia, CO&E Field Specialist</i></p> <p><i>RCAC Members</i></p>


- b. You may remove your mask in under 10 days if you have 2 consecutive negative tests.
- c. Day Zero is symptom onset day or positive test date.
- d. Avoid contact with people at higher risk for COVID-19 for 10 days.
- e. Higher risk individuals include: the elderly, those who live in congregate care facilities, immune compromising conditions.
- f. Seek treatment if you are at higher risk. Speak with a healthcare provider. You may be eligible for anti-viral medications or other medications for COVID-19. Best if taken within 5-7 days from when symptoms start.
- g. Always contact your provider first. If unable to contact your provider, you may call 1-833-422-4255.
- h. Potential infections period is 2 days before the day that symptoms began.

- Follow-up from Marcia Ramos: The symptoms are allergy symptoms. People are claiming they just have allergy symptoms. If you have an appointment at the Wesley Health Centers and you are experiencing any COVID-19 related symptoms, they will reschedule your doctor's appointment and provide you with a COVID-19 test. There are also issues with people getting a hold of the medication [Paxlovid – COVID-19 anti-viral medication]. The only pharmacies carrying the medication are CVS and Rite Aid.
 - Frank: The basic thing to do if you are experiencing symptoms is to wear a mask, try to stay home, and contact your provider to see when you can get tested and you can purchase the medication to take at home.
 - Frank: You can also share any resources that you may know of here within the RCAC to help each other out.
- Marcia Ramos: Recommending for L.A. Care to connect with the schools in the area because people are always asking at the school but they usually don't have an answer, even the nurses.
- Pedro Martinez: As Frank stated, if you are feeling symptoms, you can take the proper precautions. You can also come here to the Palmdale CRC as they offer free COVID-19 test kits.
- Adriana Martinez: I do not know if anyone else is aware of this, but you are receiving some cards at home where it lets you know the different medical provider options available where you can visit either over the phone or video call or also to have a medical provider visit you at home. The reason being if you are afraid of being exposed you can have a medical provider visit you at home. It is an incredibly great service. The provider arrived within one hour.
- Pedro Martinez: It is also important to note that they sent us a provider that spoke Spanish.

- Adriana Martinez: If you would like to have a physician visit you at home, you can call 855-226-3469. If you would prefer to have a Teladoc visit, you can call 800-835-2362. Once you call, they will send you a text where you click the link and you must register. Once you register, they will have all your information because it is connected with your insurance. You will also have to fill out a patient history form that outlines your medical conditions and medications. Finally, they will send you a confirmation with your appointment information.
- Maria Del Carmen: I am not sure if they will continue to offer this program, but when I have gone to CVS in the past to pick up my medication, they also offer free COVID-19 test kits.
- Yajaira Valdovinos: Are the COVID-19 test kits safe to use if they are past the expiration date?
 - Answer: Ramon – you would have to check the website that you can use to check because there are times where they do extend the expiration dates. To be safe, we would recommend using a test kit that is not expired.
- Idalia De La Torre: There is a website you can Google where you input the serial number and it can notify you if the test is safe to use.
- Pedro Martinez: When you go to the pharmacy to pick up your medication they also provide you with all the vaccinations.
- Marcia Ramos: If you have multiple tests, they recommend taking the test more than once.
- A member asked: Are you allowing new members to join?
 - Answer: We do have applications today, but we want everyone to be aware that those who are interested must follow the new process. After applying, they will call you to set up a date for an interview with the Selection Committee and those names are then forwarded to be approved.
- Are interviews conducted here? (At the Palmdale CRC)
 - Answer: At this moment, interviews are conducted at our Downtown office and we do offer transportation if needed. New members must also be L.A. Care members. All other health plans are creating their own Advisory Committees.
- Maria Mayoral: I am here representing my children. The plans that we use to have with you [L.A. Care], does that mean the cards must be discarded? The cards I have received say something different from the old ones I used to have. I recently received a new card that says Medi-Cal and the old cards I had said Blue Shield Promise. Which card should I be presenting when I visit the medical office?
 - Answer: Sometimes the doctor asks for both, but normally you will present the card that says Blue Shield Promise. We suggest carrying all your cards in case they ask you for them during your medical visit.

