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RIVERSIDE COUNTY HEALTH COALITION  
"IT TAKES A VILLAGE:  
CARING FOR OUR ELDERS AND MAINTAINING HEALTH AS WE AGE"

JANUARY 21, 2026

10:00 AM – 12:15 PM

>> IRENE HJELMERVIK: All right. Good morning, everyone. Thank you for being so patient while we get started.

Welcome to the Riverside County Health Coalition Meeting. This is our first meeting of the new year for 2026, so let's give a quick round of applause for coming into the new year. We made it, y'all. (laughs) We made it to another year. My name is Irene Hjelmervik. Program coordinator for the Department of Public Health. "It takes a village. Caring for elders and maintaining health as we age."

Before we get started, for those who are in-person, there's copies of the agenda on your table. If you'd like, you can also scan the QR code up on your screen and you'll have access to that. For those online as well, you may go ahead and scan the QR code, then it will take you straight to our agenda.

For today, we're going to be going over our Land Acknowledgment. We have three wonderful presenters -- Dee Keoski from the Janet Goeske Foundation, Arlene Bruins from California Southland, followed by a small networking break, then when we return, we'll have our final presenter, Hashish Rivera-Elberson. We will ask you to complete the survey and you'll have an opportunity to get a gift card from that activity that we'll be sharing with you. Then we'll provide a quick update on the action Group and CHIP process and provide updates. We'll share partner updates if we have time, then we'll wrap up.

Just some logistics for those in-person. If you have not signed in already at the greeters table, please go ahead and do so. Restrooms are located at your right, so right behind me to my left, your right. Lactation room is also available. Go ahead and find one of our staff in the back and they will guide you to our lactation space.

You can also scan the QR code for close captioning services in both English and Spanish, so you can select the language up at the top of your preference. For those who need it as well, we have an ASL interpreter available.

Also, slides will be shared, along with a recording of this meeting. If you did not see the -- for those in-person, before you came in, there was a sign that say you agree, when you enter, there's a media consent. If you happen to see yourself in the recording, make sure you smile, if you're partaking in the refreshments in the back, make sure you pick out anything in your mouth. We want you to look nice and beautiful!

Some logistics for in-person. If you haven't done so, go ahead and enter your name, pronouns, the organization that you represent. Staff will be monitoring the chat all throughout the meeting. All participants are muted upon entry.

If you do have any questions at the time, please use the Q&A feature. You'll find that at the bottom of your screen, and we'll go ahead and get to those as time permits.

Also again, we do have the closed captioning services in both English and Spanish. You can scan the QR code, and it will take you to that. I don't need to tell you about the restrooms online, folks. It will be the room that has the toilet in there. I can't help you -- guide you there. So, apologies. But I mean, I can figure it out, if you do need help.

Now, before we officially begin the meeting, I'd like to take a moment to acknowledge the native land we currently occupy. If you don't know which land you are on, I invite you to go to the website on your screen. Native-land.ca. We are currently in the community of Mead Valley in the City of Perris, in this wonderful community center. We're currently on the land of --

Now I'm going to be sharing a video with a coalition member and dear friend of ours, Dr. Sean. He's a travel member from the band of mission Indians. Without any further ado.

(Video captioned as follows)

>> A Land Acknowledgment for the community means 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 timing memorial, and they need to be honored for that, recognized for that. They have been caring for the land, the people, and all the surroundings for a millennium. They need to be -- the community needs to be made aware that they have this relationship were the land.

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

(Video concludes)

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

(Land Acknowledgment)

We challenge you to join us in this work. If you're unaware of the land you're currently occupying, we encourage you to learn about the Indigenous Peoples in your area, their history, and their ongoing resilience.

Now, a little bit about the coalition itself. The mission of the coalition, which you all being in this room, in-person, and virtual, are a part of. The mission of us, the coalition, is to promote, improve, and sustain social and physical environments for the health and wellness in Riverside County.

So, why are we here? This coalition, and any space that the coalition gathers, is a safe space for partners who are interested and committed to improving the health of our community. We meet quarterly to share knowledge, highlight innovative processes, and identify prevention efforts.

The real reason we're all here is to expand partnership. We love to share resources, highlight innovative practices, and community empowerment. Speaking of sharing resources, we invite you to share whatever you would like to send out to the

community. We do have a dedicated Riverside County coalition website. You can go ahead and scan the QR code.

I should have prefaced this by saying this presentation is really QR code heavy. We have lots of stuff to share, so please have your phones ready to go. If you miss it, we'll go ahead and send it out as well.

If you have any community resources, any flyers, please go ahead and send us an email. We can share that in the chat. Our website is updated monthly. We do have a newsletter as well, so we can go ahead and send that out to all of your partners and share that and spread the word about all the good work you all do.

This is my favorite part. Let's go ahead and find out who is in the room. Before we find out which sector you represent, for those who are online, if this is your first meeting, go ahead and put -- type "new" in the chat so we can celebrate your welcoming.

For those in-person, can you raise your hand if this is your first meeting? Wow! A round of applause for all the newbies! Welcome. Thank you so much for coming. We're so glad you're here and we hope that you continue to come and continue to participate and be part of the coalition because without you all, and new fresh faces, new eyes, new ideas, this continues to grow and grow and work towards improving the health of our community members.

Now we want to go ahead over which sector you represent. For those who are online, if you look at the bottom of your screen, there's a little heart button that says react. When I call out your sector, you can click on that and select your preferred emoji.

For those who are in-person, if you look at your table, there are noise-makers. There's little kazoos and everything. I want you to make some noise. If you put the kazoo to your mouth, don't give it back to me! I care for you all, but I don't want it. Okay? Okay.

If you're here representing the community -- any community members or students, please make some noise! (laughs) If you're part of a CBO, a community-based organization, blow that kazoo!

If you're here from education or academe yeah, or formally with education and academia. No one here? School is in session, right? Okay. Hopefully they're online in

the background while they're doing something else, although we don't want you to multi-task! We want you to focus in class.

Public Health, healthcare, make some noise! That's me. Woo. Law enforcement, first responders? Where you at? Make some noise. They're out responding to the -- got it. Got it. I just thought maybe, you know?

Native and tribal community members? Anyone here? Okay. Finally, social services and mental health? Are you in the room, virtual and in-person? Thank you.

Everybody in the house, make some noise! Online, put those emojis up on the screen. Thank you so much. The reason why we ask what sector you represent is because representation matters.

We have so many members, and it's so diverse, and we love that the coalition is made up of diverse community groups. Our team is actually encouraged by your interests and participation, even today's topic. It was chosen by coalition members who respond to our surveys, which I'm going to ask you to do later, so get ready for that survey at the end of the meeting.

I want to take a moment to acknowledge all of the folks who represent the different sectors. Without you, you all play such an important role in bringing this coalition together.

So, now we will have our first presenter. I will go ahead and read her bio. Dee Keoski. After retiring from teaching, Dee joined the Goeske center in July 2022 as a volunteer and joined the staff in January 2024.

She was the senior advisor there. She helped seniors navigate the complicated parts of life and does outreach to share resources with as many seniors as possible. Everyone, please give a round of applause toady.

>> DEE KEOSKI: My apologies to Arlene. (laughs) They took your name! (laughs) Good morning. It's a pleasure to be here today to tell you about where I work.

The Goeske Center is what we are hoping the world becomes. It's a community, a one-stop-shop where our seniors come in and learn and live their lives, healthy and active. Everything we do is to that mission. Okay.

This is in a nutshell what we do with our over 200 activities every week, for our thousands of patrons that come through. We do it with love.

