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RIVERSIDE COUNTY HEALTH COALITION
“ADVANCING HEALTH EQUITY
THROUGH LIFESTYLE MEDICINE & COMMUNITY ACTION”

JULY 15, 2026
10:00 AM – 12:22 PM

>> Good morning, everyone. We're going to get started. I'll give you all a moment to head back to your seats.

All right. We'll go ahead and get started. Good morning, everyone. Happy Wednesday. I hope you're all having a splendid morning so far. For those that are virtual, I may not see, but welcome. My name is Irene Hjelmervik. I am the Program Coordinator with the Riverside University Health System in Public Health.

Welcome to another meeting for the Riverside County Health Coalition. So, welcome. If you all can see, here are the topic for the meeting, Advancing Health Equity through lifestyle medicine and community action. Thank you.

Before we get started, I'm going to run through our agenda. Currently, we're doing our welcome, remarks and introductions. I'll show you a video for Dr. Sean. He will state our Land Acknowledgment, and then we're going to have a presentation by Defining Epilepsy Foundation, a short break after that, followed by another presentation by Blue Zones Banning, followed by the Action Group and CHIP updates.

We're going to do a survey and gift card activity. Those who are here and actively participating, you will have an opportunity to win a gift card. We will provide partner updates. Anything happening in the community, you will have an opportunity to share that. Folks online as well will be able to have an opportunity to do that. We'll finally give our program updates and then wrap up the meeting.

Before we get started, I want to go over some logistics. For those in-person, if you have not done so, please go ahead and sign in in the back table. We also have some light snacks and beverages to your right. The restrooms are to your left. For those who need a lactation room, that is right behind you. You can also ask any staff person, and we can go ahead and help you out with that.

If you need closed captioning during this meeting, you can go ahead and scan the QR code right on your screen, and you can select both English and Spanish.

As always, the slides and a recording of this meeting will be sent to you a week or two after the meeting.

For those who are virtual, please if you haven't done so already, please enter your name, pronouns, and affiliation in the chat. The staff will be monitoring the chat box and the Q&A throughout the meeting, so please feel free to converse amongst yourselves within the chat and use the Q&A feature and we will get to those questions throughout the meeting or toward the end.

We also have closed captioning services as well as an ASL interpreter, which has been spotlighted on your screen. You can go ahead and scan the QR code for the closed captioning. It's available in both English and Spanish.

Now, before we officially begin the meeting, I'd like to take a moment to acknowledge the land we occupy. If you do not know what land you're in, visit native/land.CA. Words from sawn, tribal member from the -- Indians.

>> A Land Acknowledgment for the community means that the community is aware of who the original landowners are. Not only the original landowners, but who the native people are from the land.

Why is that important? Why does it really matter? It's important because the native people have been here since time and memorial, and they need to be honored for that and recognized for that. They have been caring for the land, the people, and all the surroundings for a millennium, and they need to be -- the community needs to be made aware that they have this relationship with the land.

The greater outside world. We just want it to be known that the people are still here and that we're not dead. We're alive. As the history books say, the Indians were wiped out. No. We're here. That's why it's important.

>> Now I will go ahead and read our Land Acknowledgment.

The Riverside University Health System – Public Health, Health Equity program acknowledges the traditional, ancestral, and contemporary homelands of the Indigenous Peoples of Riverside County whose land we occupy. The Iviatem (Cahuilla), Payómkawichum (Luiseño), Maara'yam (Serrano), Nuwuvi (Chemehuevi), and Tongva (Gabrieleño) peoples have been the caretakers of this land, water, and air since time immemorial.

Indigenous Peoples have been forcefully displaced or relocated and colonization is ongoing with their lands still occupied due to the dishonest illusion of promised treaties. The Health Equity program commits to practicing cultural humility and reciprocity, respecting, and supporting the tribal sovereignty, culture, and beliefs of Indigenous Peoples of Riverside County and beyond.

We hope to build an honest, ongoing relationship with Indigenous Peoples in Riverside County as we learn from their vast experiences. We recognize that there have been past injustices and aim to move toward reconciliation with good intentions and respect. We challenge you to join us in this work. If you are unaware of whose land you are currently occupying, we encourage you to learn about the Indigenous Peoples in your area, their history and ongoing resilience.

Moving on, for those who are unaware, the mission of the Riverside County Health Coalition is to promote, improve, and sustain social and physical environments for health and wellness in Riverside County.

Why exactly are we here? Here we're for a lot of reasons, but we couldn't spend a lot of the meeting talking about that. I want to talk about briefly the main points of why we exist as a coalition.

We want to expand partnerships. In the coalition, much of the business of sharing resources because sharing is caring. There's oftentimes where folks don't necessarily know of all the services and programs available, and remember, Riverside County is a logistically a very wide county going all the way to the border of Arizona. We have a lot of programs that serve 2.4 million residents. We are here to highlight innovative practices and all these county and departments, bringing in these services to meet the

needs of our residents. Finally, community empowerment because it takes a village to take care of our residents.

We also do have a website, and there we update it pretty frequently with all of the resources and events available, but we cannot do that without you all sharing your available resources and everything. You can go ahead and scan that QR code. It will take you directly to the website. You can also send us an email if you find during this meeting you want to share your resources in this event coming up toward the end of the month or whenever it's coming up soon. We can go ahead and share that resource.

We have all of our recordings for coalition meetings, and a lot of great stuff on there. I highly encourage you to check that out and send us your stuff. We'll also be, like I said, we have time on the agenda to share the resources that you may have and any partner updates you wish to share.

First, we need to find out who is in the room. So, we like to not only learn who is here, but also acknowledge who is in the room with us today, both in-person and virtually.

Virtual attendees, take a moment to look at the bottom of your Zoom screen. There's a heart react button, and for mobile folks as well, I think it's the same thing. Be prepared to click on your favorite emoji, and I'll go ahead and let you know when to light up the screen.

For in-person, on your table, you will find various fidget toys to help you focus and relax. Also, some noise makers. Pick your favorite noise maker. If it's a whistle and you use it, I don't want it back. Please take it. Don't be shy.

Virtual, light up the screen with the favorite emoji. In-person, get ready with your noise maker. All right.

Committee members and students, make some noise. Who is here? Who is a community member or a student?

As we say, school is out, right? There's some students that can be here, right? (laughs) Thank you.

From community-based organizations or faith-based organizations, make some noise. Who is here? Wonderful.

Who is here from education? Any universities? Wonderful. Thank you.

What about from the government? I'm here! Woot! (laughs)

And then from healthcare and Public Health? That's me too. Yay! (laughs)

Housing and planning? Thank you.

Virtual, don't forget to light up that screen.

Lawsuit and first responders? Every meeting I call that sector out and they're not here because they're responding to the emergencies. That's right. We thank them especially with all the wildfires going on. Their priority is that.

Native and tribal communities? Who is here? All right.

Social services and mental health? All right. We'll make sure to get them at the next meeting. I heard someone! Thank you.

Before we begin, raise your hand if this is your first meeting. Everybody make some noise for our newcomers. Thank you. Online, let us know if it's your first meeting as well. Thank you to all of you for being here. I love that our coalition is made up of diverse community groups. Our team is encouraged by your interest and participation, as it takes a village to improve health and well-being.

I want to take a moment to highlight the organizations represented here today. Pretty soon we'll have to either remove all these slides with the logos because it's starting to get tight! You know, each and every one of these organizations play an important role to bring change and community healing.

Again, it's important to acknowledge who is also in the virtual room. Thank you for being here with us. It continues to remind us to learn more about why we're all here today.

Before we continue into the meeting, I want to acknowledge the vendors that are both here and in-person. We do have one vendor virtually as well. I know that some of you in-person took a moment before the meeting to visit with the vendors. We will also have a break and you'll be able to visit with them as well. In addition to right after the meeting, they'll be here for about 30 minutes or so.

Who is here in-person? True Care. True Care, a federally qualified health center providing affordable medical dental and behavioral health services to residents of Imperial and Riverside Counties regardless of their income or insurance status. Thank you.