<ul style="list-style-type: none"> • Adriana Martinez: On October 7th from 12PM – 1PM there will be an Asthma class for those with Asthma or those who have children with Asthma. On October 14th there will be a class on Colon Cancer from 12PM – 1PM. These classes will be given in Spanish. They will also have this information on the October calendar for the Palmdale CRC. • Marcia Ramos: I have flyers here for food distribution here at the Lancaster school district. Also, on the 1st and 3rd, Friday Hope Chapel in Lancaster on 60th St West and J8 will have a drive-thru food distribution event from 9AM – 11:30AM. I also have another flyer for how to support loved ones who are dealing with mental illness or substance abuse disorders. 	
<p>VIII. Public Comments (10 min)</p>	<p>Agenda Lead</p>
<p>A. Public member will speak for up to 2 minutes.</p> <ul style="list-style-type: none"> • Andria McFerson: We have rights to make sure that we agree with all staff recommendations today. The group agreements should include the Brown Act and Robert’s Rule of Order and of course the Chair should run the meeting. Everything needs to recommend everything to BOG as far as motions go. We need to hear the motion before it is presented at BOG so that our BOG seats can actually represent us in the way that we need in order to make proper decisions for ourselves because L.A. Care does make billion-dollar decisions. The decision pertaining to the State and all types of things having to do with the stakeholders, that is what the ECAC agreed upon. ECAC did not agree on these new bylaws, only the State provisions. This means that the BOG agreed on something that was written staff. RCAC members are only allowed to be members for 8 years and I ask that the staff bring it up at every RCAC meeting so that we [RCAC members] can agree on it or not. Members have the right to decide on what should be on the agenda for future items and we can ask the staff to put it on there. If the RCAC wants to spend their budget, then they have the right to be presented the budget. • Demetria Saffore: Now that the RCAC meetings are back together we need to work together and be compassionate so that we can serve our community effectively. • Russell Mahler: hope that all RCACs can work together as a unit and not against each other. 	<p><i>Roger Rabaja, Interim RCAC Chair</i></p>
<p>IX. Evaluations (10 min)</p>	<p>Agenda Lead</p>
<p>A. Complete meeting evaluation forms</p> <ul style="list-style-type: none"> • RCAC members took time to fill out their evaluation forms. 	<p><i>Roger Rabaja, Interim RCAC Chair</i></p>

<ul style="list-style-type: none"> • Ramon provided members with an update regarding the schedule change from the previous 10 AM – 12:30 PM to the current 11 AM – 1:30 PM. • The shift in schedule is due to a conflict with some of the classes being held at the CRC. • Marcia Ramos: There may be a conflict with some members because today is a minimum day for school in Lancaster. • Ramon clarified that future meetings will be held on Fridays. This meeting was on a Tuesday because this was a special meeting and all of our RCAC meetings were held within the span of 2 weeks. • Pamela Harris: Why are the meetings on Fridays? • Ramon stated that the meetings are held on Fridays because it is what works with the CRC, but there is a possibility of moving to a different site later and the option to change the time of the meetings can be discussed. • Adriana Martinez: Why do we have a 15-minute break? Can't we have a 5-minute break and leave earlier? • Ramon: Yes I provided you with a longer break because we were ahead of schedule, but in the future I will make sure to check in with you all and see what you prefer. 	<p><i>Ramon Garcia, CO&E Field Specialist</i></p>
<p>X. Adjournment</p>	<p>Agenda Lead</p>
<ul style="list-style-type: none"> • The meeting adjourned at 1:30pm. • Next Meeting Date: Friday, October 18, 2024 from 11:00 a.m. to 1:30 p.m. at the Palmdale Community Resource Center at 2072 E. Palmdale Blvd, Palmdale, CA 93550 	<p><i>Roger Rabaja, Interim RCAC Chair</i></p>

<p>Respectfully Submitted by:</p>	<p>Approved by:</p>
<p>Ramon Garcia, <i>Community Outreach Field Specialist</i></p> 	<p>Roger Rabaja, <i>RCAC 1 Chair</i></p> 