

North Los Angeles County Regional Center  
**Consumer Advisory Committee Meeting Minutes**  
August 6, 2013

**Present:** Ed Catino, Mary Jo Fernando, Juan Hernandez, William Rayber, and Curtis Wang – Committee Members

Mrs. Brown, Lesly Forbes, Elizabeth Lyons, Precious Malumfashi, and Gerald Robles – Guests

Eugene Baily, Jennifer Kaiser, Jose Rodriguez, and Chris Whitlock – Staff Members

**Absent:** Beth Brodie

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**1. Call to Order & Introductions**

Mary Jo Fernando, chairperson, called the meeting to order at 2:00 p.m. Everyone present was introduced.

**2. Public Input (3 minutes)**

**3. Consent Items**

**A. Approval of Agenda**

Items 6.H., 6.I., and 6.J. were added to the agenda.

**M/S/C** (W. Rayber/E. Catino) To approve the agenda as modified.

**B. Approval of Minutes of June 4, 2013 Meeting**

**M/S/C** (W. Rayber/J. Hernandez) To approve the minutes as presented.

**4. Presentation: Basic Travel Skills (Eugene Baily & Jose Rodriguez)**

A movie called “Getting There” was shown. It showed the right ways to get from one place to another and things that travelers should notice versus what happens when to don’t follow directions or take risks while traveling. It also showed the importance of planning ahead, bringing what you may need with you, and dressing appropriately. The committee enjoyed the movie. Liz added that whenever she travels, she lets her best friend know where she is going and keeps in contact with her while she is away so that someone always knows where she is.

**Action:** Eugene and Jose will work with the CAC to put together a mini travel guide/checklist for consumers to use.

**Action:** Everyone should bring in their ideas on what should be included in the mini travel guide/checklist at next month's CAC meeting.

## 5. Old Business

### A. Updated Event Calendar

Copies of the committee's event calendar were provided to everyone present. Of special note, NLACRC will be holding a candidates forum for people running for a local Assembly seat. The forum will be held at Sam's Café on Tuesday, August 27<sup>th</sup>, at 6:30 p.m. Consumers were encouraged to attend the forum.

### B. Reports on Employment, Transportation, Legislation, and Housing (All)

1. Access Committee Information: Information about Access's 5 different subcommittees was provided to the committee. Those committees are:
  - Transportation Professionals Advisory Committee
  - Community Advisory Committee
  - Quality Services Subcommittee
  - Service Animal Subcommittee
  - Complaints Process Modification Subcommittee
2. Access Community Advisory Committee: Copies of the agenda from the June 11<sup>th</sup> meeting, along with the previous meeting's minutes, were provided for the committee's information. Liz Lyons is a member of this committee. Liz pointed out that the agenda lists 2 addresses; if someone wants to go to one of these meetings, they should tell the driver to go to One Gateway Plaza – not to the address on Vignes Street.
3. The committee talked about the proposal that Metro is going to start charging consumers' aides for their rides instead of letting them ride free. This would be a hardship on them.

**Action:** Liz will be attending the Access Community Advisory Committee meeting next Tuesday and will find out about charging aides for rides and will report what she learns at next month's CAC meeting.

4. Liz reported that there are new apps available on Smart phones for people with disabilities. The first will read information to you, another will translate something you say into another language, and there is another one for people who are blind or hearing impaired.

## 6. New Business

### A. **Report on July 19<sup>th</sup> ARCA CAC Meeting** (William)

William provided everyone with a written report with details about the ARCA CAC meeting that he attended last month in Sacramento. Highlights of the meeting included that the new chair, Rene Rodriguez (from San Diego Regional Center), was not present but left directions for the committee. He asked that the committee break into 2 workgroups to discuss ideas on how to increase local self-advocacy groups and ideas on how to get more involved in legislative activities. William participated in the second group and they came up with lots of good ideas, including:

1. Visit your local legislators.
2. Let legislators know how they can support our system.
3. Invite legislators to your regional center's meetings and events.
4. Hold town hall meetings (invite a legislator to a group meeting to discuss a specific topic with everyone).
5. Get more consumers to vote and to register to vote.
6. Share your stories with them and back them up with photographs.
7. Volunteer to work in a local legislator's office.
8. Send legislators thank you cards when they do something that you like.