I'm not going to slide by slide by slide. About three years ago, there was a change in leadership, and the City of RCHC, the Goeske Foundation built good bones for our center, then three years ago came the heart of our center. Danielle. If you've ever met her, you know what I'm talking about. This woman just loves people, especially seniors.

From the top-down, that love went into the staff, into the volunteers, and into our center. The thing I hear the most about the Goeske Center is when you walk in the doors, you feel it. It feels different.

I notice when I first walked in there, I went there to take a tai-chi class. I had never taken a tai-chi class in three years. I went in, signed up, and they thought oh, would you like to volunteer? I'm like eh, I'll think about that.

I'm getting the tour, and I hear laughing. I see chair volleyball. It's the giggles. 70, 80, 90-year-olds. It's not silly because we are lead champs. Believe me, we take that very seriously.

My best volunteer in my DMV office, he won't play there because it's too competitive! That just cracks me up. Hearing that laughter, I thought, I want to be here. Yeah, I want to volunteer because I want to be here more than I want to take tai-chi!

That was three years ago. I work the front desk, which is where you get to know everybody. First, I go in data, behind the scenes, because I want to learn everything. But the front desk is magic. You meet people. They come in, all walks of life. You never know what they're bringing in the door with them. They may have just lost their spouse. They may have a membership, and they just bought new gear, and they want to try it out. Happy, sad, you never know what you're getting. We greet with a smile. We give out free hugs. They feel welcomed immediately.

That feeling of connectivity. That is what we do at Goeske Center. We connect people to resources. They connect them to each other. I've mediated family disputes to help mother and daughter get over themselves to maintain a relationship and stay in the home.

A lot of the work we do -- and I find housing for people. I've done disability applications for a woman with terminal cancer. Some of my days are just really sad, but if I'm not there, who is going to do that for them? Who would have helped them? They don't know you guys out there. They don't know you're out there.

How many of you can help a person off the street fill out a disability application for social security? Okay. And how would a person know you can do that? Yeah. They come in, and they're like I don't know if you can help me.

The sign I have behind my head says "everything is figure-out-able." That's what I'm good at. We solve problems, teachers. I meet every senior where they're at, regardless of their background, their language ability. We figure it out together. They just sit there and go, oh it's so nice to just sit here. Just renewing the driver's license. How many love going to the DMV? Right. I'm like, don't go to the DMV. Come in, sit in the office, we'll take care of everything for you.

You know how seniors won't give a social security number, a phone number out, their email out? Because the government is going to steal it? They will sit in my office and give me everything because we earn the trust, and we value that trust. We don't take it lightly. When you can sit in an air-conditioned office with a smiling face and take care of all those long applications -- seniors. We do that. That's in my office.

Meanwhile, they're playing chair volleyball down the way. Has anybody seen our drama productions? They're hysterical, wonderful. Seniors, dressed up, doing adoption of Romeo and Juliet. They're practicing and they take it seriously. There's lessons, practices, costumes, all of it. We have people come in for billiards.

A typical day for many of our seniors, probably about 50 seniors. Their typical day, they come in early, get a ride. There's a parade in the parking lot. Dropped off. They sit and be fit or light exercise, go to the library, visit with friends, talk to me. 11:30, lunch comes. Every lunch at Goeske Center with their friends. Some leave, some break out scrabble, the Mexican train, and sit with their friends. When their friends are going through cancer, they're doing potlucks, and they're concerned. They'll come to me. Have you seen so-and-so? Can you call and see if they're okay?

Our oldest volunteer Peter will be 102 in April, and he's an active volunteer. He checks people in for lunches. He's been a fixture there since 1976. When he came out from New Jersey a widow, met his new bride Sarah, they met at the center and had been married 30 years. They both worked there together and have for 25 years.

I really believe that the center kept him alive and young for all those years. My volunteer that does technology with me is one of my DMV gurus. Three years ago he

was widowed. Very sad and struggling. He overhead me helping someone set up a computer. He's like I can do that. Remember when seniors had to take a test to renew their driver's license? They were panicked, crying, they didn't know what to do. They were shaking. Help me study, help me study.

I talked to the State of California like no, they don't have to take a test. There's a module. What? There's a module. I said, can I help them like a neighbor helping a neighbor? Sure. We helped over 700 people in 2024 to renew their driver's license by helping them navigate the module, so they didn't have to take a test. They can drive. There wasn't anything wrong with them except maybe they don't read English well enough to read really silly questions from the DMV. English isn't even the issue for a lot of people, just the way they word the questions is. The accommodations for doing that weren't there.

Come in my office, sit down in the air-conditioning, you can do it here. Anyway, we set up the thing. He helped about 50 people, and he just comes in. He starts dressing nicer, the hair is combed, he's standing straighter! He's like a new man after a couple months because he now had a purpose. Purpose is huge.

He's like, Dee, we're doing really good things here! I'm like, yeah we are! They're so grateful, because the people will cry and say oh my god, I didn't know what I was going to do. I was going to be trapped in my home if you didn't help me.

For some of you, getting online to renew your driver's license, you don't even think about it. These people couldn't. It's whatever they need. They come in and we do it.

The billiards guys, they come in. I don't have a timer. Someone will have to help me with time by the way. (laughs) Am I over? It's in the back? You'll let me know? Okay. I'm just going to tell stories.

What we offer, I do have slides that help tie things together. Our mission is to enrich the quality of life for those 50 and over in the community we service. Everything we do is mission-oriented. My boss says that all the time. What's the mission?

Then we want to be the trusted voice and advocate for those we serve. I advocate a lot. When I call the social security office, I say I'm a senior at a local advocate senior center, and my person here has a question, and they're too intimidated to make a phone call. Just the intimidation factor. It's not a language barrier. They get confused with

details. They have trouble putting in the numbers for your birthday, social security, zip code, just to talk to a person who now you have to wait two hours to get.

Those kind of things, we're getting in there. When we evaluate our partners, there's a process that's involved. You can't just come to Goeske and give us a bunch of money and let us be a partner. We don't allow that. We vet you. We make sure you're a fit, that you're not going to take advantage of our seniors, that we can trust you. When I say go to the clinic, for instance, we trust that their mission is the same as ours. Those are our trusted. We value that.

Our pillars match what you're talking about. Active, healthy, fun, and stay connected. We know isolation is a huge, huge problem. I use photos from our center, not stock photos because I hate those.

Adam and Lorraine met at our center. He's 93. I helped him renew his driver's license when he was 92. He was one of my criers. Unfortunately, he has Alzheimer's now. And Lorraine. They've been boyfriend and girlfriend for several years. Aren't they adorable? We have a lot of exercise classes and dance classes, over 200 activities, a whole amount of choices.

Our health department. Maggie leads the health department. There's nutritional programming. Lessons every month on clean eating. Alpha Care is one of our partners. We partner with private partners. City of Riverside, huge supporters. We partner with Overflow Farms. We put it out. They lay it out like a market, they go shop in the market and they pick out what they want. Snap education. Our partners come in and give really valuable information. We have health screenings. We're educating constantly. We want people healthily.

The fun. The talent show. Have any of you been to our talent show? I thought it was going to be silly. It was amazing! The talent! Retired music teachers. He was the winner. Composed his own musical piece. Just amazing talent. Woodworking. Knitting. They spend hours together. They support each other. They will drive each other there if they can't get there on their own.

Staying connected. Brand new center from AT & T. Classes, computers, monitors. We do health expos. Seasonal expos. Our senior advisor. That's my team. We connect people with Riverside utilities. We have a hair salon. 13 bucks for a haircut.

