

**Los Angeles Community Advisory
Committee**
Meeting Minutes

Date: May 23, 2024
Time: 11:30 a.m. – 1:30 p.m.
Location: Molina Healthcare
 In-person & Virtual Meeting

Members:

Member B Member M
 Member C Member N
 Member D
 Member F
 Member I
 Member J
 Member K
 Member L

Governing Board:

Dolores Nason, Disabled Resource Center
 Giovanni Perez, Northeast Valley Health Corporation
 Maria Aroch, Southern California Resource Services for
 Independent Living
 Eric Burroughs, The 100 Black Men of Long Beach

Guest Presenter:

Jen Stillion

Molina Staff:

Adriana Bowerman
 Alejandro Reyes

Molina Presenters:

Tara Chan
 Ryan Raether
 Carolina Wroblewski
 Amritha Roser

Topic	Presentation/Discussion	Actions/Follow-Up
<p>Call to Order</p> <p>Welcome & Committee Introductions</p> <p>Jen Stillion Mental Wellness “Mindfulness”</p>	<p>Adriana Bowerman called the meeting to order at 11:48 a.m.</p> <p>Adriana welcomed attendees to the second meeting of 2024 and introduced the agencies and members who attended virtually.</p> <p>Presentation: Jen welcomed the attendees and introduced the topic of Wellness Practice, focusing on health, exercise, and diet. Jen addressed the hurdles associated with adhering to wellness routines and maintaining a long-term commitment to them while providing advice on sustaining dedication to wellness practices:</p> <p>Begin by identifying the self-care habits you truly want to commit to, for example:</p> <ul style="list-style-type: none"> ○ Going to the gym ○ Walking three days a week 	

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<p data-bbox="111 1003 321 1027">Meeting minutes</p> <p data-bbox="111 1219 396 1349">Ryan Raether, Director, Health Plan Quality Improvement, Molina Healthcare</p>	<ul style="list-style-type: none"> <li data-bbox="604 188 940 212">○ Meditating 10 min a day <li data-bbox="604 220 999 245">○ Adding veggies to your meals <li data-bbox="604 253 1068 277">○ Simply adding more fun to your life <p data-bbox="457 329 1495 496">Jen recommended choosing one of the identified habits and starting small to prevent feeling overwhelmed. Rather than relying solely on willpower, she suggested exploring the underlying reasons for struggling with commitment. Often, resistance to change stems from unfamiliarity, with the subconscious trying to keep you safe. Prioritizing self-care is crucial, as it ties back to self-esteem and the need to feel worthy.</p> <p data-bbox="457 542 1480 643">Jen then led attendees in a brief meditation, incorporating gentle stretches and encouraging everyone to focus on slow, deliberate breathing. She shared three power poses and phrases:</p> <ul style="list-style-type: none"> <li data-bbox="506 688 1031 712">● Point at yourself and say: “I’m worth it!” <li data-bbox="506 721 1310 745">● Cross your hands around you and say: “I love taking care of me” <li data-bbox="506 753 1016 777">● Hand on your chin and say: “I got this!” <p data-bbox="457 829 1467 891">To conclude, Jen emphasized that this small dose of wellness empowerment is a step toward achieving one's wellness goals.</p> <p data-bbox="457 1008 1478 1070">Reviewed minutes from the February 21, 2024, meeting with a motion to approve the meeting minutes brought forth by Jiovanni Perez and second by Member B.</p> <p data-bbox="457 1227 1392 1328">Presentation: Ryan Raether, Quality Improvement Program Director with Molina Healthcare, introduced himself and presented the following:</p> <ul style="list-style-type: none"> <li data-bbox="506 1373 1455 1466">● Quality’s main goals: <ul style="list-style-type: none"> <li data-bbox="604 1406 1455 1466">○ Ensure members can access preventive services screenings, Chronic Conditions, Pediatric Services and Maternal Care 	

