

**Sacramento Community Advisory
Committee**
Meeting Minutes

Date: January 22, 2026
Time: 11:30 a.m. – 1:30 p.m.
Location: Molina Healthcare
 In-person & Virtual Meeting

Members:

Member ML Member JC
 Member ALP Member CR
 Member SC Member CNR
 Member IH Member JAN
 Member JR Member AAN
 Member SD Member PC
 Member JDV
 Member OR

Governing Board:

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

Guest Presenter:

Jen Stillion

Molina Presenters:

Elizabeth (Liz) Martin
 Amritha Roser
 Alexandra Bravo

Molina Staff:

Jennifer Barragan
 Janet Segura
 Vanessa King

Interpreter:

Marta Uribe

Topic	Presentation/Discussion	Actions/Follow-Up
<p>Call to Order</p> <p>Welcome & Committee Introductions</p> <p>Jen Stillion Mental Wellness “Mindfulness”</p>	<p>Jennifer Barragan called the meeting to order at 11:45 a.m.</p> <p>Jennifer opened the meeting by welcoming attendees. She introduced herself as the new Community Advisory Committee Meeting Coordinator and noted that Alexandra (Alex) Bravo will continue to participate in the meetings. Jennifer explained the purpose of the meeting and welcomed attendees to the first meeting of 2026. Jennifer introduced the new committee’s attendees. Attendees were invited to participate actively when presenters ask questions or request feedback.</p> <p>Presentation: Jen Stillion presented herself and began her segment by emphasizing that a wellness journey is not about doing more, but about choosing practices that help the mind and nervous system feel supported. She explained that people often begin the year with big goals and high pressure, but real wellness comes from small, repeatable choices. Jen introduced one of her long-time wellness tools: selecting a “word of the year.”</p>	

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<p>Meeting Minutes</p> <p>Action Items</p>	<p>Unlike a resolution or a goal, the word serves as an anchor—something to practice rather than achieve. She explained that language affects the body, and a single word can calm or stress the mind. The chosen word should reflect who a person is becoming as they care for their body and life. Participants were encouraged to identify one wellness intention for the year—such as walking more, reducing stress, improving sleep, increasing joy, or building connection—and then choose a word that supports that intention. Jen gave examples like consistent, calm, ease, fun, open, or boundary. She shared her own word for the year: “Yes,” representing her commitment to embracing bigger opportunities and stepping outside her comfort zone. After participants selected their words, Jen guided them through a series of breathing exercises, including deep breaths. Then Jen encouraged attendees to place a hand on their heart and silently repeat their chosen word.</p> <p>To conclude, Jen incorporated the affirmations into a dance routine, encouraging participants to move, smile, and reinforce their chosen word from their seats. She closed by reminding everyone to use their word as a daily guide throughout their wellness journey and thanked the group for participating.</p> <p>Reviewed minutes from November 20, 2025, meeting with a motion to approve the meeting minutes brought forth by Member ML 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 assistance with dental concerns. The member was contacted by the Dental Coordinator and the member's concerns were resolved on 11/21/2025. • A member requested affordable housing assistance. The member was provided with contact information for Molina Community Supports Department on 12/10/2025. 	

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<p>Elizabeth (Liz) Martin, Health Plan Quality Improvement, Molina Healthcare</p>	<p>Elizabeth (Liz) Martin from the Quality Improvement team with Molina Healthcare introduced herself and provided an overview of the Quality Program. Explaining how it ensures members receive safe, timely, and high-quality care.</p> <p>Presentation highlights:</p> <ul style="list-style-type: none"> • The Quality Program monitors Molina’s providers to ensure members have access to qualified healthcare professionals. • It reviews and addresses any issues related to the quality of care delivered. • It promotes safety and supports both members and providers through ongoing education. • Grow and Stay Healthy Guide included in member packets, outlines recommended services and immunizations: <ul style="list-style-type: none"> ○ Ages birth–10: Immunization schedules, well-child visits, and developmental milestones. ○ Ages 11–20: Annual wellness exams, immunizations, screenings such as HIV testing, eating disorder assessments, and other age-appropriate preventive care. ○ Members were encouraged to bring the guide to appointments to ask questions and stay informed about their children’s care. • HEDIS Measures-The program evaluates healthcare quality using HEDIS (Healthcare Effectiveness Data and Information Set) scores. • These scores reflect how well providers deliver essential services, including: <ul style="list-style-type: none"> ○ Flu shots and immunizations ○ Eye exams ○ Cholesterol tests ○ Prenatal and postpartum care ○ Well-child visits • Member Satisfaction Surveys-Molina also measures satisfaction through surveys such as CAHPS (Consumer Assessment of Healthcare Providers and Systems). These surveys help Molina understand: <ul style="list-style-type: none"> ○ Whether members are satisfied with their care and providers ○ What improvements are needed, such as appointment availability or access to specialists • Members were encouraged to make health screenings part of their New Year’s resolutions. Annual wellness visits help: <ul style="list-style-type: none"> ○ Identify health concerns early 	