The next ARCA CAC meeting will be held by conference call on Friday, August 23<sup>rd</sup>, and the next face-to-face meeting will be held Friday, October 11<sup>th</sup>, in Sacramento.

### B. **Review of Goals from FY 2012-13 / Identify Goals for FY 2013-14**

The committee reviewed their goals from last fiscal year and decided to keep all 4 of them and to add a new one:

1. Educate other consumers about the CAC to promote involvement and membership.

**M/S/C** (W. Rayber/E. Catino) To present the CAC's proposed goals for FY 2013-14, as modified, to the Board of Trustees for approval.

**Action:** Lesly volunteered to participate in Metro meetings.

**Action:** Jose will provide Lesly with Metro meeting dates, times, and locations.

**Action:** William will bring legislation that is discussed at ARCA CAC meetings to these CAC meetings for discussion.

**Action:** Liz is a member of NLACRC's Housing Committee and will give reports on the meetings that she attends.

**C. Review CAC Action Log from FY 2012-13**

All of the actions taken by the board committees are entered into a log. After the new fiscal year starts, each board committee is given a copy of their action log for their review to make sure that all of the actions that they wanted taken were taken. Copies of the CAC's action log were provided.

**D. Review Agenda for August 14<sup>th</sup> Board of Trustees Meeting**

Copies of next week's board meeting agenda were provided and Jennifer reviewed highlights of it with them.

**E. Discuss Training/Presentation Calendar for FY 2013-14**

The committee would like to have a presentation on autism given at the October CAC meeting.

**Action:** CAC members will share any ideas they have for future presentations or trainings with them at next month's CAC meeting.

**F. Disability Rights California: Medi-Cal EPSDT Program**

Consumers under the age of 21 with full scope Medi-Cal also have the benefit of Early and Periodic Screening, Diagnosis, and Treatment (EPSDT), a health care benefit. Periodic screens are given for hearing, vision, dental, and mental health, and diagnostic and treatment services are available to correct or help a consumer's

condition. A booklet containing information about the EPSDT benefits was provided to everyone present.

### **G. Cheap Internet**

Low income Americans can now receive high speed computers with internet capability. U.S. companies are doing this because cheap internet access has never been more important in terms of finding a job. Information about this program was provided to the committee.

### **H. Social and Recreational Guide**

Kathryn Lincoln put this guide together with the assistance of several self-advocacy volunteers. The guide contains information on lots of different resources, including:

1. Dance and music
2. Self-advocacy groups
3. Social and support groups
4. Sports and exercise
5. Skate parks
6. Swimming
7. Horseback riding
8. Parks and recreation
9. Amusement parks and museums
10. Summer concerts and events
11. Trips and vacation tours

Please share this guide with your friends!

### **I. SSI/SSP Restoration Checks**

Copies of NLACRC's recent announcements regarding consumers' restoration checks were provided to everyone for their information. If you have any questions, please contact your service coordinator.

### **J. Department of Rehabilitation: Consumer Information Handbook**

Copies of the handbook were provided. The Department of Rehabilitation works in partnership with consumers and other stakeholders to provide services and advocacy

resulting in employment, independent living, and equality for people with disabilities.

**7. Announcements / Information / Public Input**

- A. Next CAC Meeting: Tuesday, September 3<sup>rd</sup>, at 2:00 p.m.
- B. CAC Attendance Sheet

The CAC's attendance sheet is always included in the meeting packet. CAC members can miss up to 4 meetings in a year and up to 2 consecutive meetings.

**8. Identify Board Meeting Agenda Items**

The following agenda items were identified for next week's board meeting:

- A. Minutes of June 4, 2013 Meeting
- B. Minutes of August 6<sup>th</sup> Meeting – *Deferred*
- C. CAC Event Calendar
- \* D. Approval of CAC's Goals for FY 2013-14

**9. Adjournment**

Mary Jo adjourned the meeting at 3:26 p.m.

Submitted by,

*Jennifer Kaiser*

Jennifer Kaiser  
Executive Assistant

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\* Board Action Items