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<p>Carolina Wroblewski, AVP, Population Health, Molina Healthcare</p>	<ul style="list-style-type: none"> ○ Connect members to resources ○ Benefits to maintain a healthy life ○ Provide educational materials <ul style="list-style-type: none"> ● Briefly reviewed the following educational materials: <ul style="list-style-type: none"> ○ Grow and Stay Healthy Guidelines (Birth- 10 years) ○ Grow and Stay Healthy Guidelines (11-20 years) ○ Your Guide to Healthy Pregnancy <p>Questions or comments:</p> <ul style="list-style-type: none"> ● Member F: Requested a device to monitor her blood sugar, as her primary physician told her she is prediabetic. ● Amritha: Mentioned that Molina has a program for prediabetics and will connect with the member after the meeting to provide details and possibly enroll her in the program starting in June. ● Member D: Member was also interested in the prediabetes program and asked for more information. ● Amritha: Informed the member that she would follow up with Member D after the meeting to collect her information. <p>Presentation: Carolina introduced herself, stating that she would be overseeing the review of Dental Care Coordination services and providing additional information on the Community Health Program. Carolina presented the following resources and programs:</p> <ul style="list-style-type: none"> ● Dental Care Coordination- <ul style="list-style-type: none"> ○ Assist members in scheduling appointments ○ Locate a General Dentist or specialized provider ○ Assist members in understanding their dental benefits through Denti-Cal ○ Assist members in contacting Denti-Cal in a three-way call ○ Email referrals to CMescalationCA@MolinaHealthcare.com ● Community Health Worker (CHW) Program: people from your community who have lived experience that can help you with navigating your healthcare. <ul style="list-style-type: none"> ○ Community Health Workers are also known as health navigators, 	<p>Action: Member F has been referred to the diabetes prevention program.</p>

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<p>Tara Chan, Senior Account Representative, Medicare presented on behalf of Jill Peterson Molina Healthcare</p>	<p>promotoras, outreach educators, community health advisors, etc.</p> <ul style="list-style-type: none"> ○ CHW provides health education, health navigation, individual support, and advocacy. Even help with paperwork. ○ Almost everyone is eligible. <p>Carolina shared the Molina website detailing the CHW program and inquired whether members would be interested in using the service after reading it.</p> <p>Comments:</p> <ul style="list-style-type: none"> ● Dolores: Suggested that the website use a larger font, noting that the Department of Rehabilitation requires at least a 14-point font. ● Member J: Asked if the website offers a chat option. ● Carolina: Replied that the website does not currently have a chat option but agreed that it is a good idea. ● Member F: Mentioned the importance of nutrition and the difficulty of eating healthy due to the cost. ● Carolina: Informed the member that the main presentation would cover healthy eating on a budget. ● Member J: Asked if the Molina website offers recipes. ● Amritha: Informed the member that she would share a link to recipes during her presentation. <p>Adriana mentioned that, due to the feedback from the previous meeting, Molina has implemented a dental and housing referral process. The dental coordinator will also attend the upcoming meeting.</p> <p>Presentation: Tara Chan from Molina Healthcare’s Medicare team introduced herself and presented on the Molina MyChoice benefits Card as follows:</p> <ul style="list-style-type: none"> ● MyChoice Card Benefit- <ul style="list-style-type: none"> ○ Preloaded amount monthly and it does not roll over ○ Works like a debit card ○ Flexible and convenient ○ Can be used for food and produce 	

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<p>Amritha Roser, Manager, Health Care Services, Molina Healthcare</p>	<ul style="list-style-type: none"> • How does the card work? <ul style="list-style-type: none"> ○ Once the member requests this benefit and completes the Health Risk Assessment, and a care manager confirms a qualifying chronic condition, a benefit allowance is added to their MyChoice card. This allowance can be used for food and produce benefits. ○ Member may purchase a variety of brand name and generic healthy food products at participating local stores online home delivery at members.nationsbenefit.com/Molina <p>Questions or Comments:</p> <ul style="list-style-type: none"> • Member J: Asked about the age requirement to qualify for Medicare benefits. • Tara: Responded that individuals must be 65 or older, or younger than 65 if they have a disability and have been receiving SSDI for at least 24 months. • Member J: Asked further about disability qualifications, mentioning that her child has autism. • Tara: Explained that to qualify for Medicare under 65 due to disability, one must be permanently disabled and have received SSDI benefits for at least 2 years. For specific eligibility details, it is advised to contact Social Security. • Member K: Asked if the Molina "My Choice Card" can be used to purchase prescriptions at pharmacies. • Tara: Clarified that the "My Choice Card" is for purchasing over-the-counter items. • Member L: Requested information related to mental health. • Adriana: Informed the member that she would provide her resources after the meeting. <p>Presentation: Amritha introduced herself and presented on Healthy living as follows:</p> <ul style="list-style-type: none"> • US Burden of Disease Collaborators shared that dietary risks are the leading cause of disability. • The percentage has lowered a little since we are becoming more aware of having poor diet habits. • 10% increase in food inflation in the U.S <p>Comments:</p>	<p>Action: Member L was provided with DHCS CalHope flyer and Pyx Health phone number to connect to help and resources.</p>

