

## Riverside County Health Coalition (RCHC) | January 21, 2026

### Meeting Notes

**Meeting Format:** Hybrid (In-person & Virtual)

**Number of Attendees:** 50 Virtual, 60 In-Person, (110 Total)

**Facilitator:** Irene Hjelmervik | RUHS Public Health, Program Coordinator II

**Scribe:** Marina Carbajal, RUHS Public Health, Program Coordinator II

### Welcoming Remarks and Introduction:

#### Irene Hjelmervik, RUHS Public Health, Program Coordinator II

- *Purpose of the coalition:* Strengthen cross-sector collaboration, share resources, and highlight innovative programs supporting healthy aging, brain health, and community well-being across Riverside County.
- Housekeeping guidelines shared.
- Short video of land acknowledgement from Dr. Milanovich shared and also Land Acknowledgement recognizing the various native tribes of the region was read by Irene Hjelmervik, recognizing the Native tribes of the region.

### Key Themes & Highlights

#### Coalition Mission & Engagement

#### Irene Hjelmervik, RUHS Public Health, Program Coordinator II

- RCHC continues to expand partnerships and promote inclusive, community-driven solutions.
- Increased participation and new member engagement were noted.
- The RCHC website was highlighted as a central resource hub for coalition activities and community events.
- Accessibility remained a priority, with Spanish interpretation and ASL services available.

### Featured Presentations:

#### Janet Goeske Center

#### Dee Keoski, Program Manager

- Focused on supporting seniors through social connection, physical activity, nutrition, and resource navigation.
- Offers over 200 weekly activities, free meals, and assistance with housing, disability, and Social Security resources.
- Emphasized volunteer engagement, organizational values, and mission-aligned donor partnerships.

## **Alzheimer's Association**

### **Arlene Bruins, Program Manager**

- Provided education on Alzheimer's and dementia, emphasizing early detection and brain health.
- Key statistics shared, including disproportionate impacts on women and communities of color.
- Introduced evidence-based tools such as the *10 Simple Habits for Brain Health* and the *U.S. POINTER* study.
- Resources promoted included the 24/7 Helpline (800-272-3900), ALZ.org, TrialMatch, and Walk to End Alzheimer's.

## **Community Transformation / Blue Zones**

### **Hashish Rivera-Elberson, Community Transformation Director**

- Highlighted place-based strategies to support longevity and quality of life.
- Focused on Mead Valley initiatives addressing food access, walkability, and social connection.
- Shared successful policy wins, including the establishment of a certified weekly farmers market.
- Strong collaboration noted with healthcare and public health partners.

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## **Partner Updates**

Coalition partners shared brief updates on programs and upcoming events, including:

- Community health clinics and mobile services
- Mental health and youth programs
- Substance use prevention initiatives
- Aging and intergenerational programming
- Community open houses and educational events

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## **Additional Notes**

- Gift cards were distributed to select participants as appreciation for engagement.
- Attendees expressed strong appreciation for the coalition's collaborative environment and shared resources.
- RUHS Public Health highlighted the *EquiTea Podcast* and announced its 100-year anniversary milestone.

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## **Next Steps**

- Partners are encouraged to continue cross-collaboration and resource sharing.
- Attendees were asked to complete the post-meeting feedback survey.
- Planning is underway for the next RCHC meeting scheduled for **April 15, 2026**.

Meeting adjourned: **12: 15 PM**