Massages. Caregivers. We help understand health insurance. Transportation solutions. Legal services. Our silver angels is like the City of Riverside County. Police department. We call people. If somebody knows someone who's isolated, they will call and check on them periodically.

There's a lot of challenges. I don't have that much time, but we know there's a ton of challenges facing our seniors right now, and these are all in the slides. We're just beginning. We have a 600% increase in our population coming, yet less than 1% of the foundational grants go to senior programming. We need to fix that.

So, there's a lot of risk coming. It's all in the slides. We are here. We are part of the village. We're modeling what senior centers should be doing, and we're happy to share what we do. I love this outreach. I will come and tell you what we're doing. People walk in. The thing I hear the most is oh my god, it feels so good in here! Then, I didn't know you did this? I think they think we're a nursing center or what the City of Riverside runs.

I appreciate your time this morning. I'm in the back answering any questions you have. Please send your seniors when you meet them to us. We're part of the unite us network that does the referrals through, if you're part of that. We will help them out on an individual basis. Thank you for your time.

I'm sorry? it's free. You can do everything you do except billiards, the state of the art gym, if you don't have a membership. Okay.

>> IRENE HJELMERVIK: Do we have any questions online? No? Okay. Wonderful. Thank you so much, Dee. We appreciate you.

Does anybody know of any investors so we can just build a bunch of Goeske Centers all throughout? If anybody knows --

>> DEE KEOSKI: We will get bigger.

>> IRENE HJELMERVIK: Four and a half million. Did you hear that? That's a lot. There's definitely a need out there. Thank you so much, Dee. If you have questions afterwards, feel free to reach out to the staff and we can ask those, or during the networking break for those in-person, Dee will be located in the back. She's just a multi-jack of all trades. She's presenting, giving information, running the center. Wow! Woo! (laughs)

All right. Up next, we have Arlene Bruins and the Alzheimer's Association, Program Manager for the Island Empire. A little bit about Arlene. Master's in gerontology with over 20 years of nonprofit leadership, champions access to wellness resources for underserved communities. Delivers impactful presentations on Alzheimer's, dementia, and brain health. Everyone, please give a round of applause for Arlene.

>> ARLENE BRUINS: Good morning, everyone. I'm just going to settle in. I have a lot of little things here. How is everybody doing? Good? All right. Okay. I set a timer as well.

As I mentioned, my name is Arlene Bruins. I'm with the Alzheimer's Association. I oversee the Island Empire. What a beautiful Island Empire. I live in the Island Empire. The reason I joined the Alzheimer's Association two years ago -- I have a grandmother who I love and adore. I'm here mini me. Everything she did, I would join her. If she did dominoes, went to Ross, I would go with her. She's 96. Still thriving. Still walking. Still dancing.

But three years ago, she started having these conversations with religious statutes or like the anchor on the TV, having a full conversation. How are you doing? How is your day? Me being Hispanic and Latina, we're like grandma, don't do that! You're scaring everybody! We would joke around and be like oh, maybe it was one episode.

It started happening more and more, then she had signs of paranoia where she thought the neighbor wanted to harm her or steal her money. Luckily, we went to the neurologist, and did a series of treatments, and she was diagnosed with Alzheimer's.

Me, having a master's degree, working with seniors half of my life, the first thing they ask me is, what is that? What are we talking about? What do we do? As some of you may or may not know, there is not a cure for Alzheimer's, but there are things we can do to delay the progression of the disease. I'm going to go over what we do at the association.

I just want to dedicate this presentation to all those impacted with Alzheimer's. Every time I share this message, I'm encouraged to know that there are actions we can take to help our lives, to live healthier today and protect our memory and our thinking.

Every year, the Alzheimer's Association does statistics of how the disease is impacting. For 2025, Alzheimer's Association disease affected 7 million Americans

living in the United States. I'm going to give you the time to review this. This is also in our website.

You can see the increase of Alzheimer's in 1 in 3 adults dies for Alzheimer's and other dementias. They are staggering, these figures. We want to make sure you're aware and what we can do.

Show of hands. How many of you know someone that that's been diagnosed with Alzheimer's and dementia? Let's just take a moment to look. You know? Consider how widespread the impact of Alzheimer's and dementia can be.

In our community, Alzheimer's and dementia can affect many of us worldwide, and number of strategies could help. One of them is brain health.

How many of you guys have heard of brain health? Oh! Good. Okay. We're good. We're good. These are changes that we might notice that we can start seeking intervention, talking to our doctor.

Now, about the Alzheimer's Association. The Alzheimer's Association, we lead the way to end Alzheimer's in all the dementias by accelerating global research, driving risk reduction, and early detection. I want to make sure I'm pacing myself and not going too fast.

This is the core of our presentation. What is Alzheimer's? What is dementia? First, we're going to start talking about cognitive decline, right? It refers to changes in memory, thinking, and reasoning that worsens over time, just as with our physical abilities.

Some declines are reversible. I say this because let's say (no audio) Everybody in my house had it. We were foggy memory. Is it Sunday, Saturday? Does it mean we have dementia? No. We just had a little cognitive decline that was affecting us, and this could happen from a UTI, your blood sugar. Numerous things can affect our memory. Pre-menopause. That is reversible. It's just a condition we're going through.

What's alarming is if you keep seeing these recurring patterns. Dementia is an umbrella term like heart disease. It can cover a wide range of conditions that affect memory, thinking, language, problem-solving, even personality. These changes are serious enough to interfere with daily life and your independence. It's a ripple effect with

our families and the relationships in our entire community. Alzheimer's is the most common cause of dementia, but there are other causes too.

I see this because my mother is the primary caregiver for my Abuelita. There's days where she's like Arlene, I need to drop off your grandmother. She's repeating and repeating. I keep telling her no, it's this. I have to remind myself to be empathetic and live her reality. If she says the sky is purple, the sky is purple today, and it's a beautiful purple day! Just go along with it. Of course, my mom being Latina is like no, it's blue! What are you talking about? (laughs) Are we in purple land? But we're just living her reality.

As you can see, there's over 200 types of dementia. We might know a lot of celebrities now with frontal dementia, Bruce Willis. Alzheimer's is the most common. There is mixed dementia, meaning you may have dementia and Louie body and other types.

We do a presentation further in depth where we can go over step and step what to see, the ten warning signs.

Now, early detection. This is the homework assignment. Show of hands. How many of you have your annual exam every year, go to the doctor, get your lab work? Good job! Good job.

The early detection is as simple as that, having that conversation, going to your doctor. Part of Medicare. One of the benefits of Medicare is there's a cognitive assessment test.

How many of you have heard of the cognitive assessment test? The mock test. We're good. This is a test where your doctor is checking to see how you are with your memory. He will say three words. Ball. Red. Table. He will draw a conversation and maybe make you draw a clock. See how things are going.

You'd be surprised. In the case of my grandmother, she struggled, trembled, couldn't write the circle. That was an alert. Of course, when that happened, she got referred to a specialist, a neurologist.

I share this with you because even though I work with the Alzheimer's Association, I don't know if this happens when you go to your doctor's office, but you're like what did I come for? I will call the 800 line and say, can you explain to me what to ask the

neurologist? What medications and tests? They will email it to you. That gives me peace of mind because I'm not going in clueless. I'm going in with a plan. Early detection is very important.

If you know somebody that has signs of Alzheimer's, make sure to help them schedule an appointment with their doctor, get the specialist to see them and seek intervention.

We also do testing too at the Alzheimer's Association. We have trial tests where you can be part of a trial study to see if you are part of a study, part of a cure. We have that information as well at the association.

Now, what are the risk factors? Sometimes people ask, am I at risk? What should I look into? Should I be -- is this a red flag? There are risk factors.