The Galile, center, provides essential aid to underprivileged families and local farm workers. Welcome.

Then we have the center for community action and environmental justice. A progressive-based nonprofit organization dedicated to improving the social and natural environment across California's inland valley. Community organizing, leadership development, and policy advocacy. The group empowers low income Communities of Color and immigrant families to combat toxic pollution hazards.

Next, we have Banning, a community funded by Kaiser. The project works to transform the local environment, schools, and city policies to naturally nudge residents towards healthier lifestyles offering free social clubs, healthcare, and community farmer market.

Next up, healing rainbows, a initiative of the transgender health and wellness center. TGI community in Palm Springs.

Department of Public Health. The health and safety and well-being of individuals and families. Innovative organization where caring professionals collaborate to provide the most effective solutions to customers.

Finally, in-person we have Magdalena's daughters, BIPOC youth in the community. Long-term goal is to create short-term residential therapeutic programs -- victimized by sex trafficking.

In the virtual space, we have the public health Alliance. A coalition of health departments that collaborate to advance health equity, improve community wellness across the region. Data driven strategies and initiatives such as the widely used index to address the social and environmental factors that impact Public Health.

Everyone please give a round of applause to all of the vendors here today.

Before we head into the first speaker, I'd like to introduce -- who would like to say a few words to you all.

>> It's such a pleasure to be here with all of you today. I just want to thank all of you on behalf of the Fifth District. You're in the Fifth District today, and specifically in the City of Beaumont. Just thank you for your commitment. Thank you for your leadership. Thank you for your advocacy, for speaking up, for the most vulnerable populations. That's really what this is about today.

Speaking up for those most vulnerable populations and seeing how we can share resources so we can level the playing field for those folks that are in those marginalized communities, from our LGBTQ communities, to our folks unhoused, to our justice impacted. All of these are communities that are very, very important in the County of Riverside.

Now, just so you know, the County of Riverside is now at about 2.6 million residents, and it's the 10th largest county in the nation. Larger than 13 states, just the population alone.

We do have a lot of marginalized communities, and it does take a village, as was mentioned earlier. We all need to work together in order to support those communities. I appreciate you and all of the vendors, and I see our Blue Zones that are here as well and our various county departments.

I want to give a shoutout to Public Health for their leadership and really thinking outside the box. They do think outside the box and get involved in the community.

Just to share with you briefly with the Fifth District and what we do to help some of those communities. We do food distributions, about 36 a year, distributing over 22,000 pounds of food to members of our communities in the Fifth District.

We also do various hiring programs like local hire a senior, a vet, district 5, those things like that. We also promote youth employment opportunities and mentorship for our young people. That's really important. We got to give them an opportunity, a job, but also mentorship and wrap around services.

I'm very big on our young people because I was a teacher. I taught 14 years, students with special needs. Our justice-impacted young people are you. We have a program called second chance for our young folks. This is a program where we provide them with employment opportunities and wrap around services. We've been able to help since January, 58 young people, not only get a job but maintain their job after the 90 days. That's all through the Fifth District there.

Again, just wanted to thank you all for being here. I appreciate the partnership with Blue Zones. You know, I also serve on the IHP board, the governing body. When they approached us, I really wanted to advocate that we have Blue Zones in the Fifth District, specifically in the community of Banning, because of the healthy performance index

score there. They have been doing an amazing, amazing job, and our office continues to partner with Blue Zones. I appreciate it. Thank you all.

>> Thank you to Supervisor Gutierrez. We really appreciate your surprise visit here. Thank you.

Now moving on to our first presenter. We have Natalie Boehm from the Defeating Epilepsy Foundation. President and Founder. A strategic consultant and disability advocate who has lived with epilepsy for 46 years.

They advocate for improved education, economic opportunities and quality of life resources for people living with epilepsy. Everyone please give a round of applause to Natalie.

>> Good morning, everyone. I just want to say thank you for inviting me to present today. A little bit about myself. I am a strategic consultant, author, and I've been a disability advocate now for the majority of my life. I was diagnosed with epilepsy 46 years ago due to a traumatic brain injury.

One of my missions has truly been to show that epilepsy is so much more than seizures. It's such a complex condition, and everybody is their own unique case.

Epilepsy is a neurological disorder that results in seizures. 1 in 26 individuals will be diagnosed with epilepsy, and 1 in 10 people will have a seizure in their lifestyle.

So, stating epilepsy is so much more than seizures. Epilepsy can affect education. Many children with epilepsy need special needs, or they may have frustrations where certain accommodations are not met. Employment. A lot of people with epilepsy fall through the cracks because they're not sick enough for disability but they're considered a liability to employers which results in them being underemployed or unemployed.

Relationships. Many people do not understand the complexity of epilepsy. It can cause a lot of dysfunction in families. It can cause dysfunction in finding a spouse or a partner, causing a lot of isolation and loneliness. There's a lack of independence. People can't drive because of the effects, the complexity of what goes on. Society. Along with medication side effects. A lot of them have very poor mental health. There's housing instability due to challenges of not getting assistance or finding gainful employment. Access to healthcare. Many cannot find a specialist. A lot of

neurologists, even though they're sub specialized, do not understand epilepsy, with can cause a lot of frustrations for patients.

And financial insecurity. The fact that they can't hold a job, can't get benefits, can't get help from family. Causes a lot of people to be on the verge of homelessness.

Understanding intersectionality. A lot of people who have epilepsy are not just diagnosed with a neurological disorder. They can have a neuro divergent disorder like autism. They can have learning disabilities, cerebral palsy. They can be part of organizations such as the LGBTQ, which is another stigma, putting them at greater risk for getting care.

Many themselves are caregivers to somebody who is chronically ill and they're trying to balance maintaining their health while advocating for another. Many live in rural communities which limits or almost makes it impossible for them to get the care they deserve.

When it comes to comorbidities and chronic illness, many people with epilepsy will experience things like migraines, sleep disorders such as insomnia. They can have chronic pain conditions such as fibromyalgia. Could be a traumatic brain injury. Could be developmental disability, autism spectra disorder, genetic disorder, resulting in multiple conditions, or mental health where they're dealing with depression, anxiety, PTSD, and also high risk of suicide.

They did a study and finalized in 2016 that individuals with epilepsy are 22 times more likely to die by suicide than the general population. The greatest age range was 40-49 due to adult onset of epilepsy, losing their license or job and sadly having to pick, do I fight this being homeless, or do I just end things and this pain? Sadly, many chose the option of overdosing.

This is so important because I just find a lot of people in society, unless they know somebody or deal with it themselves, do not understand the complexity of how these things come together.

Myself, I'm very lucky. I have my husband. I'm very lucky my seizures are controlled. But the average person, I have an invisible illness. I look fine unless I tell you about the complexities I'm dealing with.

Mental health. One of the biggest frustrations I find is many who try to seek mental health services are told it's quote unquote not medically-necessary, which really long-term leads to a lot of complications, such as developing fibromyalgia, fears, social isolation. Is someone going to help me? Am I going to be safe?

The side effects of medication, because it's slowing the brain down, is what mainly causes anxiety, depression. Because of that, losing independence, maybe not being able to drive or go to work. I really just ask people, how can we expect someone to manage epilepsy if we ignore their mental health? The reason I say that is, think of this condition. It has multiple pieces of a puzzle.

If you're missing a couple pieces, you can't resolve the problem. Housing and security. Some of the biggest challenges people with epilepsy face is the loss of employment. They have the instability to maintain a constant income. They may have medical debt because of services such as mental health and other resources that can benefit them, paying out of pocket for some is almost impossible, resulting in them not being able to get that care or being at risk for having to file bankruptcy because of not being able to keep up with their medical bills.

A lot of landlords -- and I've experienced this -- do not really understand the complexity of having a chronic illness. If you're living on your own like I was for years, it puts you at high risk of landlords going, I don't want to rent to you, thinking something happens, you may sue them. Then there's the need for the safe housing accommodations. Sadly, a lot of people find in certain housing programs they can't always get those accommodations. Because of that, they're at high risk to be homeless, they're in unsafe living conditions, which increases stress, and stress is a trigger for seizures. It worsens their condition.