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<p>Amritha, Manager, Population Health, Molina Healthcare</p>	<ul style="list-style-type: none"> ○ Monitor child development ○ Review immunizations ○ Conduct screenings such as BMI checks, vision and hearing tests, dental screenings, women’s health exams, and behavioral assessments ○ Provide health education and medication reviews ● Recommended preventive screenings: <ul style="list-style-type: none"> ○ Blood pressure checks ○ Annual dental visits ○ Diabetes management screenings: A1C test, retinal eye exam, kidney evaluation ○ Women’s health: Mammograms, pap smears, bone density scans ○ Colon cancer screening: Recommended for ages 45–75 ● Molina has partnered with Care Connections and DocGo to bring healthcare services directly to members’ homes. <ul style="list-style-type: none"> ○ Care Connections provides personalized support for wellness exams, chronic condition management, and post-hospital care. ○ DocGo clinicians perform in-home screenings and send results to members’ primary care providers. ● These services help members who may feel uncomfortable visiting a doctor’s office or have challenges access care at their doctor’s office. <p>Amritha Roser, Manager of Population Health at Molina Healthcare, presented an overview of the wellness, prevention, and health management programs available to members to support a healthy start to the new year. She noted that attendees should have a flyer outlining these programs, and additional copies could be provided if needed. The flyer includes a line of business indicator showing which programs apply to specific member groups.</p> <p>Presentation highlights:</p> <ul style="list-style-type: none"> ● Health Management Programs: Amritha explained that Molina offers care managers who assist members with conditions such as diabetes, asthma, depression, weight management, substance use disorders, hypertension, COPD, and heart failure. Members may also request nutrition consultations with dietitians by using the contact numbers listed on the flyer. ● Diabetes Prevention Program: The program is designed for individuals at risk of 	

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	<p>developing type 2 diabetes. Participants receive one-on-one coaching focused on nutrition, fitness, and overall well-being. A digital scale is provided that syncs with a mobile app, allowing coaches to monitor progress. The app includes educational videos, chat features, and fitness guidance. In-person and Zoom options will be available soon.</p> <ul style="list-style-type: none"> • Healthy Beginnings Pregnancy Program: Pregnant members can request a maternity case manager through Member Services. The program offers education and support throughout pregnancy, delivery, and the postpartum period. • Doula Services: She highlighted that doula support is available for pregnant and postpartum members for up to one year after delivery. Doulas can accompany members to appointments and provide guidance related to pregnancy, postpartum care, and infant support. Members may contact the Healthy Beginnings Program or email MHCdoulasupport@molinahealthcare.com for more information. • Behavioral Health and Substance Use Services: Molina’s behavioral health department connects members to mental health providers and substance use treatment programs. Both regular and after-hours contact numbers are listed on the flyer. • Community Health Worker Program: She explained that community health workers—local individuals familiar with community resources—can help members navigate their health plan, access services, and better understand the healthcare system. • Smoking and Vaping Cessation: Molina partners with Kick It California to provide coaching, counseling, and group support for quitting smoking or vaping. Nicotine replacement therapy is covered, and members can receive a 10-day patch kit while waiting for prescriptions. Support is available in multiple languages and can be accessed by phone, text, or online. • Dental Coordination and Housing Referrals: For Medi-Cal members needing help finding a dentist, Molina’s dental coordinator can assist. A housing referral specialist is also available to connect members with housing resources. Both services can be accessed through Member Services. • Transportation Services: She noted that Molina provides transportation to medical appointments and non-emergency medical transportation through American Logistics. Requests must be made at least three business days before the appointment, and rides can be scheduled online or by phone. 	