Things that are nonmodifiable are age, genetics, and family history. Modifiable are things we can change -- certain health conditions and health behaviors. This is when we talk about ten healthy habits.

At the association, we put together these ten simple habits that we can start introducing to delay the progression of the disease. Wow. I hear myself more loud. Sorry. I didn't mean to scare anybody! Protecting your head. Like, if you're going to ride a bike, if you're doing housework. Even for my grandmother, we have these gadgets if she falls. Be smoke-free. Consider second-hand and third-hand smoke, living in the environment, making sure there is not influence of nicotine or vaping. Nowadays, it's vaping.

Get moving. Exercising. How many of you guys exercise at least 15 minutes a day? Raise your hand. Good for you. No shaming. We're not judging. No judging, but there has been studies that exercise is important. Spanish is my first language. If I don't start practicing my Spanish, I love it. It's like a muscle. If you don't work the muscle, you lose it. Whether it's playing chess, learning a new language, new instrument to play the piano, anything. That could help the decline of cognitive.

Controlling blood pressure, diabetes. These are chronic conditions that in the long run could affect getting the diagnosis of Alzheimer's. Not sleeping well. It is recommended we sleep at least 8 hours a day. If you're not, let's make that sleep

hygiene, that comfy table, bed. Keep your mind active and learning new activities, eating right, and maintaining a healthy weight.

Now, we did a study. In this study, this is a really good study that the Alzheimer's Association did for 10 years. It is the U.S. Pointers Study, which showed that programs combining exercise, nutrition, and cognitive engagement can actually help monitor and delay the progression of Alzheimer's.

In this study, we evaluate people where we help them with their eating, their exercising, and introduce cognitive exercise. Delayed the disease of Alzheimer's. What we found that people who exercise at least 30-35 minutes a day, whether it's aerobics, activities, could help your overall health. Also, checking blood pressure and getting lab work. Nutrition. Ah, that's a hard one for me because I love N and out. That's my weakness. That's my kryptonite, like if I were superwoman. (laughs) Nutrition is so important. I know Blue Zone will talk about that, which I'm eager for their presentation.

It's noted that in the study, dark leaves, green berries, nuts, whole grains, olive oil, fish. Limit salt. Cutting down on the Starbucks. I know.

Taking charge of your brain. There are several risk factors for cognitive decline. We can control that, again, by maintaining our brain healthy, and getting -- so, our brain needs to take care -- we need to take care of our brain in early stages. You know? Sometimes we say oh, I'll do it tomorrow, I'll do it tomorrow. No. We can start today, whether it's eating better, exercising, talking to our doctor, setting those doctor's appointments.

Now, this is a thing that I would recommend for everybody to take their phone out, take a picture. I want to remind everybody that you're not alone. Alzheimer's Association is here for you. We have a 24/7 help line. This help line is the one I have on my favorites. I call them and I say hey, my grandmother doesn't seem right, she's holding her purse everywhere she goes, in fear somebody is going to take her money. They hear you out, comprehend you, support you.

We also have a free education. We do classes at Janet Goeske. We're having one February 20th. We educate our seniors, every third Thursday at 12:00. We want to educate the community to know the Alzheimer's awareness is here. We have support groups. We also have a website.

If you ever have questions on the latest on medication, the latest on clinical trials, the association, what we're doing, you can go to ALZ.org.

TrialMatch is that -- I'm not savvy on this, but think about a dating app where you enter your zip code, gender, personality, demographics, and it will tell you all the clinical trials in your area. It's good to know this. I met a lot of people that start in a clinical trial and actually, because they were part of the clinical trial, that medication that did help, they didn't have to pay the actual big price and they had a no-price cost. Consider that. We're in five minutes, okay. All right.

Walk to End Alzheimer's. This is a tricky one. How many of you guys have joined a walk with Alzheimer's? No shaming. Okay. I love ALZ walks. We've had two last year. One in Temecula at the mall and one at the IHP campus. We have 600 walks nationwide. This is how we raise funds for the Alzheimer's Association. This is not a marathon or a 5K. I don't want to scare anybody. It's a walk to come together to raise awareness, to honor those we lost through Alzheimer's, and to get to know the communities around us.

If you haven't joined a walk, I invite you to start a team, to raise awareness and funds. It's a beautiful, meaningful day. Bring the tissue. You will be crying. I always cry on these walks because I get to see families and centers, and I see the transition of people and how they are impacted.

We also have another campaign which says "do what you love." This is another one where we raise funds. My kids do a lemonade stand. We give the money to the association. If you want to participate in this fundraiser, it could be from a hike, whatever you like. The funds go to the Alzheimer's Association, and you can get more information at ALZ "do what you love."

I went really quick. This is my favorite part. Does anybody have any questions? I could answer in Spanish too. Because I need to study my Spanish. Okay. Si.

>> (Away from mic)

>> ARLENE BRUINS: Great question. The statistics, higher risk. Unfortunately, women are at higher risk than men. Latina, two-thirds. African American women, one-third. When I do these presentations, I do it in communities where we're highly impacted.

I always think of my grandmother, my mom. I think about how they care for everybody, and then they care for themselves. That's my timer. Wake up, everybody! (laughs) It's an alarm! We're awake.

But yeah. The statistics are relevant that women are at higher risk than men. Any other questions? Yes?

>> (Away from mic)

>> ARLENE BRUINS: Great question. She asked, what is the youngest somebody could get Alzheimer's? I've seen people that could be in their 30s. It could be different variables, whether it's a genetic condition, whether there was impact in the brain. Meaning, if you have a genetic disposition -- mom, grandmother, it's in your genes -- you see it at an earlier age stage, but there are people that have had impacts to their brain, whether it was a seen car accident or something that's shown dementia and as it progresses, it could be Alzheimer's or other types of dementias.

>> IRENE HJELMERVIK: We have some online questions. Do you have any resources or programs to detect a diagnosis of dementia?

>> ARLENE BRUINS: Yes, we do! We're a nationwide organization. If you go to ALZ.org, you could always enter that information. There's an ALZ event and resource. It could personalize on your zip code location. We have a lot of clinical trials studies as well and support groups.

>> IRENE HJELMERVIK: Okay. One more. How does high blood pressure contribute to Alzheimer's disease?

>> ARLENE BRUINS: Great question. Okay. Mind you, I used to be a community educator, and I used to love doing presentations on diabetes and high blood pressure, right?

Blood pressure. Think about this. As your heart is beating -- as we're exercising, your blood pressure elevates, right? In the long run, if you're at a stable state (sigh) ... the reason we have blood going to our brain is because it gets oxygen, right? But think about if your heart stops beating.

What happens? What happens if you have a stroke or heart attack? There's no oxygen. There's no blood flow, right? I always connect that with vascular dementia

where people who have had a stroke or a heart attack might have dementia now, and it's because of the lack of oxygen and blood flow in the brain.

Does that make sense to everybody? I know we have a Public Health arena. I always think about that. I see people that survive the heart attack and the stroke, and then they're like oh, I'm sorry to tell you this, now you have dementia. It was depending on the impact of the stroke or heart attack, of lack of oxygen and blood flow in the brain.

Great questions. I'm pumped. Any other questions? We're also going to do Zumba. I'm ready to do Zumba! Any other questions?

Well, thank you so much. It's lovely to be here. I wish I could stay here longer. I appreciate. I'll be sticking around if you have any questions, and I have little business cards and our 800 line. Have a lovely day!

>> IRENE HJELMERVIK: Thank you so much, Arlene. Let's go ahead and go through here. We went through the Q&A. All right. Now it's time for a break. We will return in about 10 minutes. It's 10:55. Come back at 11:03.