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	<ul style="list-style-type: none"> • Member F: Stated she suffers from chronic inflammation and has not found effective medication. • Amritha: Advised Member F to undergo an assessment to determine the root cause, and mentioned she would refer her to a dietitian to review her diet. • Member F: Expressed interest in finding medication to manage her diabetes. Amritha continued with the presentation. <ul style="list-style-type: none"> • Healthy Eating: vegetables, fruits, whole grains, healthy fats, and healthy sources of protein. • Food to have for success: <ul style="list-style-type: none"> ○ Oats ○ Beans, lentils, seeds, nuts ○ Bag of frozen vegetables and fruits ○ Grains (i.e.: brown rice, quinoa, barley, couscous, pasta) ○ Eggs, ground turkey, chicken breast, tofu ○ Garlic, onions, ginger ○ Olive oil ○ Lemons ○ Salt, pepper, spices • Healthy eating on a budget: <ul style="list-style-type: none"> ○ Eat two 12 oz bags of leafy greens per week ○ Frozen vegetables and fruits are cheaper than fresh and last longer ○ Dried beans are more affordable in some cases there are canned beans that are affordable ○ Old Fashioned Oats- buying the bigger container might be more affordable ○ Nuts might not be too affordable ○ Beverages try sugar-free drinks- Recommended: Water, green tea, and herbal tea. <p>Comments:</p> <ul style="list-style-type: none"> • • Member N: Noted that food prices have risen since the pandemic and expressed interest in learning how to read nutritional labels to make healthier choices. • Amritha: Mentioned that it was a great idea and suggested that she might 	<p>Action: Member F has been referred to the diabetes prevention program.</p>

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	<p>present on this topic in future meetings.</p> <ul style="list-style-type: none"> • Member F: Asked if foods containing gluten cause weight gain. • Amritha: Explained that gluten, found in foods made from white flour and water, gives dough its stretchy property. Some people may have allergic reactions or sensitivities to gluten, which can lead to weight gain. • Member F: Stated that she has struggled with cholesterol for 15 years despite avoiding unhealthy foods. • Amritha: Advised Member F to consult a doctor for an explanation and referred her to a dietitian. • Member J: Inquired if exercise could affect cholesterol levels. • Amritha: Confirmed that exercise can impact cholesterol levels, suggesting its importance from a young age. • Member N: Asked what type of exam could determine the reasons for not losing weight. • Amritha: Recommended discussing with a primary doctor, as various tests can provide insights into factors affecting weight loss. <p>Amritha shared the MyPlate App with the members, navigated the app, browsed the pages, and shared how to get to the SNAP saving page. The app also shares budget-friendly recipes.</p> <p>Comments:</p> <ul style="list-style-type: none"> • Member J: Mentioned that at farmers' markets, those using CalFresh benefits can receive a \$20 match, doubling their purchasing power to \$40. • Eric: Expressed appreciation for the presentation and asked if information could be included on properly cleaning and washing produce to remove pesticides. • Amritha: Agreed to incorporate food safety into future presentations. • Member J: Asked about the effectiveness of produce cleaning sprays sold in stores. • Amritha: Advised against purchasing sprays, noting that washing produce with water at home is sufficient and sprays are unnecessary expenses. <p>Amritha also shared a Maternity Brochure and asked for feedback.</p> <p>Feedback:</p> <ul style="list-style-type: none"> • Member N: Requested that the brochure be translated into Spanish. • Member J: Found the brochure confusing, particularly regarding the request 	