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<p>Community Resources</p>	<ul style="list-style-type: none"> • Molina Help Finder: This online tool helps members locate community resources such as food, financial assistance, and legal support by entering their zip code. • Health Education Materials: Educational materials are available in all threshold languages on topics such as chronic condition management, wellness, and accessing healthcare. Members can download materials from the website or request them by emailing HealthEducation.MHC@molinahealthcare.com or calling Member Services. • Newsletters: Molina publishes a health and wellness newsletter, with the winter issue currently available online. Copies can be provided in members' preferred languages. • Molina Mobile App: By downloading the My Molina app, members can access program information, view or print their ID card, search for providers, change their primary care provider, locate pharmacies, and find nearby urgent care centers. <p>Amritha concluded by asking if members had questions about the programs.</p> <p>Questions or comments:</p> <ul style="list-style-type: none"> • Member PC: Asked if members can change their dental provider through the Molina app. • Amritha: Yes, members can search for providers on their own, or they can contact the dental coordinator for assistance. If members are unfamiliar with navigating the process, the dental coordinator can guide them through it. <p>Alexandra (Alex) Bravo, manager with the Growth and Community Engagement team, provided an overview of several community resources available to members. Alex began by highlighting the winter member newsletter, which was included in each attendee's meeting packet. The newsletter is shared with members, providers, and the One Stop Help Center. It includes seasonal topics such as managing holiday stress, mental health tips, wellness practices like the "word of the year," information on pregnancy programs, dental care, eye care, and reminders about flu shot benefits. The newsletter is available in multiple languages. Alex then shared additional resources available through the One Stop Help Center:</p> <ul style="list-style-type: none"> • Child Action Partnership 	

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	<ul style="list-style-type: none"> • Child Action, a local nonprofit, helps families access affordable, quality childcare. • A representative is available at the One Stop Help Center every Wednesday. • The resource is open to both Molina members and the broader community. • Health Education Council Workshops <ul style="list-style-type: none"> • The Health Education Council hosts diabetes workshops at the One Stop Help Center. • Flyers are available in English and Spanish. • The next workshop is scheduled for February 9. • Attendees who register receive a \$25 gift card and a bag of fresh produce provided by Health Education Council. • Staff can assist with registration before members leave. • Fresh Produce Distributions <ul style="list-style-type: none"> • Molina partners with Bienestar is Wellbeing, a non-profit organization providing fresh produce across California. • Recent and upcoming distributions include events in Walnut Grove, with the next one on January 28 from 9–11 a.m. • Although some locations are farther away, these events help supplement grocery costs for community members. • Local Food Distribution List <ul style="list-style-type: none"> • A grid of local food distribution sites was included in member packets, listing dates, times, and locations for nearby events. <p>Alex emphasized that the One Stop Help Center is available to support members with any questions or concerns. Members can call or visit the center if they are unsure about outreach calls, need help scheduling services, or want assistance accessing programs such as dental coordination, housing referrals, or health education materials. Josselin, the Member Services Representative, is available to help in person. Alex concluded by inviting questions from attendees.</p> <p>Questions or comments: Member IH: Questioned if the food distribution sites were open to the public. Alex: Yes, the local food distribution sites are open to the public. Member JVD: Asked if resources are available for members that are prediabetic.</p>	

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	<p>Alex: Explained that the family could be registered for the upcoming Health Education Council workshop directly at the One Stop Help Center and noted that additional Molina programs were also available and would assist the member after the meeting.</p>	<p>The member was registered for the Health Education Council diabetes workshop hosted at the Molina One Stop Help Center and confirmed the member has a case manager who can assist with additional Molina resources.</p>
<p>Closing Remarks & Adjournment</p>	<p>Jennifer closed the meeting and thanked everyone for their attendance.</p> <p>The meeting adjourned at 12:37 p.m.</p>	