For those in-person, our vendors have the tables at the back, so please be sure to visit them. For those online or anyone else, just take a moment. We will come back in 10 minutes. Be sure to stretch, move around, call someone, tell them they look cute today. We will be back here online and in-person in 10 minutes. Thank you.

(Break taken)

>> IRENE HJELMERVIK: Hello, everyone. For those who are in-person, we will be starting back in two minutes. If you can make your way back to the tables, that would be great. We will be starting again in two minutes. Please make your way back to the table. Thank you.

Okay, everyone. Welcome back. All right. If we can go ahead and start heading back to our tables, for those who are in-person. For those online, welcome back. I hope you all had a moment to get a snack or a drink, call someone, tell them that you love them, pet your dog or your cat, stepped outside to get some sunshine, if it's sunlight where you can. Here in media, for those online, it's a little bit overcast. But that's because the energy is inside the room today! All right.

Let's go ahead and continue on with the meeting. Up next, for our presenters, we have Hashish Rivera-Elberson. Blue Zones Activate Mead Valley, where she lives community-driven strategies focused on healthy aging, food access, and equitable environments. Collaborates with residents, schools, and local neighbors to help make easy choice across their lifespan. Purpose driven work and believes meaningful lasting change occurs when community voice leads the process. Please give a round of applause to Hashish.

>> HASHISH RIVERA-ELBERSON: Oh my gosh! (laughs) Thank you. Good morning, first of all. Thank you for the invitation. Gracias. I am very, very excited that Riverside County Health Coalition Meeting is being held in our community. (Speaking Spanish)

I serve at the Community Transformation Director for Activate Mead Valley, and I'm honored to be part of this important -- there? Well, like I said, I serve at the Community Transformation Director for Mead Valley.

The title of today's meeting, it takes a village, captures our approach completely. No single organization can solve equity alone, right? Especially for our elder adults. What is required? Collaboration, alignment, and shared ownership.

When we talk about healthy aging, we're really talking about whether our community, our elders, can actually live their later years with dignity, connection, and purpose, and to access health that they need right where they live. That's exactly the lens that we bring in our work, in media, to activate our purpose, to empower everyone, everywhere, to live better and longer.

So, let me share about our community. Our community, Mead Valley, an incorporated community, which presents unique challenges. Many older adults here related issues with transportation, food access, and social isolation. These types of challenges, we're trying to address by bringing connection and mobility and access to resources close to home, right?

That context shapes everything we do. Let me talk about what is Blue Zones Activate. Blue Zones Activate is an intensive three-year initiative, delivering healthier environments through transformation. Probably you already know that Blue Zones is grounded in research from the world's longest lived communities.

The idea behind this is pretty simple. Basically, people live longer, healthier lives, when the environment supports healthy behaviors. In media, we are working on changing systems, and we are focusing on making the healthy choice the easy choice. In Blue Zones Activate, we work with policies, food systems, environments. This initiative is designed for long-term impact. Health improvements lasting for generations.

We design a Blue Zones Activate -- with local leaders. One of the strongest areas in impact of food system has been food access. In 2025, we launched and sustained a weekly farmers market here at this community center. Let me share why this is so important for us and why it was a priority for our community.

Well, Mead Valley is a food desert. We don't have grocery stores like other cities. Our residents have to travel to neighboring cities. Riverside, Moreno valley or Perris. We are here at the community center.

The farmers market. Produce voucher program for five weeks. We did this to offset the impact from the government shutdown. Our operator couldn't get his application approved for EBT, Snap, and market match through the CSUN. We decided to fund this program for five weeks. We prioritized our families with children attending Mead Valley schools and also our seniors.

We had 381 families benefit from this program during those 5 weeks. Totaled 1,528 people served in Mead Valley. At the same time, with this program, we actually also supported our vendors as well. That was also done by this program.

We also partnered with the local -- food insecurity, during the holiday season. Of course, healthy aging isn't just about food. It's about movement, safety, and connection. Our built environment work includes advancing joint use agreement, conversation with school districts in Riverside County.

Why is this important? Well, I also have to share that Mead Valley is only one part, which is where you are right now. The community center is a community center in park. This is the only facility in Mead Valley where people can gather and connect and be safe at the same time, while they're -- I mean, having any physical activity. That's why that is so important.

We also promote -- which benefit not only students but older adults and families. We're elevating community demand for shared spaces, working path and gathering areas. This will reduce isolation and encourage physical activity across the lifespan.

Take a look at the picture on the bottom. Those are our seniors from the Mead Valley Senior Center. We invited them to have a presentation on our farmers market grand opening. I am proud to say that the farmers market not only brings in access to healthy food but it's also a place that people can connect, and we are promoting naturally as well.

Every Sunday I see people walking from their home to this farmers market. That's already happening. Of course, none of our progress would be possible without collaboration.

I can tell you that collaboration and partnership is the key for everything we do, through Blue Zones Activate in Mead Valley. We partner with an organization like the growth community church, which they are the operator of this community center. With them, we are working on building a community garden which is part of the action plan for Mead Valley.

We also are going to involve our seniors and families on this project, and we are working with them also on the food pantry procurement policy because the grove has amazing programs here. They have two food distributions a month. They serve our seniors and our families. We're trying to add the healthy element into those food programs they have.

The first picture you have on the left corner, that's the day of the food distribution day. We partner with the Grove to put these demonstration projects to life. That's the data we give away, back to the community. Let me tell you. I mean, no one is there -- oh my gosh! I have five minutes! Okay! Aye yi yi. Okay.

Yes. I mean, these partnerships work really well. I want to take a moment to say thank you to Noah. He is the outreach pastor but also the director of this community center. The manager to allowing us to be here today. So, thank you! Thank you both! They're in the back. I'm going to move really quick.

We also partner with local businesses. You see the back of the picture. She is the one who helps us and supports the bag program. There were 29 pounds of fresh food and vegetables thanks to his generosity.

Our high school. I'm a team of one, but I actually have the community as my team because every event they attended and supported their community. We also have the support from our elected officials. The farmers market initiative wouldn't be done without the supervisor's support, which we got from day one. I remember being here on February 20th in this room and on October 19th. We had that grand opening for the farmers market. Nine months, okay? It wouldn't be possible without his support.

State Senator. We are partnering with them to bring a day of the child event on April 24th, and we are going to bring health and safety resources to our children and families. Collaboration allows us to maximize resources, reduce duplication, and build trust. That is really important when we're serving older adults.

Now, really quick! I have to recognize our amazing, amazing partners. IEHP foundation. Kaiser. Molina healthcare. Riverside University. They invested in our community for the three-year project, so we are so thankful to have them and have their trust as partners.

I want to close with this. Okay? Healthy aging doesn't happen by chance. It happens by design. When we all come together, I mean, people live longer, healthier, and a more connected life.

You can see this picture. These are people from Mead Valley. Mead Valley is showing what is possible when the community comes together. We really believe that it truly takes a village. Okay?

Thank you for your time, for allowing me to share our work. If you have questions, if you want to follow us, here is our website and social media.

>> IRENE HJELMERVIK: Do we have any questions from anyone in the audience? Yes. Wait. Right there. We want to microphone you. We want to hear you loud and clear.

>> I think I know the answer to this. If I'm a member from a representative from a nonprofit or state, county, local agency, how can I get a table at the farmers market?

>> HASHISH RIVERA-ELBERSON: They can just contact me or Robert. He's on the back. I want to mention this, which is really important. Supervisor Medina is actually hosting a workshop, certified -- let me see. I have that over here. I'm sorry. Farmers market certification workshop on February 11.

