

Council Members

- **Conor Carlsen**
Consumer Representative,
Chair
- **Christie Rudder**
Consumer Representative,
Vice-Chair
- **Shelby Fisher**
Crook County Public Health
- **Jessica Jacks**
Deschutes County Health
Services
- **Linda Johnson**
Community Representative
- **Aimé Maxwell**
Consumer Representative
- **Theresa Nguyen**
Jefferson County Public Health
- **Lucia Orozco**
Consumer Representative
- **Brad Porterfield**
Consumer Representative
- **Mayra Tepáyotl-Alvarez**
Consumer Representative



COMMUNITY ADVISORY COUNCIL

December 18, 2025

ZOOM MEETING

Video Conference Link in Calendar Invite

Conference Line: 1.669.900.6833

Meeting ID: 864 9263 5310#

Passcode: 933436#

- | | |
|----------------------|---|
| 12:00-12:20 | Welcome – Conor Carlsen <ul style="list-style-type: none">• Introductions• Welcome New Attendees• Land Acknowledgment – CAC Volunteer• Meeting Practices• Public Comment / Patient Story• Announcements & Updates<ul style="list-style-type: none">○ CAC Coordinator Transition starting January 2026• Approval of Meeting Notes for November 20, 2025 |
| 12:20 – 12:30 | Breakout Session: What’s a tradition or habit that helps you stay hopeful when times feel heavy? |
| 12:30 – 12:40 | Diabetes Event Recap – Miguel Herrada |
| 12:40 – 12:55 | CAC Chair Nomination Discussion & Election – Ari Powell |
| 12:55 – 1:25 | 2026 CAC Planning: Priorities & Strategies – Conor Carlsen |
| 1:25 – 1:30 | Closing: Recap & Next Steps – Kelley Adams |

“The overarching purpose of the CAC is to ensure the COHC remains responsive to consumer and community health needs.”

—COHC CAC Charter

The Central Oregon Health Council encourages persons with disabilities to participate in all programs and activities. This event/location is accessible to people with disabilities. If you need accommodations to make participation possible, please call (541) 306-3523.

Land Acknowledgement

We recognize and acknowledge the indigenous land on which we live, work, learn, play, and grow. This is the land of the Warm Springs, Wasco, Northern Paiute, Tenino, Klamath, Molalla, and Yahooskin. We acknowledge them as the past, present, and future caretakers of this land. It is on their traditional land where we partner to improve the health and well-being of Central Oregonians. We aspire to be good guests honoring the concept in the Warm Springs culture: "This land is for you to know and live upon and pass on to the children."



Community Advisory Council (CAC) Meeting Changes: What to Expect

We want the CAC to be a warm and welcoming place for all. We want to ensure all CAC members feel comfortable to fully participate and contribute. To do this we are making some adjustments to how our CAC meetings are run. These changes are:

- Making the meetings less institutional and formal to create a warmer and more welcoming atmosphere. Examples are using more plain language, having more conversations and less presentations, and simpler voting instead of motioning.
- Renaming each attendee in Zoom with their role; either a CAC Member, Support Staff, or Guest. This will help easily identify who's who in the virtual space especially for guests and those members who are new.
- Asking all supporting staff from COHC, PacificSource, and the OHA to share why they are attending and what their role is in supporting the Community Advisory Council.
- Inviting all CAC members in attendance to share input during discussions and before decisions are made. We want to prioritize Consumer Representatives and make sure all voices are heard. Guests in attendance are invited to contribute to the conversation when requested by the CAC Chair or Vice Chair.
- Building relationships between CAC members. We will be setting aside time at each meeting for CAC members to go into a virtual break out room, answer icebreaker questions or chat about anything they'd like.