The barriers to access the care. A lot of them are financial, such as insurance limitations, trying to fight appeals to be able to get the care they need. High deductibles. Transportation. That adds up after a while, Ubers. That gets pretty expensive.

Geographically. Being in rural areas. I'm not in a rural area. I'm in Rancho Cucamonga. I have to go to USC. That's an hour away from me. If I didn't have my

caregiver, how would I get to the clinic? A lot of people don't get that because there's limited mental health providers. It is really challenging to get that care.

Administratives, preauthorizations, fighting insurance battles, the complexity of getting help for something. It adds up over time.

One of the biggest issues we have is transportation. Some of us -- and I've experienced this -- lose their driver's license for a time. Well, what's the backup plan to get to work? What's the backup plan to get to the doctor or get groceries? Some of the most basic things. A lot of people do not think about that. That cuts out employment opportunities. That can decrease the ability to see your doctors or even have a sense of independence.

The result of that is isolation, missed healthcare appointments, and difficulty obtaining employment. The biggest one, isolation, is what can lead to people really having their mental health deteriorate for not being part of society or being around family and friends.

Employment and financial challenges. Many people deal with discrimination, unemployment, reduced earning potential, difficulty obtaining accommodations, and relying on public assistance. For many years, I had seizures. When I was working in the legal field, I would say, I have migraines. I would bring a note from the doctor and say if I'm having a bad day, I can't drive.

Really, what it was is I feel like I had was going to have a seizure. I would have to take my emergency meds which would knock me out for the day, but I knew if I told them that, there was no way I was going to have my job, despite ADA protections. I knew the result would be, you do great work, we feel you're an asset, we're happy to have you here, but right now we can't afford to keep you on. That's where way of saying you're a liability and we don't want you here.

That's what causes -- like I've been saying through the slides -- housing insecurity, mental health deterioration. Many people skip doses and afraid they'll run out of medicine. It can trigger seizures or result in something going into status epilepsy where the seizures will not stop, resulting in killing them. Access to nutritious food. A lot of people rely to processed food or cheap food just to have something, which can lead to obesity and other health complications.

One of the most challenging things is the caregiver experience. Myself, I'm also a caregiver. Both my sons have severe type A hemophilia. I have medical trauma, but I have to go to CHLA with my kids. The level of coping skills I've had to learn, not to have a panic attack or seizures and put my son's needs first. A lot of them, I find the biggest one is financial distress, the complexity of the healthcare system, but the last two -- emotional burnout and advocacy fatigue.

A lot of people, there's only so much they can handle. There's only so much they can do with human beings. Then it hits them. I found the biggest thing when I dealt with burnout and fatigue, I became that difficult parent. I became that difficult patient. It's because there really isn't a level of advocacy patients need.

Going to USC, I had a problem a few years ago, and I reached out to the advocate. For tech medical, I kid you not, a huge hospital, there are two employed advocates covering that entire hospital. To me, that's unacceptable. We need to advocate to get more people in there so patients get the respect and dignity they deserve.

There is a cycle. You see all of this information about disadvantage. Someone gets diagnosed with epilepsy. That impacts their mental health. Now they have employment barriers. They may hide their condition or be unemployed now, resulting in financial hardship, meaning they're at risk for being homeless. That increases stress, which triggers more seizures, and it swings back to the diagnosis.

Not even just for epilepsy, but many chronic illnesses, this is a vicious cycle that takes place. A lot of times, this cycle does not get broken. What I find needs to change is we need to have access to more specialists. We need to work on getting mental health more affordable and better access for patients.

Housing assistance is so crucial now, especially in the time we're in with our economy. Employment is essential. There's so many people with disabilities who could work a part-time job or are the right accommodations could work a full-time job, which would greatly increase the strength of the economy. Due to stigma, they're pushed away.

I can say, that doesn't just hurt the individual. That hurts society. When we have people who could be taxpayers, who could contribute, have better health, that would

bring down our health costs. That would boost our economy. Because of a lack of education and, in my opinion, ignorance, it hurts all of us.

Policy. We need to have -- we have to fight for better insurance coverage and social support services, and education is essential. As long as people are not aware of disabilities or just very limited, that's where the stigma is.

My key takeaway today. I want you to understand that epilepsy is not just a mental condition. It's a neurological condition. It's a mental health issue. It's a disability issue, a social justice issue, and a public health issue.

To improve this outcome, we have to learn to treat the whole person and not just their seizures. People with epilepsy do not simply need seizure control. They need access, understanding, stability, and the opportunity to live a full and meaningful life.

So, this is my information. I encourage you to please check out our website, see the resources we are offering. You can follow us on social media. Please do not hesitate. This is my contact information. My cell phone and my direct email. Please reach out to me with any questions or concerns you have. Any questions I can answer now, I'm happy to.

Yes?

>> Thank you. Yeah. Thank you so much for the wonderful. How often do you find that people need advocate assistance or just in general somebody who can guide them, and what kind of resources would you point all of us to be able to -- here's your go-to and this will what will help you throughout your process, whether it's the beginning stages of someone being identified as having epilepsy. You mentioned the late onset. We're seeing that more and more. What would you say is the number-one here's your go-to advocate? I'm sure you'll say your organization.

>> Yes, I will. I do work with other people who have epilepsy. It really is important. If someone is diagnosed with something like epilepsy or a condition, reach out to nonprofits. A lot of times nonprofits have people already giving with this, compared to somebody who may be employed at a healthcare facility working with advocates.

I find the greatest challenge is people don't know where to start a lot of the time. It's very overwhelming. I had a mother reach out to me when I first launched my organization, and her withdraw was having seizures, and the medication she was on, it

had horrific side effects. I had been on it myself. It was probably one of the worst medicines I've ever been on. Her daughter inflicted self-harm and really hurt herself bad.

Instead of the nurse practitioner going "talk to me." Why would you do this to yourself? She's like, don't you ever do this again. When I tell you to follow something, you do it. Sadly, that is the attitude of a lot of professionals and people don't realize they don't have to take that. It's their health and well-being. The doctor and the nurse and physician assistants, they work for you. You are not there for their -- I hate to say ego.

When I talked to this mother, I said, one, you file a complaint against that nurse. That is patient abuse. Second, if her seizures are not controlled, why is she not with the neurologist? The mother said they said she doesn't need it. I said I beg to differ. Seizures are not controlled. Severe depression, self-harm. This is a crisis situation that the doctor needs to be aware of. I said you need to tell them. When you take her in, he is the one seeing her, not the nurse. She said, I can do that? Of course you can. You have the legal right to choose. They are not the ones to tell you who is going to take care of her.

Thankfully, the mother listened to me is, and within a couple years, she has her seizures controlled and she went on to college. It was one of many great experiences I've had, to be able to help someone who thought, I'm living, is that the only option? Now, doing something with their life.

Can I answer any other questions? Okay. Thank you again today for having me here. Anything I can do to help, please let me know. Thank you.

>> Thank you. Thank you so much to Natalie for the organization that you have started, sharing your lived experience and story and talking not only about epilepsy and everything that comes along with it, outside of the disorder itself, but everything that comes along with it, especially navigating through the healthcare system.

I resonate with that as well, as a person who has also currently still lives with disabilities, and how important it is for self-advocacy, especially when navigating the Health System. I'm glad that we're all here, even though we may not be in the medical field. It's still applying. As we've all learned, it does take a village. Learning from

organizations such as this is so vital to the work that we all do every day. Thank you again, Natalie.

Now we're going to take a quick stretching break. We have Karina, a college counselor and professor. She is passionate about community and fitness, enjoys running, working out, and spending time with loved ones. Everybody, a round of applause for Karina.