Imagine this. He's bringing resources to our local community to learn how to become a certified farmers market vendor and work in the community. That is amazing. You can contact me or Sam. We work together really close together. Yes! Please, if you can participate, we would more than welcome to have you every Sunday, if you want.

>> IRENE HJELMERVIK: Okay. Anybody else? Any questions in-person? No? Do we have any questions online, Mary? What do you got for us?

>> I'm trying to see.

>> IRENE HJELMERVIK: While you get that together, Mary, I actually do have a question, Hashish. Since you were talking about the certified farmers market and how important it is, can you tell us how important it is for vendors to come out and -- to be certified as a vendor that is certified to be at farmers market and how that benefits the community?

>> HASHISH RIVERA-ELBERSON: We're trying to sustain this farmers market. What we have experienced, we have lost vendors because they're coming far from different counties sometimes. This will benefit, if you can get certified. You have to be a certified farmers market vendor in order to participate. But if you are local, that's the idea behind this.

If you live close by, Riverside, Mead Valley, Perris, it will be a more sustainable project. That's the idea behind this, and we are so thankful forever our supervisor putting all these resources together.

>> IRENE HJELMERVIK: Thank you, hashish. Any more questions? All right. I think that's it. Everyone, please give a final round of applause to Hashish.

I was going to give a spiel about rapping up our presenters, but Hashish took the words right out of my brain. It truly goes to show, even though the representatives that we have here that did our presentations today work differently in different capacities, but they all work to address the needs and help certain populations. It really does take a

village to make sure that these issues are addressed within our aging population and any other population as well. We welcome any future ideas for future coalition meetings and everything. Moving on. Speaking about ideas... oh. It's not going. We want you to take a little survey.

Take out your phones. For those online, the survey link will be posted in the chat as well. Go ahead and take our survey.

Again, your feedback is so valuable to us. We really do read through all of your comments one by one, and we take those into consideration to help shape future coalition meetings. So, your voices are absolutely heard among the coalition.

For those in-person and virtually as well, if there's nothing -- if you don't have an idea, any comment that you'd like to leave, you can go ahead and enter into the chat if you're online.

For in-person, before you leave today, if you have anything that just escaped your mind, to your right behind you, there's a poster sticky called "parking lot." Any ideas or anything that we did not really address or did not give space to, that's where it goes, or anything. You can say "give me some kind of juice, I don't want these juices every time I come." Things like that! We take everything into consideration.

Again, of course, I'll hound you to do the survey before you leave, so I'll probably just check you at the door if you're here, and online, Amanda will take care of you.

Please fill out the survey.

We want you to reward you for being here as well and being virtually here as well. While you have your phones open, as soon as you're done with filling out the survey, or you can click out of there because I want you all to have an opportunity to participate in this gift card activity.

Go ahead and start, open up your email and compose a new email. You're going to send us an email. You'll see on your screen the email address is [RivCoHealthEquity@RuHealth.org](mailto:RivCoHealthEquity@RuHealth.org). In the subject line, you can put today's date, Riverside County meeting, just to let us know the email is coming from you in regards to today's meeting.

We want you to write two things in that email. The first thing is... do something and make it actionable. What is one thing you learned today that you plan to apply to your professional or personal life, around aging and caregiving services?

The second thing is... share some wisdom. Share one piece of wisdom or advice from an elder or something you've learned from caregiver.

The first seven people are going to win a 25-dollar gift card of their choosing, so please enter this as fast as you can. We want you to get those gift cards. Also, put intention behind your answers. Maybe it's not about the gift cards but it's about what you feel and what you're going to do when you leave here, what you will share among other folks.

We'll go ahead and give you all just a few minutes to complete that. Good luck to the lucky seven winners. Also, it's first come first serve, whoever answers including online and in-person. So, for those folks online, we will reach out to you if you do win a gift card. Congratulations to the future winners and good luck.

I will give you all a couple minutes.

If you're a county employee, don't send that email. You won't qualify for a gift card, but please go back to the office after the meeting. Thank you.

Okay. Let's go ahead and continue with the meeting. We will announce the winners at the end of the meeting. We still have time to send the email.

I'm going to pass it off to my colleague Morina. She will give you the update about our Action Groups and our community health improvement plan. Please everyone give a round of applause to Marina.

>> Thank you, Irene. Good morning, everyone. I am one of the co-chairs for the community health improvement plan also known as our CHIP. This morning, Tomi (phonetic) and I are excited to share an update on the CHIP process and outline important next steps as we move forward together.

Based off of community input and feedback, we've identified three priority areas for Riverside County. The first one is mental and behavioral health. The second is access to care. The third is housing. We are so thankful and grateful to everyone that has contributed to shaping our priorities, and we are heading in the -- in the right direction.

We also have some exciting news to share about what's coming next, to help move this work forward. We will be launching three work groups. Each supported by dedicated co-leads.

Some of our managed care plan partners have stepped up to help guide and advance this work, and we are thrilled to share who will be involved.

I will ask for those that are with us in-person, if you could please stand as I go through each of the priorities and list out your names.

Starting with mental and behavioral health, for Kaiser. We have Gilian Stucky. (phonetic)

From IUHS behavioral health, we have Diana. Also, Diana, I saw you provided an update this morning. We have an additional co-lead, Mindy, from IHS behavioral health.

From Public Health, we have Sean Cortez. Okay. For access to care, we have Sarah M. I believe she's participating online. She's from Molina.

From IUHS Public Health, we have Juanita Irvine. (phonetic) Lastly for housing, our co-lead is Vasquez from Public Health.

In addition, we want to ensure we have strong community voice and representation, so we are developing an application process for community members who are interested in serving as co-leads to work alongside our partners and our co-leads.

Before I pass that off to Tomi, if you are interested in being part of these Action Groups, whether that's as a participant or as a community co-lead, you can reach out to myself. I'm here. Or Robert. He's one of our other CHIP co-chairs. We'll be able to assist you.

For those online, if you can just add your information in the chat, that way, we can include you in our next Action Group meeting.

With that, I will go ahead and pass it over to my colleague Tomi, who will share more details about the community application we're working on. Thank you, everyone.

>> All right, everyone! I'm super excited. You see how on the screen you see your name here? This is important to this because coming soon, we're going to have our CHIP Action Group community co-leads recruitment. This is exciting for us because this is a chance for us, again, when we talk about our managed care plans. Either it's IHP, Molina, whoever we work with in the community. Of course, we have RUHS. This

is where we talk about the collaborative piece and people in the community come together so we can improve the health and well-being of our residents who worship, learn, all that stuff in Riverside County.

Coming soon, we're going to have our community co-lead. These are different people in the community, individuals, saying they're interested in co-facilitating with the housing and the access to care. Again, we're still waiting on approvals, but this is something we want to provide some type of honorary to these three individuals.

Each of them will be co-facilitating either the mental health and behavioral health, the housing, and access to care. All the amazing people you saw stand up, they'll be partnering and working with them. We're literally coming in hot this year because we're trying to make sure we can bring that collaboration piece and talk about the power sharing and power building we talk about in our community, and hence all these great speakers that talked about we need more resources and need to come together.

We're waiting on approvals here and there. Once we do, email announcements will be sent. If you're not on the contact list, you need to get on it now. That's where we're going to share the information saying hey, the application is open, please share it. If you're interested in that and that's something you think you can do, then please by all means, apply for it.

We're going to have a selection committee that's going to look at like, two week's deadline, close it, then have a lot of our committee members already for the Action Groups look over that and select individuals they think they want to co-facilitate with us.