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	for member information. However, she mentioned that she understood it provided resources of some sort.	
Molina Healthcare Updates Adriana Bowerman, Manager, Growth & Community Engagement, Molina Healthcare	<p>Presentation:</p> <p>Adriana shared a picture of the New Molina ID Card for the Los Angeles members. Then Adriana presented the following food bank resources to the attendees:</p> <ul style="list-style-type: none"> • <u>Free Food Distribution Resources</u> <ul style="list-style-type: none"> ○ Help Me Help You- McKinley Elementary School 6822 N. Paramount Blvd, Long Beach, CA 90805 Free fresh produce/food, Every 2nd & 4th Friday of each month from 2:00 pm -3:00 pm ○ Help Me Help You- Perry Lindsey Academy 5075 Daisy Ave., Long Beach, CA 90805 Free fresh produce/food, Every 3rd Saturday of each month (May 18th, Jun 15th, Jul 20th, Aug 17th, Sep 21st, Oct 19th, Nov 16th, Dec 21st, 2024) ○ Help Me Help You- Lincoln Elementary School 1175 E. 11th Street, Long Beach, CA 90813 Free fresh produce/food, Every 2nd & 4th Wednesday of each month from 11:15am-12:15pm ○ Help Me Help You- Philadelphian SDA Church 2640 Santa Fe Avenue, Long Beach, CA 90810 Free fresh produce/food, Every 2nd & 4th Wednesday of each month from 1:00 pm-2:00 pm ○ Christian Outreach in Action 515 E. Third St., Long Beach, CA 90802 Free fresh produce/food, Monday, Tuesday, Thursday, Friday from 10:00 am-12:30 pm Wednesdays 10:am-12:30 pm Seniors only, Age 55+, I.D. required. ○ Aaron Community Cultural Center (ACCC) 1010 W 108th Street #B Los Angeles, CA 90044 Free fresh produce/food Tuesdays 10:00 am-12:00 pm & 3rd Sat 10:00 am-12:00 pm 	Informational

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	<ul style="list-style-type: none"> ○ Abundant Blessings 2414 W. 48th St, Los Angeles, CA 90043 Free fresh produce/ food Sunday-Saturday 9:00 am – 12:00 pm ○ Baldwin Bethany Community Development Corporation 4115 W. Martin Luther King Jr. Blvd. Los Angeles, CA 90008 Free fresh produce / food 1st, 4th Saturday 10am - 1pm ○ United in Hands of Compton 139th St. & N. Wilmington Ave. Compton, CA 9022 Free fresh produce/food, Wednesdays & Fridays 10:00 am to 1:00 pm ○ All Nations Christian Fellowship 5602 E. Gage Ave, Bell Gardens, CA 90201 Free fresh produce/food, 2nd Saturday 7:00 am-10:00 am & 2nd Monday 9:00 am -11:00 am ○ Shields for Families Ark Program - Food Distribution Center 11705 Deputy Yamamoto Pl # A, Lynwood, CA 90262 Free fresh produce/food, every Thursday 8:00 am – 12:00 pm ● Bet Tzedek is a non-profit organization that provides free estate planning services to protect health, finances, legal matters, and justice for children & families. ● CalHope: It's a peer-to-peer resource. If you are feeling lonely, have depression, anxiety or are dealing with mental health issues. For information, call 1(833)317-4673, available in English and Spanish. ● Renewal Flyer: Medi-Cal members need to call the local Department of Social Services to report any address or telephone changes. If you receive a yellow package, make sure you complete the Redetermination Form and send it back to prevent being disenrolled. ● Medi-Cal Expansion: The flyer provides information on the Medi-Cal Expansion for adults ages 26-49 regardless of immigration status. If anyone you know requires additional information, Molina is contracted with a language line and can assist in a variety of languages. 	
Closing Remarks & Adjournment	<p>Adriana asked the attendees if they had any questions or comments.</p> <p>No questions or comments.</p>	

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	Adriana closed the meeting and thanked everyone for their attendance and for being part of the committee. The meeting adjourned at 1:28 p.m.	