>> Hi, everyone. Before we get started with the stretch, I just wanted to talk a little bit about what we're doing here in the community. Again, my career, I am a college counselor. I work in the community college sector. I live here in Banning. Avid runner. I've done a few half marathons and I have a few coming up this year. When we moved to Banning, we saw there was no community for running. There's a lot of independent runners, people running on their own.

We saw the need. We started our running club about seven months ago. It stands for "Bowman Banning valley." We started during the hard cold winter. It was hard. We were running in the dark. We had our LED lights on. You know, we've seen the growth from then to now. It's been really great.

We've built a really great relationship with our neighbors. We've well encouraged new runners out there, changing people's lives. I see the impact directly. We see high schoolers and parents. It's been a huge growth. It's really empowering to see that impact within the community.

Again, we actually do meet tonight. We meet on Wednesdays at 6:30 in the summer. During the summer, we're actually moving our time to 7:00PM because of how hot it is. We run year-round, even if it rains. We have a trail run this weekend at the park. If you're a local or even if you're living in a nearby community, we highly suggest that you come out. We do collaborate with Blue Zones Banning. We collaborate with other organizations and run clubs. For example, in Palm Springs or even in the Redlands. We try to empower runners within our Riverside County District here to support, to get people out there and involved.

Our run club is also not just for experienced and intermediate runners. We have walkers. We have three routes. We have a 1, 2, 3 route. Our walkers usually do our 1- or 2-mile distances. We have our routes change every week just to keep it fresh for

everyone. Again, we run within Banning and Beaumont. Our weekend runs typically change as well. We have longer trail runs to keep it exciting.

Today we'll do some of our stretches. I will put a little bit of music as well. Okay? If you all want to stand up here.

Okay. We're going to get started. We're going to do the starfishes. Okay? I just want you to open up like a star. You're going to shake your legs. One by one. Shake it off. You've been sitting for a few minutes now. Start getting a little sleepy. You're going to shake your arms. Shake it all out. Shake your head as well. It's okay if you hear a crack or two. (laughs) It's all right.

Okay. Now we're going to do -- you're going to have your legs wide. We're going to do reach-overs. Okay? Single reach-overs. Get the blood pumping. You can lean with your leg as well.

We're going to move into a washing machine. Kind of like in elementary school. You're going to mix everything in there. Make sure you're digesting your breakfast. (laughs)

Okay. We're going to reach up with our arms. We're doing apple pickers. We're going to move into lunges, okay? We're going to do side lunges. (laughs) I know some of you are wearing skirts and dresses. I will make some modifications, okay? (laughs)

We'll do lunges. You can have a smaller stance if you're wearing a skirt or dress. I just want you to shift your weight from one leg to another. Okay? Just so you can feel a stretch in your hips a little bit and your joints here.

These are good for -- we do it as runners, but for mobility, right? Sometimes we get stiff. Does anyone here workout? Yoga? Pilates? Go to the gym? Zumba? Yeah. There's a lot of things. Just getting to move, building a community.

Okay. Now we're going to do these, but we're going to do forward. Okay? We're going to do single leg. Stretch it out. My knees crack. I don't know about your knees. (laughs) We're doing a little bit of low impact here. Yeah?

Okay. We're going to do some toes and roll back. Feel that stretch in your calf there. Now we're going to do -- grab your leg and stretch back your hamstring. Okay? You can grab onto the chair or table if you need to. Okay? Just so you can feel a little

bit of stretch. You can do it without that either too. Just depends on the stretch you want to feel. We okay back there? Okay.

We're going to switch legs. This helps with balance as well. (laughs) We need the AC in here! I'm feeling it. I'm feeling it. Okay. Okay.

I'll show you this move. I know some of you can't do it because of the clothes you're wearing. One I really recommend is the open-the-gate. That one is really good for your hips. You basically open up your leg this way. Those are really good for your groin. Yeah. That's a really good one. Yeah. You really feel it there. Yeah.

Sometimes if you exercise without stretching, you can start pulling some of those things. Right? Like, your tendons and things like that. That's a really good one. The open-the-gate.

Okay. We're going to wrap it up here. We're going to do a little jog-in-place. Get some blood moving. We can roll our head too. Roll our neck. The hips. Okay.

We're going to bend down and let your body hang. Okay? You can stretch out your back. Side to side as well. You're going to take a deep breath.

We're going to let go and do it one more time. Take a deep breath in. Release. We're done. Thank you, everyone.

>> All right! Thank you, Karina. I hope you all feel stretched and invigorated and maybe slightly sweaty like me. You know, let's turn on the AC a little bit more! (laughs)

Now we're going to go ahead and go into our next speaker. Forgive our slides right here. All right.

Reuben Gonzalez. Reuben Gonzalez was born and raised in the City of Banning. He graduated with a bachelor's in marketing and started his first business in 2017 called Cravings which was a website he built for residents to place their food orders, which drivers then deliver to their homes. Expands his business into five cities. Passion for local businesses came clear, became the Executive Director for the Banning chamber of commerce in 2021. Shortly after, Reuben was installed and elected to serve in the city council in 2022 where he continued to create positive change in the City of Banning and the area. Everybody please give a round of applause to Reuben.

>> I'm going to take this off! I just want to commend all of you. There was no injuries during that stretching. I only heard one chair fall. Congratulations. You did

well. Can you do me a favor and turn to the person next to you, and say, wow! You look good today!

Give you a little confidence boost there. All right? Doesn't that feel good? Can we give a big warm applause for Riverside County Coalition for doing this, for bringing all of us together today? It's such an amazing thing. I'd love to be very active and engaged with you guys today. Feel free to shout at me and throw tomatoes if you have them.

How many of you know any of the five original Blue Zones? Does anyone know? Yes? Do you know where? Which one? Okay. Naha, Japan. The other four? Loma Linda. There's other ones. I heard a couple. Costa Rica. Yes. Any other ones? Italy. Yeah. Sardinia. One last one. Greece. Do you know where at in Greece? Ikaria.

How many of you guys are familiar with the Blue Zones story? Okay. Cool. These people were living ridiculously long lives. 100-105 years old. That piqued his interest. What are these people doing? In all these five areas, they found through researchers, anthropologists, scientists, that there was these power nine principles that they found in all of those regions. Moving naturally.

None of these places had a gym. Isn't that interesting? They didn't have a lazy boy in their living room with a cup holder. They just moved naturally. Right? Some of these places had really hilly terrain. They would walk up and down. They would tend to their garden, potentially doing 40-50 squats a day. Moving naturally was a big part of their region and part lives.

Having a purpose. That's my purpose. How many know how important it is to have a purpose in your life? It is so important. Did you know by having a purpose you can add up to seven to ten years in your life? Isn't that insane? Just by having a purpose.

The other statistic that's alarming is that, if you live alone, secluded, you don't have a purpose, you don't have a social circle, it's equivalent to smoking 14 cigarettes a day. Isn't that insane? Having a purpose is really important. It extends the longevity of your life.

Ambitious. How many of you don't know how to stop? It's so hard. I need to get everything done! Right? It's hard to know how to take a breath, a breather, a break. How many know it's important to spend time with your family, your loved ones? How many know if you're too ambitious, the balance in your life shifts? All the sudden your

partner is like, what about me? What happened? Your kids can suffer from that too. It's really important to downshift in your life. Remember that.

80% rule. How many of you grew up in a household where you couldn't leave your dinner table without finishing your food? Huge part of my culture! We don't waste food in our culture. That's technically money that you're throwing in the trash, right? It's interesting that part of the culture is you have to finish your food (laughs) but we found in those regions, the 80% rule is when you're full, you're full. When you have 80%, you're feeling like oh man, my tummy is stretching a little bit. It's like okay, I think I'm good. Right? 80% rule. Very important.

Plant slant. Loma Linda. Very big in this area, specifically. 7th day Adventist. Not to say you can't have meat. Having meat is good every once in a while, but having a heavily plant slant based diet is good for you.