Again, please get on that list because once we have it out there, we want to blast this to everybody. I will definitely ask you all, as homework, once you see it, please share it. We want great individuals and to partner with new folks maybe we haven't partnered with in the past.

We do have a sign-in table. If you're interested in being part of the Action Group, it is over there. Robert, wave your hand again. You see Robert? Hey! You go to him. Any questions you have regarding the community health improvement plan, anything about the Action Groups, whatever, even to sign up. Any questions, you go to Robert. We have a sign-in table over there too.

Again, if you're not on the contact list or email list, we usually share monthly newsletters, please get on it ASAP. It's going to come out, and that's how we're going to get it out there to the community. Thank you, everybody.

Online folks as well too, again, we're going to tell everybody as well too. (laughs) We don't have it just out into the community yet. Just know again, if you're interested, please put your name and your email in the chat. Actually, I believe our chat moderator will put our email. That's our email. If you want to get on the contact list and you're not on there, send an email there, and we will get you on the contact list as well. See myself and my colleague Robert over there as well too. Thank you, everybody.

>> IRENE HJELMERVIK: Thank you, Mary. All right. Now for our gift card winners. If you are in-person, we'll go ahead and flag you down. If you can just wave, let us know, show your beautiful face so we can get a gift card to you, and we'll have someone come by, by the end of the meeting.

Drum roll please. (laughs) Our first winner is a representative from Peaceful Hearts. Where you at? Yay! (laughs)

Our second winner is Julian Wandra. Congrats. There we go. Wonderful. Thank you.

Our third winner, Yesenia Martinez. Are you here or online? Looks like online! Congrats!

Our fourth one. Terry Smith. Yay! Congrats, Terry.

Our fifth winner, Brent. Yay. Congrats! That's a lot of in-person folks. Online, you're missing out! Come visit us next time!

Our sixth winner, -- Mendoza. Congrats.

Finally, our seventh winner, Heidi Schwartz. Another in-person! Congrats to all of the winners.

All right. We have an opportunity for partner updates. This is a moment, if you'd like to share any updates or events, we do have a microphone. It was in the back. It's floating around somewhere. If you raise your hand, we'll go ahead and get to you, and you'll have an opportunity to share any updates.

For those online, please feel free to share in the chat your resources. I'm not sure if you're able to actually put in the chat any documents, but feel free to email it to us at our email. We can go ahead and throw that in the chat. Rivcohealthequity@ruhealth.org.

>> Thank you, everyone, for attending today. My volunteer is Terry (phonetic). Give her a round of applause. She gave away tickets for a (laughs). We have two Blue Zone kitchen booths. We are going to have the raffle right now.

Who is going to tell us which number? Last three digits is 740. 740. Ah! Yes. Thank you. (Speaking Spanish)

Then the second book is 742. 742. Do we have a 742?

>> Did they leave the meeting before it was over?

>> Oh my gosh! Next!

>> Okay!

>> We'll go to the next one which will be 746.

>> 746.

>> 746. Don't be shy. Where are you? They left.

>> 738. 738. The same table. Okay. This is great. Thank you. Thank you all for having us.

>> All right. Thank you, Hashish. Our next partner update?

>> Hello. My name is Chairity. I work for first five Riverside County. First five has five resource centers that falls under their umbrella. One is here in mead. It's right upstairs. I brought some flyers to share. Hopefully you all can share them with the community and let them know we're upstairs in Suite 204. Should I just start at the table and pass them around? Okay. Thank you so much. All right. That flyer talks about the different resources that we offer.

I also wanted to share that most recently we formed a partnership with global clinics. We have one from RUHS and also Cal Baptist. They offer different services so I'll have those flyers coming around as well. Please pass this out. This is so fitting that this happened today where we're talking about health because these are free services. We want the community to know there's certain times these clinics, these mobile clinics, are here onsite. Thank you! Appreciate it.

This last one is going to be Riverside. This one, RUHS Mobile Clinic, is February 25th. They offer an abundance of services. Flu shots, physicals. The brochures Mary is passing out is for the mobile clinic as well. If you can get these out into the community. Not just the clinics but also the other services that are listed on the flyer as well. We would appreciate it. Thank you so much.

>> IRENE HJELMERVIK: Would anyone else like updates? Thank you.

>> Hi, everybody. My name is Celine. Community health systems. We are hosting the Moreno valley workshop -- teenagers. We give community service hours for teenagers who attend. We have two different programs that we put together. One of them is focusing on mental health. It's been proven to help adults actually improve their mental health. We're going to be using that program for the teenagers.

The other program focuses on a variety of different topics. I think they're really great topics because, now that a lot of teenagers are on their phones, they get access to a lot of information, and they can look at anything they want. You know? If the parents are not monitoring what they're on.

A lot of the topics that we go over give them more information about drugs, about sexually-transmitted diseases. We talk about mental health. We talk about life skills and more. It's a great program.

If you want more information, I have a flyer as well. Thank you.

>> IRENE HJELMERVIK: Thank you so much. All right. One more. Another update?

>> Hello. My name is Aviva. I'm with Riverside Public Health. I want to bring up the inland coalition on aging which has been mentioned a couple times today. I know multiple organizations that are here are already represented in it.

If you are from a community organization or agency that is not yet represented in the inland coalition on aging, I wanted to encourage you to go to [www.inlandaging.org](http://www.inlandaging.org). See if you or someone from your organization can reach out to get a seat at the table.

The Island Empire master plan on aging recently came out through that organization. It's a big coalition with a lot of different partners. It would be great to get as many organizations that are involved in healthy aging and caregiving a seat at the table, if to be. Thank you.

>> IRENE HJELMERVIK: Anybody else?

>> With RUHS Public Health, daisy here. I wanted to mention that there are Blue Zone initiatives in other areas of the county. I want to name them. With me, the City of Riverside, the City of Banning, Palm Springs, and Coachella. Coachella will have their kickoff event on this Saturday. It's called (Spanish) If you are there, we welcome you to attend the kickoff event from 10:00 to 1:00 at the Veterans Park. We hope to see you there.

The other update. The County of Riverside is doing a budget priority survey. If you haven't heard of this, it's a very important survey, so you can voice your opinion in terms of what your priorities are for the county budget.

There is a QR code available, and we will be highlighting it in our RC coalition newsletter so you can make sure if you haven't already received that email or if you're not aware of it, you can voice your opinion through that QR code.

That one closes February 28th. Make sure you voice your opinion. It's very important. All right. Anybody else?

>> IRENE HJELMERVIK: Thank you, Daisy.

>> My name is Christina. With Riverside County office on aging with the family caregiver support family. We have our care pathways classes right now. They are for our family caregivers, for those with dementia or mental health illness. Classes are 11 weeks long and we offer respite for family that want to attend. We also have our case management for our family caregivers. We have our grandparents raising grandchild program for grandparents starting over again. We offer support groups in-person and online. Thank you.

>> Hi, everyone. My name is Ahad (phonetic) from Reach Out. I work out of the -- office but my team and I do a lot of work in Perris, Moreno Valley and Mead Valley as well. We work a lot in substance use prevention. One of the biggest things we work on is addressing the opioid overdose crisis that a lot of our communities are facing.

One of the events I want to quickly mention is -- our team does a community coalition at the Perris Valley chamber of commerce each month on the second Wednesday. If you want to learn more about the work that we're doing to address opioid overdose and you want to be involved in our coalition, our next one is

Wednesday, February 11th from 10:30 until noon at the Perris chamber and we have flyers for that as well. That's it for my update. Thank you.

>> IRENE HJELMERVIK: Thank you. We have another update at this table?

