

Sacramento Community Advisory Committee

Meeting Minutes

Date: November 20, 2025
Time: 11:30 a.m. – 1:30 p.m.
Location: Molina Healthcare
 In-person & Virtual Meeting

Members:

Member ALP Member ML
 Member CRA Member OR
 Member CR Member RT
 Member CNR Member SD
 Member IH Member SC
 Member JR Member AAN
 Member JDV Member SH
 Member AP Member JC

Governing Board:

Lisa Mathews, Sacramento WIC
 Erika Fatula, River City Food Bank (not in attendance)
 Dr. Hakeem Adeniyi, Jr., M.D.,
 Sacramento Native American Health Center, Inc. (not in attendance)

Guest Presenter:

Nick Young
 Alma Wilcox

Molina Presenters:

Elizabeth (Liz) Martin
 Carolina Wroblewski
 Aita Romain

Molina Staff:

Alexandra Bravo
 Jennifer Barragan
 Janet Segura
 Vanessa King

Topic	Presentation/Discussion	Actions/Follow-Up
Call to Order	Alexandra Bravo (Alex) called the meeting to order at 11:45 a.m.	
Welcome & Committee Introductions	Alex introduced herself, explained the purpose of the meeting and welcomed attendees to the fourth meeting of 2025. Alex welcomed the new committee's attendees.	
Nick Young Mental Wellness "Mindfulness"	<p>Presentation:</p> <p>Nick Young opened the session by expressing gratitude and inviting attendees to reflect on the past year with mindfulness and appreciation. He emphasized the importance of pausing to acknowledge both challenges and achievements, highlighting the role of community, self-awareness, and wellness as the holiday season approaches. While recognizing the joy and connection this time of year can bring, he also noted the potential pressures and feelings of disconnection that may arise. Framing the moment as an opportunity for a "wellness reset," he encouraged participants to evaluate habits</p>	

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<p>Meeting Minutes</p> <p>Action Items</p> <p>Sacramento Sponsorships</p>	<p>that have supported their health and authenticity, as well as those that have hindered them. Nick emphasized the value of rest, self-nurturing, and prioritizing personal well-being to better support others. He concluded with a guided meditation, fostering a sense of gratitude, renewal, and calm as attendees prepare for the year ahead.</p> <p>Reviewed minutes from August 28, 2025, meeting with a motion to approve the meeting minutes brought forth by Member IH and seconded by Member ALP.</p> <p>The action items from the previous meeting were reviewed, and the following updates were provided:</p> <ul style="list-style-type: none"> • A member requested help finding a new dentist. Case Manager was assigned to the member. As a result, the member successfully scheduled an appointment on 10/31 to receive dental care. <p>Alex reviewed sponsorships for quarter three and explained how Molina invested in Sacramento to support community initiatives. Investments support various initiatives, including healthcare workforce development, local healthy communities, and community-based projects like after-school programs and infrastructure improvements. Molina reaffirmed its dedication to supporting local communities and partners through reinvestments and funding initiatives. Addressing food insecurity, workforce development, and healthcare access (e.g., recruiting and retaining doctors). Recently, Molina supported Univision Communication, in a back-to-school event in a local mall. Alex invited members to share their observations and suggestions for future funding priorities, including food security, safe spaces, and workforce development. A total of \$62,000 was invested in the Sacramento community, to date, there were no objections and funding was approved.</p> <p>Questions or Comments:</p> <ul style="list-style-type: none"> • Member ML: Member suggested adding dates to the sponsorship slide to see when the event happened or adding flyers of the event. • Member IH: What network is Univision? Is it in a different language? • Alex: Univision is a local Spanish network channel. 	

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Elizabeth (Liz) Martin, Health Plan Quality Improvement, Molina Healthcare	<p>Elizabeth (Liz) Martin from the Quality Improvement team with Molina Healthcare introduced herself and provided an overview of the Quality Program.</p> <p>Presentation highlights:</p> <ul style="list-style-type: none"> • Commitment to Care: Molina checks that doctors and staff are well-trained and respectful, addressing issues promptly and keeping members informed. • Emphasis on annual flu shots (free and highly encouraged). • Preventive Care: Screenings and regular checkups are key to staying healthy. • Molina assists with finding providers and offers free rides for appointments. • Colon Cancer Screening: Recommended for adults starting at age 45, with options like FIT, FOBT, or colonoscopy. • Support Services: Help with scheduling, transportation, and covered benefits for chronic condition management and preventive screenings. <ul style="list-style-type: none"> ○ Finding a doctor or Eye Doctor: Members can search for new providers in their area using Molina’s Provider search tool. ○ Transportation for Medi-Cal Appointments: Molina Medi-Cal members can schedule transportation by phone or online: <ul style="list-style-type: none"> ▪ Phone: (844) 292-2688 – American Logistics Call Center ▪ Online: 3olina.americanlogistics.com. ▪ Appointment & Ride Assistance: For help scheduling appointments or rides, call the California Quality Outreach Team at (844) 236-2448, Monday–Friday, 8 a.m.–5 p.m. PST. • Reminder: Members are encouraged to call their doctor to schedule important screenings. <p>Question or Comments:</p> <ul style="list-style-type: none"> • Member IH: If you need a new eye doctor, do you select one yourself or is assistance provided? • Liz: This service is available through the One Stop Help Center, in the front office, where Josselin with Member Services, can provide assistance. • Member IH: I attended a dental appointment where the quality of care was very poor. The dentist began the procedure without administering anesthesia and only provided it later, after I voiced my discomfort several times. The anesthesia was injected without the use of a topical gel, leaving my gums extremely sensitive. Due to this negative experience, I decided to change dentists, which has unfortunately caused a delay in receiving the services I 	