Wine at 5:00. Friends at 5:00. This is similar to the downshifting mentality. A lot of these regions, having a glass of wine or spending time with your friend after a long day. How many know if you bottle up all the stuff you're going through, it's like a coke bottle. It's going to blow up, right? Eventually, if you bottle all that stuff up and you're not able to have someone or a glass of wine with a friend or just having good social circle, you're going to end up blowing up on somebody. Usually, the ones you love, right? Wine at 5:00 is a good one.

Right tribe, loved ones first, and a feeling of belonging. These are all very important. These power nine principles were really big in all of these five Blue Zones areas.

Now, what does that mean for Blue Zones Project? We identified all those areas, how they lived better, longer. What do we do now to bring it to communities all over the world? Right?

What we found -- this life radius. These are the three unavoidable things in every single community. People, places, and policy. Right? Also, the 90% of your lives are within 20 miles of your home.

I love that she said earlier that Blue Zones is like a gentle nudge. Right? It's so interesting to me that our Founders -- it's funny our Founder says all those regions, none of them were living intentionally healthy. It was like, they were just accidentally

healthy because of their environment. Right? How important. If you think about where you live, if you're next to a fast food and a liquor store, what are you most likely to consume? Those products, right? You consume what you're near. Your proximity is very important.

Blue Zones Projects focuses on those three pillars. These are the amazing team members. Can you give a round of applause to the Blue Zones Team?

What we do. Actually, the people sector. Robert focuses on the places. Kevin focuses on the policy. We have this entire blueprint of what we implement and strategize to get done in the City of Banning.

Here's some things. How many know what a Moai is? A group of people that do life together. Blue Zones bring Moais together. They can take hikes together, read books together. That helps with the people engagement. Also, implementing a lot of other great things to have social connection in the people sector, working with schools. That's a big part too.

Places. Well, your schools, your restaurants, your nonprofits, the work site businesses, grocery stores. You start seeing everything you're surrounded by, if the healthy choice is there and it's easier, then that's just how we become healthier naturally. We're not trying because it's right in front of you. This is really important that we work in all these sectors.

Policy is one of my favorite because it's something that has a lot of teeth in it, right? We're working with the City of Banning on putting a density cap on liquor stores because we have way too many in Banning. It's alarming, but this is what we're known for. Liquor stores, smoke shops, and barbershops. We have a lot of good-looking people just smoking and drinking in our community, right? Which is not good!

How do we change that? We need to shift, need to nudge. Put a different environment. Working with council through implementing policies. We saw a lot of kids having way too much access to vaping products. Strawberry, pineapple, orange. Obviously, these products are tailoring towards a specific demographic. Right? What do we do?

We're going to work with a regional effort and also locally to completely eliminate those products from smoke shops so they don't have access to it. Policy. That's a great sector as well.

These are all the upcoming events we have in the community. I mean, these are some. We have a lot coming up. These are just some of the highlights.

We were so excited that we had our first farmer's market in the City of Banning last Saturday. Such a huge win for the community. If you know Banning, there's no grocery stores on the central and east side of town, which means, what are those people consuming? If they're new fast food, if you're near liquor stores and smoke shops, what are you consuming? If you have a farmer's market and it's on that side of town, we're nudging and shifting. It's almost like we're social engineering our area so it's just easier, right? Give it up for Kevin for all that hard work for putting the farmer's market together.

We also had a celebration for a church garden on the east side of town, right? The east part of town is one of those undeserving low income. There's a food pantry on that side of town from that church. We are implementing a garden to have all the herbs and spaces and produce to funnel through that food pantry so there's more access to produce on the east side of town.

You're starting to see, right, a little bit of how the model. If you copy and paste that to every single community in the nation. The goal is what? For Riverside County to be the healthiest county in the nation. It's through you guys, through us, together collaborating with you, and everyone working toward that. We're very grateful that we get to wake up every single morning and empower our community to have healthier options. We really appreciate all of your collaboration. It means a lot.

At this time, if there's any questions you guys have, I'm willing to answer them. If not, you're more than willing to go and visit our booth. Other than that, thank you guys for having me. I appreciate it.

>> Any other questions for Reuben? No questions. You learned everything about Blue Zones? Everything?

>> (Away from mic)

>> Wonderful. Thank you so much. Another round of applause for Reuben.

I did not send you on a break when I was supposed to. My apologies. Now we'll be entering our break. Feel free to get some snacks, call a loved one, tell them they look really cute today, or visit the -- feel free to visit all of our vendors that are right behind you. Enjoy our break. We're going to take maybe like a 15-minute break, but I will call everyone once we're ready to come back.

Thank you all. Enjoy your break.

**** 15-minute break ****

>> Let's go ahead and resume the meeting. You can all find your way back to your seats. For those in the virtual space, welcome back. I hope you all had a good time visiting all of our vendors, got some information from them, something that you can take back to your organization and for your population for your folks here in Riverside County. I will give everyone just a few more seconds to find their way back to their seats.

Okay. Now shifting gears a little bit. We're going to talk about our Action Group and CHIP update. For those of you who are unaware or new to the term or have heard of around but don't really know what it's about, the CHIP is the community health improvement plan. It's right there in the title. It's a plan that helps improve the health of the community.

Before the CHIP or the community health improvement plan comes what we call the CHA, the community health assessment. Over the last couple years, Riverside County along with various partners went out into the community and gathered a lot of data to see what the problems as far as health goes for all of our Riverside County residents. Right?

Once all of that came about and we synthesized all of the data, the next step was to create a plan in order to improve the health, and there is the CHIP.

Myself and my colleague Tony actually recently recorded a podcast that we sat down and talked about more what it entails and the good and the bad that comes with the CHA CHIP and what it takes to develop the Community Health Improvement Plan and everything that goes along with it.

I'm going to show you this video, a little sneak peek of the podcast. I encourage you all to log on to Spotify or any of the other podcasting platforms. Join us on social media. I will share the handles at the end. Without any further ado.

>> The community members themselves. This time, this is different. It's really going somewhere. There's that heavy community involvement. Equity is really important. Being fair, like this community needs more resources. How do we get this out to the community? People's voices matter. Willing to say hey, I just want to be part of this work and see change. Real change in the community.

>> I may be biased, but that podcast was really great. Please do yourself a favor and log on. We have lots of other podcasts. Every month, we are releasing a new one that also coincides with the 100-year anniversary of the establishment of the Riverside County department of Public Health. We turned 100 this year, guys. (laughs)

I'm going to hand it off on our Action Group Leads. First up, we have behavioral health and mental health.

>> I might have to stand to the side. I'm going to bring this down a little bit. I'm going to stand a little bit -- I don't know what I'm going to do! Yeah? Huh? Oh! Bless your heart. Look at you being a blessing. Okay. That is much better.

Good morning, everyone. My name is Ebony Staten. I am an associate marriage and family therapist with a local nonprofit organization by the name of Black Girls mental health collective. In that, I am a community member who is serving on the mental and behavioral health Action Group.

With that, I am joined here by my colleagues. We're going to go down the line. We'll introduce ourselves a little bit. With that, let's see if my little clicker wants to -- there we go.

One of our members who is not here is Sean Cortes, health education assistant and represents the RCHC Health System within the Public Health here.

We are graced by Gillian here, with Kaiser. We also have Mindy here who represents the Riverside university Health System within behavioral health. And you have me. Hi.

A little bit about the work we've done thus far. We all started meeting in June, and within that time, we were tasked with responsibility of crafting or refining existing goals and outcomes for the region within the mental and behavioral area.

Not only with ourselves but we also gathered virtually with several community members, nonprofits, and organizations all within the same focus of working to ensure that we had aligned goals and objectives for the year.

We started with, of course, the time for us to have our meeting cadence and all of that sorted. What we did in June was an opportunity to really refine our goals, and with refining our goals, we wanted to make sure each goal was clearly tied to the CHA information. All of the assessment data that was provided, we ensured each of the goals we outline have a direct correlation.

Today we have the opportunity to introduce those revised goals. Within that, I'm going to pass it over to Mindy!