**COHC Community Advisory Council
Held virtually via Zoom
November 20, 2025**

CAC Members Present:

Conor Carlsen, Chair, Consumer Representative
Christie Rudder, Vice Chair, Consumer Representative
Linda Johnson, Community Representative
Lucia Orozco, Consumer Representative
Aimé Maxwell – Consumer Representative
Brad Porterfield, Consumer Representative
Theresa Nguyen – Jefferson County Public Health
Jessica Jacks – Deschutes County Health Services

CAC Members Absent:

Mayra Tepáyotl-Alvarez, Consumer Representative

COHC Staff Present:

Kelley Adams, Central Oregon Health Council
Ari Powell, Central Oregon Health Council
Dawn Ann Hudson, Central Oregon Health Council
Miguel Herrada, Central Oregon Health Council

Support & Guests Present:

Kristen Tobias, PacificSource
Lupe Sims, PacificSource, Tribal Liaison
Mariah Miller, Oregon Health Authority
Shelby Fisher, Crook County Public Health
Kat Mastrangelo, Volunteers In Medicine (VIM), JEDI Committee
Penny Pritchard, Central Oregon Health Quality Alliance, JEDI Committee

Introductions

- Christie Rudder welcomed all attendees. To save time at the meetings, only CAC members and those who are new, changed roles, or guests will verbally introduce themselves. Everyone else will use the Chat to enter their name and role.

Land Acknowledgement

- Aime Maxwell read the Land Acknowledgement (see the meeting packet for statement).
- Lupe Sims, PacificSource – Tribal Liaison, asked to review the Land Acknowledgement to provide corrections and updates.

Meeting Practices

- Christie Rudder reviewed the Meeting Practices and how the CAC meetings are meant to be welcoming for all (see the meeting packet).

Public Comment/Patient Story

- Christie welcomed public comment.
- Brad Porterfield expressed concerns about the future of Medicaid and the cuts in the budget. Ari Powell stated that there have been administrative cuts at OHA but there have been no changes in services or in eligibility for Oregon residents. Mariah Miller from OHA informed the CAC that the Oregon legislature has been mandated to balance the budget, so all state agencies are cutting costs internally in the hopes to keep things sustainable. Mariah is happy to bring updates to the CAC as they happen.

Announcements & Updates

- Conor Carlsen announced that he will be leaving the CAC after the December 2025 meeting as he will no longer be eligible for Oregon Health Plan (OHP).
- CAC Chair elections will happen at the December 20, 2025 meeting. CAC members who are Consumer Representatives and have been on the CAC for at least 1 year, are eligible to be nominated for the Chair position. Please reach out with any questions or nominations.
- Conor has reached out to Crook County to find a representative from the Crook County Public Health to join CAC. Shelby Fisher will consider being the Crook County CAC representative.

Approval of May Meeting Notes

- Christie Rudder asked the CAC members in attendance to vote on approving the notes from October 2025. There were no objections to the meeting notes, so they are approved.

CAC Member Small Group Breakout Session

- The topic for the November meeting was: What is your favorite winter event or tradition?

COHC December Diabetes Event Presentation

- Miguel Herrada, COHC Staff, with the JEDI Committee is organizing a diabetes control event on December 3rd in Bend. The event aims to connect community members, organizations, and providers to discuss diabetes control. Participants will discuss barriers to healthy food and opportunities for collaboration.
- Lupe Sims emphasized the importance of including regional tribes in CAC discussions as diabetes prevention is a significant focus for tribal communities. Lupe offered to facilitate communication and engagement with tribal communities.

CAC 2026

- Conor Carlsen led the conversation about what the CAC's work in 2026 should look like. COHC will not have the funds to offer as many grants going into 2026 so the CAC can look at other ways to make an impact in the community. Some of the ideas brought forward were:
 - Recruitment of CAC members and strategies for more CAC visibility through marketing efforts.
 - Recruitment Flyer
 - Social Media
 - Local Media
 - Improving CAC and Board relations and amplifying consumer voices.
 - Inquire about best practices for board and CAC communication from other CCOs
 - Collaboration and building relationships
 - CAC to be a reliable source of information for OHP members.

VIEW THE RECORDING OF THE NOVEMBER 20, 2025 CAC MEETING

<https://youtu.be/QSjy6MLFjMU?si=8d4mfFqhVQLaMBwS>

CAC Update

Collaborate for Success in Diabetes Control

Connect - Learn - Collaborate

JEDI

Justice, Equity, Diversity and Inclusion Committee

The COHC Justice, Equity, Diversity, and Inclusion Committee (JEDI) advances diversity, equity, inclusion, and justice to eliminate health inequities and realize health and well-being for all people living in Central Oregon.