>> Hi, everyone. My name is Luciana. I'm from Asian Pacific Counseling and Treatment Centers, APCTC for short. We are a nonprofit, and we do a couple of different things. Primarily, PEI (phonetic) prevention and early intervention where we do mental health related workshops. Also, we do parenting groups as well.

What sets us a little bit different apart is all of our staff is bilingual and bicultural. We travel in the field to meet the community needs. In addition, we also do counseling services. If you'd like to get to know us more, my colleague is passing out -- next coming week at the lunar festival. Thank you.

>> IRENE HJELMERVIK: Thank you, everyone. Any more updates? Okay.

>> Hi, everybody! We made it to the afternoon. It's almost lunchtime. (laughs) I'm with neighbor healthcare pace. We are a program of all-inclusive care for the elderly. We are a medical social and home care program for seniors. The magic of our program is a care team that interacts with the participants daily.

I wanted to invite everybody to our open house in Murieta. It will be on Thursday, February 5th from 4:00 to 6:00. It's in the French Valley area. If you want to join us, come by our table. We will give you more information. We would love to have you come check out our facility and see how the program might benefit someone you love. Thank you.

>> IRENE HJELMERVIK: Thank you. Anybody else -- any other updates?

>> Good morning. My name is Joshua. I'm with in link caregiver resource center. Our prevention and early intervention programs for adults over the age of 60 have immediate openings. If you know anyone who is over the age of 60, maybe experiencing early signs of depression, it being the new year and all, this is the perfect time for them to reach out to us. Thank you so much.

>> IRENE HJELMERVIK: Thank you.

>> My name is Brenda, and I work with Joshua. He works for pearls, and I work for thrive. Also, we offer services in the home, if that's the client's preference, and we also offer services in English and Spanish.

>> IRENE HJELMERVIK: Thank you. Appreciate all your updates. Any more? Sharing is caring. In the back. Go ahead.

>> Hello everybody. My name is Michael Ruiz. Here representing the Suicide Prevention Coalition of Riverside County. We have an upcoming event I want to promote to our vendors in the room or anybody who may be interested in attending.

It is meant to bring together older adults and kiddos and families and younger generations together to help promote bonding in any way, long-term bonding. We are looking for vendors for this event who can maybe host activities and encourage that, at this event. If you are interested in attending as a table or maybe providing something to make the event more worthwhile for those in attendance, we would appreciate it. It's going to be on February 21st on a Saturday, 11:00 to 2:00 in Riverside at the family services associations of Magnolia child development center. Thank you.

>> IRENE HJELMERVIK: Thank you. Any more updates in-person? Are we able to unmute folks online? Okay. Great. If there's any folks online, I don't see you, but I know you're there. Please, we'll go ahead and open up the mic. We'll go ahead and order, if there's a few more people sharing. Please, online folks, please share your updates with us.

I'll give it another couple seconds. No one wants to share anything online? Okay! Don't be sad if no one shows up to your event!

Anyway, thank you everyone for your updates, in-person. Online -- oh wait! Psych. Back up. Can we get her a mic? Oh wait. Hold on. I hear some praise. I definitely want to get a mic to you.

>> (laughs) Thank you so much. I'm an old RN of 82 years. 82 years old. Not 82 years nursing! Anyway, I'm just visiting here in Perris. There's a lot I've dealt with in my life, in the many years I've nursed. I'm overwhelmed by the information, overwhelmed by the joy and the fact I'm so thankful there's so many resources.

If you're not from a medical background or you're just a community person that wants to learn more, this is the place. I am so proud and so thankful there's so much for us. So, thank you for putting this wonderful presentation. It's been a really amazing day. Thanks a lot to all of you. Shall we dance? (laughs) Thank you so much.

>> She needs a mic. (laughs)

>> I'm getting my steps in.

>> My name is Francisco. I volunteer with the Latino voters registration project. I want to -- many of our mental health issues start with the people we elect. We have a really serious problem in the Latino community of not voting. Only half of the people in the Latino community, citizens, participate in voting. I encourage everybody to vote. We have an election here in June and another one in November. Thank you very much.

>> IRENE HJELMERVIK: Thank you very much. All right! Moving on. I have our updates. If you have social media, have you followed us on social media yet? Did you know we have a podcast? Equity -- like TEA. Spilling the tea on all things equi-tea. Online, can you put an emoji on there? Just a little laughing emoji. Thank you.

(laughs)

We do have a podcast. It's a podcast that disseminates culturally relevant public health resources. The goal is to uplift under-serving and under-resourced groups, bringing awareness to social and racial injustices, and to mobilize the community to achieve equity.

You can find us where all podcasts -- I'm not a podcast person, so I'm the last person that should be promoting this, but I've been told it's a great podcast. I'm actually in line to host our podcast next month.

In a minute, I will tell you what our upcoming podcasts are about, but if you follow us online and stay in touch with us, you will know what's coming up for the rest of the year.

You can find us, of course, you can email us, find us on social media. Our handle is the same, @equityinRivCo. We love to share resources. Here you go. If you didn't catch our email, there's our email. Go through our website. We have past coalition videos from past meetings.

Again, we all shared resources here in-person. If you'd like, if there's any other flyers or anything you'd like to share, a digital version, we do provide our newsletter and everything bilingual, English, and Spanish. Please, if you're able to translate any resources you're sharing to Spanish as well, so that way we can share that out to the community.

Remember -- oh, I forgot. If you follow us on social media, both our equity social media account or our public health social media account, we're all mutuals. Equity follows Public Health. Public Health follows equity. We're all chatting up online. If you follow us, you will see this year we're actually celebrating 100 years as the Public Health Department for Riverside County.

We turned 100, y'all. Go figure! It's so fitting the topic. It takes a village. We have a big robust history of public health in Riverside County, so we're celebrating 100 years of the health department. Follow us online. You will see all of the updates every month throughout the rest of the year.

We'll be highlighting different branches within our Public Health Department and we will share even more resources. It will be a great way to connect and share even more about not only what the Public Health Department does but how we connect with the community to continue providing such excellent great services.

Again, if you did not take the survey, here's your chance to do it now. Scan that QR code. Folks online, here's your opportunity. I know you're just sitting there. I hope you're not multitasking. You're focused on this meeting! Yeah? Okay. I'll give you a moment for that. You're forgiven. I'm going to check you at the door to make sure you submitted yours.

Here's the schedule for the rest of the year. Like I said earlier, we meet on a quarterly basis. Our next meeting -- it's always on a Wednesday. Our next meeting is going to be Wednesday, April 15th. Same time, but the location is to be determined, TBD. If your organization has a lovely space that would love to host us, we would love to fill your space. All right! (laughs) If not, we'll find a location.

If you would love to host, we'd love to be hosted. Thank you for that. You can go ahead and put it in the chat. Say, "I will host you in April." Or just send us an email. Send us an email for everything. Yeah. Just send us an email, like a daily. Not daily! Never mind. You know what? I take that back. I'm moving on.

That's it. Coalition meeting is over, but our work is not over. We will continue to interact with each other out in the community, through our emails, communicating through our surveys. If you want to send birds or smoke signals, send me a text. We

receive all kinds of communication. We're here to be accessible as well. Our next meeting is Wednesday, April 15th, both virtual and in-person.

If you have -- oh, yeah. Our vendors in the back, for those in-person, are still going to be here for another 20-30 minutes. If you did not get an opportunity to meet with them and get their resources, please do so. This is a time for you to network. We still have the room for a little bit. Online, once the meeting ends, the meeting ends. I'm sorry. But you can send us an email or follow us at equity and RivCo on all socials.

Thank you to all of you. We'll see you in April. Bye.