>> All right. Well, thank you very much. As Ebony was sharing, we had the opportunity to align our CHIP goals with CHA. Also, before we jump into this and go over our new revised goals, I encourage you to ask yourself as you're sitting there, do you see yourself anywhere in this work? Are there ways we can part with you or folks you know to bring these goals to fruition?

The first one is focused on youth and mental health. We put the rationale and how this ties to our CHA. It does address the 35% of teens who need counseling and did not receive it.

First, we had objective 1, which is to support expanding of school based and community mental health screening in standardized -- 10-19 through cross-sector partnerships. (Reading out loud)

Also, to develop a process with participating school districts to monitor those referrals resulting from those screening activities.

The next, we have a focus on -- oh, are you? (laughs) Racial equity and our behavioral health outcomes. The rationale for this is that our Black and African American residents have the highest behavioral health related emergency department visit rates. Also, hospitalization rates, which is disproportionate to their county representation.

Our objective is to develop and disseminate a directory of culturally responsive and Black affirming mental health providers. (Reading out loud) Activities will include things such as conducting inventory of culturally responsive and Black affirming mental health providers and provide culturally -- through the trusted community. Gillian to talk about the rest.

>> Thank you. Our third goal is to address stigma in our communities and also to address care-seeking behaviors, where folks access care, where's the best point for them to access care, and making sure folks have awareness and access in those spaces.

The rationale is increasing our warm lines and peer support and making sure they're a low barrier so we can intercept those needs. We're going to increase awareness and utilization of peer support services and warm lines. This includes 211 which many folks in the room are probably aware of. Also, take my hand, through partnered coordination and promotion of community health workers.

Our three activities. The rationale, the objective, the activities. Our three activities are to facilitate outreach presentations of peer support resources and warm lines to referring agencies, clinics, and our managed care or Medi-Cal MCP providers to increase awareness and the promotion of such resources.

Then we're going to leverage the use of social media platforms through coordinated campaigns and community outreach events to increase that. Thirdly, coordinate with peer support and warm line partners to establish a process for tracking these referral sources and the utilization trends of those.

Again, like Mindy was saying earlier, I know that was a lot of words, but if any of those objectives or goals resonated with you, either individually as a member of our community or through your work, and you would like to join us, we have included our contact information, and we would love to have you at some of our upcoming meetings.

Next meeting is Tuesday, July 21st from 2:00 to 3:00PM. Those are also our direct contact information, if you have any interest and would like to follow up or have any questions. I see some folks taking pictures which I love to see. We'll leave this slide up for a second. I see a hand. Are we able to take a question? Fabulous. Great question.

Virtually. Virtually. I'm realizing the link is not here, but we can get that to you if you email any of us. Thank you so much. Woo! Woo!

>> All right. Next up we have an update from our housing team. Do you want the mic here? Where would you like the mic?

>> Oh, I'll hold onto it. Good morning. Woo. That was loud! I'm flying solo today. I am Terry Smith. I am the vice president of community impact with community housing opportunities corporation. CHA Housing is a nonprofit affordable housing developer. I've been in the housing realm for approximately 30 years, and I was very honored to be chosen as the co-lead with my peer, Miguel, from Public Health.

We're a small but mighty little leadership team. I know as the Action Group has kind of started for housing, we've actually kind of not taken a pause, but kind of reassessed what our objectives and activities are.

What I think the Action Group quickly learned is how big and broad housing really is. We felt that we really needed to maybe take a look at a foundation year of really learning and how to bring the Public Health sector into the housing realm.

A couple things just to update you. We have some objectives and activities that we've been working on, but our next meeting is tomorrow at 10:00AM virtually. I have a business card if anybody wants to join us.

Since the launch, I think the biggest success we've had was a housing workshop meeting. We had in the same room behavioral health, public health, the continuum of care, housing and workforce solutions, office of homeless services, community partners, affordable housing developers. It was inspiring to have -- if you're a systems person like me -- to have all of those entities come together to really discuss how Public Health can bring and enter into the housing realm.

Based on that, we've taken a step and thought okay, let's reevaluate, which we will start doing tomorrow, our activities and objectives, and really looking at things about education and awareness and how these Public Health and housing sectors come together.

I am proud to say those entities we had in the room were welcoming Public Health, and it was inspiring.

Our next steps is to really start refining and looking at those objectives. We would love more people in our housing group. We're a small group. If we can get some more action members, we would really welcome that.

We're looking at building kind of a shared understanding of housing, as a social determinant of health, identifying Public Health's role in the housing ecosystem, strengthening those partnerships with existing housing -- we call ourselves in the housing world, "housers." And exploring opportunities for education, data-sharing, and the use of our community health workers and the Public Health system, and how we can intersect them into the housing.

If housing interests you, I think we all know -- and I apologize for. I'm blanking on your name. The very first presenter on the epilepsy foundation. What I loved seeing was the intersection of everything with housing and housing stability. It intersects everything we do.

We welcome anybody to come and join our team. Our Housing Action Group. I will close out saying, one of the biggest takeaways from our housing workshop is that no single organization can solve housing challenges alone. The opportunity for our housing Action Group is to identify where Public Health can make the greatest contribution by strengthening partnerships, supporting existing efforts, and improving housing stability as a key driver of health.

We welcome anyone interested in being part of the conversation to join us. Thank you.

>> Thank you, Terry. Appreciate it. Any questions for Terry and the Housing Action Group? We will bring the mic to you.

>> Anyone can join the group.

>> For those online, can anyone join the group?

>> Anyone can join the group. We do not have a fancy slide with our contact information, but I have a stack of cards. Come find me if you're interested. We will get you the link to join. We have monthly virtual meetings on the third Thursdays at 10:00. Tomorrow is our next meeting. Woot, woot! This is monumental, if you're familiar with the CHIP. This is the first time housing has been seen as a major need that came out of the CHA. So, I'm excited about this for Riverside County.

>> Thank you, Terry. Appreciate it. All right. Our last group to present their update is Access to Equitable and Just Care. Co-leads, come on up and give your presentation. Welcome, Juanita, Sarah, and Steven. (laughs)

>> Hi, everyone. My name is Juanita. Some of you I work with via email. Nice to see some in-person. I'm part of the community health improvement plan for Access to Equitable and Just Care and Resources. I am one of the co-leads. Nice to see everyone. I'm with Public Health family planning, immunizations, and Public Health response. Very long list of programs within us.

My next co-lead, Sarah. Sarah is a Program Manager for population health with Molina healthcare. She was not able to make it today but she may be virtually.

We have our last co-lead, Steven. He's a director with reach out for health workforce outcomes. He was not able to make it, so I'm doing this again solo, just like our last CHIP co-lead.

Before I get into the work group progress, I wanted to share a couple things. Our objectives and goals. Our goal for this particular work group is to eliminate barriers to healthcare access and ensure community members can obtain necessary services and resources, including immunizations.

Those are the things identified as being barriers. Objectives that come with that, which is what we're working on. To increase access, support, and advocacy, and health education by utilizing CHWs for community access or to reach community members.

Another objective we have is to increase awareness by growing our social media platforms and creating educational campaigns and to host at least two events together with our community CBOs, community members, so we can get the information out there to them and the resources out there.

With that, our current work group progress. Due to upcoming changes with HR1, how many are aware of the changes with HR1? For those not aware, in our next meeting we have on August 11, we will dive deeper into that. It is going to affect a lot of things across the board for Medi-Cal recipients.

Our access work group is going to be shifting our objectives from three to four objectives to include the redetermination efforts for Medi-Cal eligibility. If you are not

familiar with the HR1 upcoming changes, please search it up and get familiar with it because it is something that's going to affect all of our community members.

Our July access work group meeting, which we had yesterday, focused on learning what the County of Riverside is preparing for the January 1, 2027, effective date for redetermination of Medi-Cal eligibility requirements. We will dedicate time to brainstorm and define the four objective goals.

All right. We are hoping to have these goals updated in October. What are the goals? What should the coalition expect from the next meeting in October? We know this will take a little bit of time to discuss and to brainstorm with the upcoming changes. We know October, we're giving ourselves until that time frame to present something more defined.