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<p>Carolina Wroblewski, AVP, and Aita Romain, Director, Population Health, Molina Healthcare</p>	<p>need. I was encouraged to file a grievance, I declined doing so.</p> <p>Carolina Wroblewski, AVP of Population Health at Molina Healthcare, presented an overview on Population Health.</p> <p>Presentation highlights:</p> <ul style="list-style-type: none"> • Sacramento County Community Health Assessment Overview (CHA) & Community Health Improvement Plan (CHIP): <ul style="list-style-type: none"> ○ The CHA is a comprehensive evaluation of health needs and priorities in the community. ○ The CHIP is a five-year action plan developed with community input to address root causes of health inequities. ○ Key focus areas include leadership capacity, mental health, housing security, and building community strengths. ○ Links to the full CHA document and CHIP summary are provided for further details • Sacramento County Health Plan and Local Health Department Collaboration • Molina Healthcare's involvement in the CHIP: • Provided funding and participated in CHIP subcommittees. • Supported local food banks in Sacramento through volunteer efforts and funding. • Plans to improve member engagement after emergency department visits or hospital stays by increasing face-to-face interactions. • Participated in the 988 mental health campaign in September, engaging local businesses, organizations, and distributing awareness posters. <p>Questions or comments:</p> <ul style="list-style-type: none"> • Member ML: Is the focus area all of Sacramento or a specific zip code? • Carolina: The focus is on a specific zip code. • Aita: The zip code is 95820, South Oak Park area. <p>Aita Romain presented herself and shared details on the Community Health Workers role, Molina Help Finder CA and Community Health Workers Provider locator flyer. Highlights of the presentation were:</p>	

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	<ul style="list-style-type: none"> • Role of Community Health Workers (CHWs): <ul style="list-style-type: none"> ◦ Not doctors or nurses, but trusted community members who understand local cultures and challenges. ◦ Act as a bridge between clinical care and social care, addressing social factors that impact health. • Covered Benefit: <ul style="list-style-type: none"> ◦ CHW services are now included under Medi-Cal at no cost. ◦ Support includes health education, help understanding diagnoses, finding doctors, scheduling appointments, and connecting to resources like food, housing, and transportation. • Molina Help Finder Tool: <ul style="list-style-type: none"> ◦ Online resource directory for programs and services. ◦ Users enter zip code and type of help needed (e.g., food, transportation) to get a list of local organizations. ◦ Quick-access icons link to the most active programs for reliable support. <p>Aita requested feedback on what should be added to the Molina Help Finder tool. Members shared the following:</p> <ul style="list-style-type: none"> • Adding a list of places where volunteer work is available for those in need of experience • Resources available to members • Educational resources such as after school programs <p>Aita asked members what their preferred method was of being contacted. Members voted the following:</p> <ul style="list-style-type: none"> • Phone call: 10 members • Text: 12 members • Email: 3 members • Letter: 5 members 	

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	<p>Member SD shared her son has not been to school due to lack of transportation which is not offered by the school district. Transportation to schools is a big issue in the area other members agreed.</p> <p>Aita shared this can be something that can be shared in the CHA & CHIP to raise awareness of the great need the community has towards safer and reliable school transportation.</p> <p>Aita reviewed with the members the Community Health Workers flyer specific to Sacramento. Molina has developed a large network of community organizations that provide Community Health Worker (CHW) services to members. These organizations are considered community partners, and each has CHWs who deliver services.</p> <p>Flyers details:</p> <ul style="list-style-type: none"> • Lists all CHW providers for Sacramento County. • Includes a map with red dots showing physical locations, linked to organization names and contact details (phone numbers, sometimes emails). • Highlights providers without physical locations offer telehealth CHW services (listed under a green heading on the second page). • Inform members where and how to access resources. <p>Aita asked members where these flyers should be placed so members can easily access them? Members shared the following locations: Train or bus stops (transportation stops), doctor offices, and grocery stores or markets.</p> <p>Comments or questions:</p> <ul style="list-style-type: none"> • Member RT: Member expressed frustration that Medi-Cal is no longer covering dental care, noting the uncertainty this creates. She emphasized that dental health is an essential aspect of overall well-being, making the lack of coverage particularly concerning. <p>Aita explained that the change is relatively new and that additional guidance will be provided by the State. She concluded by thanking everyone for their comments and suggestions to help improve Molina.</p>	

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Community Resources	<p>Alma Wilcox Alchemist Community Development Corporation (CDC) presenting on CalFresh and Farmer Markets, presentation highlights:</p> <p>CalFresh at Farmers' Markets:</p> <ul style="list-style-type: none"> • CalFresh recipients can use their benefits at participating in farmers' markets to buy fresh produce. • Alchemist CDC facilitates a Market Match program, which provides extra funds (\$15 per market visit) to help families purchase more fruits and vegetables. <p>Alex shared with the attendees the Molina Fall Newsletter and highlighted the Nurse Advice Line available to members.</p>	
Closing Remarks & Adjournment	<p>Alex closed the meeting and thanked everyone for their attendance and for being part of the committee.</p> <p>The meeting adjourned at 1:19 p.m.</p>	