For October coalition meeting, all four objectives outlined, improve access to care. The objectives we have identified since it's not on my slide is the first one, transportation. Language and translation. Access and convenience. Redetermination from HR1.

With that, I hope everyone can join us on our next meeting. Let me get our contact information up there. This is our contact information for us co-leads. If there's any questions, if you'd like the link to join us on August 11, on Tuesday, we meet from 3:30 to 4:30PM. Please join us there. We need all of your help. All of the community members, we need everyone. The CBOs and (unintelligible) to join us so we can get everything together for our community members. We all need it and we all need each other. Thank you. Nice to meet everyone.

>> Thank you, Juanita. Does anyone have questions for Juanita and her group? Okay. Wonderful. Thank you very much, Juanita.

For those in-person, if you haven't notice on the left, there's the QR code that you can go ahead and submit your interest to join one of the Action Groups. Again, just like -- and for those who are -- I'm sorry. I did not mention it for those in the virtual space. We can go ahead and pop in that link in the chat, or you can scan the QR code for more information and to submit an interest form.

Just like it was mentioned today, just because you don't necessarily have to belong or work for an organization in that sector of the CHIP Action Group in order to join it.

We have to remember there's a lot of things that overlap. Remember, intersectionality. Just like Natalie spoke about today, even though the focus was their foundation and epilepsy, but there's so much more that comes along with it. The same with Blue Zones. They have so many things, so many hands in different pots, that relate to the health and well-being or improving the health and well-being of various areas throughout Riverside County.

Your input is super valuable and needed. There's always room for everyone at all the tables. Even though today might have been kind of tight (laughs) but during these CHIP Action Group meetings, there is space at the table, and we need all of you, your input, to form the CHIP.

Again, the community health improvement plan is not something that's fixated. It has to ebb and flow and adjust with the needs of the community. Without your input, we don't necessarily know what all of the needs of the community are. As Public Health, we may lead that, but without your input and guidance, the CHIP won't actually be as big and robust as we need it to be, to meet the needs of our residents. I encourage you all to join the Action Group meetings. If you're unfamiliar, if it's something you may not work with in your organization but it's something of interest to you and you want to learn something new, by all means, sign up and reach out and attend one of their meetings. Thank you.

All right. Another QR code. (laughs) If you could please kindly take our survey. Again, it is another aspect where your input is super vital to the forming of these coalition meetings. There's lots of information out there, and we want to bring that to our quarterly meetings.

We have one more quarterly meeting for the remainder of 2026, but the schedule is going to be released for next year. We value your input on these surveys. Let us know of any suggestions for future meeting topics. We will continue to update the status of the community health improvement plan and anything that you all suggest, anything from the location -- we're a traveling coalition, and we like to make sure we are present in all parts of Riverside County. Come October, we don't know where we're going to be, but if you're willing and able to host and you have a meeting space for us, we'd love to be out there. We are a traveling coalition.

Last coalition meeting, we were out in the desert. Today we're here. Let us know of any topics that you'd like to bring up. We will take that into consideration. I will give you a few moments to fill out the survey. Thank you.

I'm trying to play music, y'all. I don't want to sing. I can though. (laughs)

Okay. Thank you for taking the time to take our survey. If you didn't get an opportunity to fill it out, I'm going to harass you again at the end of the meeting. Don't worry. You're going to fill out the survey.

Right now I want to do something super fun. If you have your phones in your hand, keep it out. We want to do a gift card activity. This is for both in-person and virtual folks. Don't think we left you out. It's not for county employees. If you're a county employee, put your phone down. I'm not going to give you a gift card. Sorry, not sorry. We have policies. We have to abide by them.

I want you all to open up an email, in-person and virtual too. Go ahead and start up an email. Subject line, you can put July 26 Meeting, RCHC. Give me that gift card. Anything that will flag that email to our inbox.

For the first six folks both in-person and virtual that answer these questions and we receive their email, the first six people, they will have their choice of a gift card.

The first prompt is, building healthier communities. Health is shaped by where we live, work, and connect. What is one change that would make it easier for residents to live healthier lives?

The second prompt is, every voice shapes health. How can we better include and uplift the experiences of residents living with disabilities and chronic conditions when addressing mental behavioral health, housing, or access to care?

Take a moment to send your email and good luck to all the winners. We will announce them toward the end of the meeting. Right now, a little more music. Looks like music is not my friend today. Hold on. Here it comes.

Okay. If you're still trying to send those emails, don't worry. You can go ahead and do it while we do our partner updates. I want to keep the meeting going so we can end on time.

Now I want to give you all an opportunity to share any updates you would like for us to know. We will go ahead and go around with the mic. Again, we can go ahead and

follow up with you, if you go ahead and send us an email, which I will share right at the end of the meeting.

Is there anyone who would like to share any upcoming events or briefly talk about their services that their organization provides?

>> Hi, everyone. My name is Ashley Hill. I am the Executive Director and Founder of a nonprofit called Magdalena's daughters. We are nurturing relationships in Riverside County. We provide services for our foster youth who are victims of human trafficking. We go to the group homes, schools, churches, wherever you'd have us. We talk about what human trafficking is and how it's reinforced by systemic issues in the child welfare system.

We have an upcoming event happening at Fairmont Park on October 24th. We will have survivor speakers. We have music, food, prizes. We make it so much fun. It's our fifth annual anti-human trafficking walk for youth happening. We're expanding to Riverside County because we want to make it closer for our group homes out here in Riverside County and some of our nonprofit and community organizations who come out all the way when we have it every year in May. We're looking forward to getting to know you. Stop by and say hello. I'd love to connect with you. Yeah. Nice meeting you guys.

>> Good afternoon. Miguel. I work with the Riverside County community health foundation. Local nonprofit providing services throughout the region specifically focusing in Riverside, Mead Valley, Perris. We are a grant funding opportunity organization. We provide grants for other entities.

I want to make sure everybody knows we focus on health and wellness. We have a variety of different programs. We have a cancer resource center. We do academy trainings. We get data that helps with grant opportunities. We're going to be leading the charge and bringing back our leadership academy into the City of Riverside. If you're around that area, August, we will start the first one. This is an opportunity for residents to take part in basically learning how to get involved civically, learning food systems, Health Systems, everything they can to become change agents in their communities.

We also do trainings for anybody. If you see tai-chi, Zumba, solution classes. One of the premier programs in October, we have the pink ribbon place. We have a thrift store. If you want to go shopping, you can support our cancer survivors communities at large. We're also going to have that huge event. Make sure you join us. If you have any questions, we'll be here to take any.

>> Hello. Somebody back there? Go for it!

>> Okay. Hi. My name is Letty and I'm with the regional access project foundation. I am here to make sure that everyone knows about our NPO centric program that is our capacity-building program that offers workshops throughout the County of Riverside. They're actually taking place this month.

This project was co-funded by the county board of supervisors and IHP foundation. There's one workshop that is taking place tomorrow in Riverside. The topic is, "stop being a secret, get your nonprofit seen, known, and talked about." It is a very catchy title. It is a very informative and very action-packed workshop. If you had opportunity to participate in the one last week in Riverside, you can probably attest to that. There's one happening tomorrow. There's three more scheduled throughout the county.

Again, it's NPO centric, workshops through the regional access project foundation. Let me know if you have a need to get more information about it. These workshops are being paid by two funding sources, so they are free to our nonprofit community. Please check them out. Thank you.

>> Hi, everybody! Gabby, community engagement ambassador with IHP. My service area is the entire lower desert including the Bowman pass all the way to Blyth. I would love to meet you and get to know your organization. Spread the word about your organization and the supported services you provide.

On a side note, anybody here from Banning Unified School District? Okay! That's my cue. (laughs) With that being said, Banning Unified School District. We have a partnership. We've been assisting them with their upcoming back to school event.

For all and only Banning Unified School District. They will have a back-to-school event, physicals, dental checkups, dental screenings, and also some vaccinations and immunizations. That will be on August 1st at Banning Highschool from 9:00 to 12:00.

Only Banning Unified School District students are able to attend and participate in that event. Just wanted to share the word. Thank you.

>> Thank you for those updates. Anyone else with updates?

>> Hi, everyone. My name is Adriana. I am currently the chair of the Riverside County health free community from tobacco. Last night we actually had a city council meeting to talk about the amortization of standalone tobacco shops.

I wanted to share with you that, previously, tobacco retail was treated the same way as any other retail, with no particular guardrails. Now we have provisions, limiting the sale of initiation of young sales and youth.

Due to everyone's support and that city council meeting last night, we have provisions for tobacco retail in Riverside County, meaning they have certain regulations within 1,000 feet of certain schools. It is because of you coming to meetings like this, making those comments in those meetings that we're able to do this. Thank you for all your support here in Riverside County.

>> Hello. Good afternoon. I am Molinda. My organization is called "refocus on you." What is it? It is about anyone who has been diagnosed with either a terminal illness, chronic illness, disease, mental illness, whatever it takes, whatever stops you from living life. We help. Well actually -- excuse me.

Living with a diagnosis is hard. What we do is help people, show them how to live life, despite the diagnosis. That's what we do. All right? We have a few things that are coming up in our programs.

One of our programs is we're going to be doing a podcast. We have the physicians, and they're going to be talking about preventive health. They will talk about things that doctors will not talk to you about. All right? That's something that we're going to be releasing in a couple weeks.

We also have another program called "safe steps," and that's where Stephanie, one of my team members, she's going to be teaching that program. We focus on battered women, women dealing with trauma, men and women actually, who have been abused. We have that program as well.

We also do a program focusing on foster kids, all right, with their health. Helping them learn about best practices, taking care of their health and mental health.

Also, we have a program called "emotional recovery," the strength within. Learning about your triggers. You know? Why do you do the things you do? Why do certain things bother you? When someone says things, what are the triggers in the workforce, in your home, in relationships? What's the problem? We have a program called "emotional recovery" where we help people identify where those triggers are and where they come from. All right?

Then what else am I missing? Am I missing something else? Oh! Yes! We have a tea event coming up on August the 8th. We are going to have a guest speaker, Dr. Sims, talking about mindful things. We will be sitting down and making your own really herbal teas. You're going to customize. We got all different ingredients for your health. We're going to sit down, make your own herbal teas, have sandwiches and cookies and have a grand old time. That's what we do! (laughs)

All right? So, thank you. Like I said, if you can reach us, "refocus on you." We love to work with anyone working with mental health, behavioral health, things like that. Glad to be here. Thank you.

>> Thank you. Anybody else who would like to share?

>> Good morning, everyone. My name is Magda, and I am representing our organization. We are a small nonprofit. We are educating and bringing information to families about autism and how important it is for us, as society, to know about the behaviors of our kids, right?

We are having our second annual conference in October. We are partnering with the Riverside County Office of Education. I am seeking for people who can help us to spread the word. It's going to be on October 20.

Also, for any leads in regards to grants -- I know somebody already said something on that side. Definitely going to talk to you. Any other support that as a community you guys can help us. Thank you very much. I have a lot of flyers and also my card, if you guys need any more information. Just let me know.

>> No more in-person? One more. Okay.

>> Hi, everyone. My name is Carla. I'm with the JFK Foundation. I'm getting a little bit ahead of myself, but since we're here in the area, I wanted to share some information.

We do have a date for August 20th. We might be meeting from 10:00 to 11:00. I will confirm those details. I wanted to go ahead and put that invitation out to everyone. We are starting on the collaborative to give some more attention to the area that covers all of this that we're here in, Beaumont, Banning, etc. Let me know so I can give you that information and you can sign the interest list. Once we have that place, date, time confirmed, I can share that information to you. Thank you.

>> Anyone else in-person? Okay. Thank you all for sharing wonderful resources. We do have one person who would like to Sharon line from Sergio Rodriguez. Hello everyone. On behalf of the desert healthcare foundation, we'd like to extend an invitation to everyone for our third annual healthy desert healthy you submit. The date is September 10 at the resort. Completely free for everyone to attend. They shared a link. We will go ahead and share it when we send out the follow up with the slides and everything.

Additionally, if anyone is interested in a vendor by the way, feel free to -- contact me with any questions or concerns. Sergio. His email is SRodriguez@DHCD.org. Thank you, Sergio.

Okay. If there are no more partner updates, I think we're going to find out the winners of the gift cards. Is that correct? Do we have the winners? Do you want to announce it, Mary? No? Mary doesn't want to get on the mic. She's tired of talking to everyone. (laughs) I have it right here. Okay. Thank you.

All right. Let's see. The first winner is Adriana. Congrats. Mary will go ahead and give you your -- I don't have anything! I'm just talking about the names! (laughs) for those in-person and virtual, we will give you your gift cards afterwards. We'll go ahead and contact you as well.

I think you have to read it, Mary.

>> Okay. She's making me. All right. (laughs) We have Carla -- oh my gosh. Hold on. Carla Flores Rosas. Woohoo!

Then we have Veronica Barone. Yay!

Then we have Sergio Rodriguez. Online! An online person! Yay!

Then let me see. It's Adriana. Hold on. Ah, sorry. Forgive me. Yes. I don't have your last name. Yes! Oh, Maharo (phonetic) Thank you!

Then Stephanie Reypasky (phonetic) That's all our winners for our gift cards. I'm probably going to have to get your email because I forgot to bring the gift cards. I'm so sorry. (laughs)

>> That's right. They forgive you. (laughs) Everybody is a winner. Some of you are leaving without gift cards. Sorry! Should have emailed faster!

All right. Now we want to give you some updates. I spoke earlier about our podcast. I want to show you the promo video for the podcast to insight you more to take a listen or take a watch.

>> What's up, everybody?

>> Hi, everyone.

>> Hi.

>> Welcome to another episode of equity where we spill the tea on equi-tea.

>> Real people. Real stories. Real change.

>> Equity.

>> A podcast giving a voice to the unheard and tackling disparities in our community. Be part of the conversation. Learn something new. Listen in.

>> What's up, everybody?

>> Okay. So, like I said, we're going to go ahead and share our handle. Our handle on all social media platforms, @EquityInRivco. That takes you to our podcast. Feel free to send us an email as well. For any other partner updates, send us an email. That's RIVCOHEALTHEQITY@ --

In the meeting, we love sharing our resources. We have a monthly community newsletter where we share everything that's going on and happening within the County of Riverside, Public Health, and outside of Public Health too. We love sharing everything that you all have going on.

Please feel free to send us an email to our email address or get with us at the end of the meeting. Send out some messenger pigeons. We will get your message somehow. Please, please share your resources so we can go ahead and get that out to the community.

Our listserv is creeping up to 2,000 email addresses. For us, considering how far we've come in the last couple years with our coalition, our coalition has really grown,

and we don't want to stop where we are. We want to continue growing and sharing the resources we have.

Again, if you are interested in joining the CHA CHIP Action Groups, feel free to scan the QR code and submit an interest or maybe if one of the leads are still here, you can go ahead and chat with them after because we're still holding everything open with the vendors after the meeting as well.

Remember, I was going to ask you to fill out the survey if you haven't already. This is me harassing you to take our survey again. Once again, your input is so vital and it's really important to help shape the future of the Riverside County Health Coalition. I'll give you a moment to do that.

Like I mentioned, we have one more meeting left of the year, but that does not mean we're going to stop. We're going to continue. We need a location for next month. Save the date, if you haven't already. It's always on a Wednesday. It's going to be Wednesday, October 21st, same time, 10:00 to 12:00. Always in-person and virtual. We would love to have you there.

Again, any questions, anything at all, if you just want to drop us a line, send us an email and reach out. We would love to continue to connect and collaborate.

Thank you all for another wonderful meeting. Hope you all drive safely or get to your next location safely. Thank you so much for everything you do. Well wishes. Have a cool-ish summer. (laughs) Goodbye, everyone. Thank you.