JEDI 2025-26 work plan activities

**Presence and communication
to advance health equity.**

Create a positive narrative around
JEDI and Health Equity

**Building the tools to
advance health equity.**
*COHC Health Equity
Implementation Actions*

Supporting Communities.
Collaborative learning
opportunities (sharing tools and
resources)

JEDI Members

Christine Lynch

Community Quality Coordinator, PacificSource

Daniel Hernandez

Community Member

Kat Mastrangelo

Executive Director, Volunteers in Medicine

Ashton Varner

DEI Strategist, Deschutes County Health Services

Danielle MacBain

Grants & Government Affairs Manager, Mosaic
Community Health

Theresa Nguyen

Jefferson County Public Health

Jill Ridling

Health Career Outreach Coordinator, Central Oregon
Community College

Kimberly Rojas Drew, RN, BSN

Diabetes RN Care Coordinator, Volunteers in Medicine

Penny Pritchard

Executive Director, Central Oregon Health Quality
Alliance

Ignatius Bau

Health Care Policy Consultant

Catalina Sanchez Frank

Executive Director, Latino Community Association

Noura Sall

Research Manager, St. Charles Health System

Mary Ann Wren, BSDH, EPP

Director, Integration and Community Programs,
Advantage Dental

Iiliana Cabrera

Program Manager, Gender Hive | Consultant, Allyship in
Action



JEDI Committee invite

The JEDI Committee meets every first Wednesday of the Month (zoom) from 8:30 to 10 am. If you would like be part of it please contact:

Miguel Herrada miguel.herrada@cohealthcouncil.org

Gwen Jones: gwen.jones@cohealthcouncil.org



Purpose

The event was an opportunity to connect, learn, and reflect on the findings from the *Diabetes in Central Oregon: A Community Snapshot* report. We also explored how we can all inspire action and collaboration for better diabetes control in our region.

The event was more than just information. This was an opportunity to come together, exchange ideas, and create organic connections to spark meaningful initiatives for diabetes control.

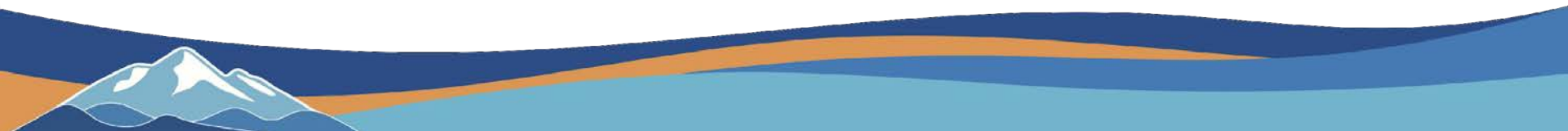
Diabetes in Central Oregon: A Community Snapshot

*COHC Diabetes in Central Oregon: A
Community Snapshot*



What did we look at?

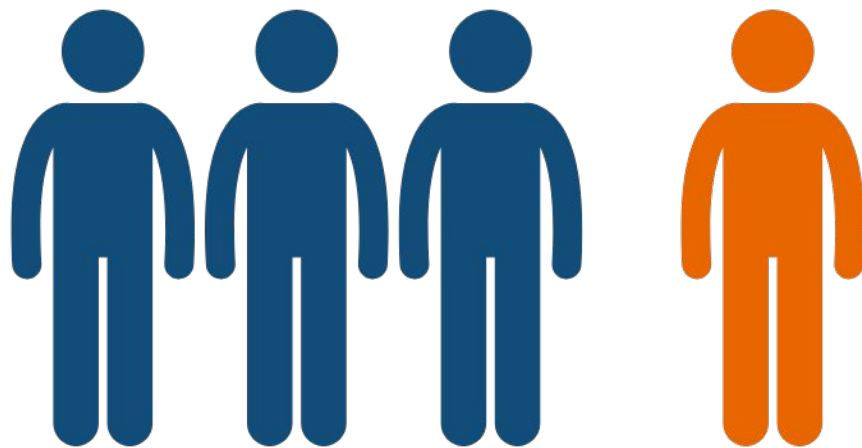
- Adults with diabetes enrolled in PacificSource Community Solutions/Oregon Health Plan (OHP)
- Combined data from 2024.
- Diabetes control overall and across age, county, race/ethnicity, language, disability, and gender identity.



Key Finding #1: Overall

- Most are doing well, but not all.

Diabetes Control for Members

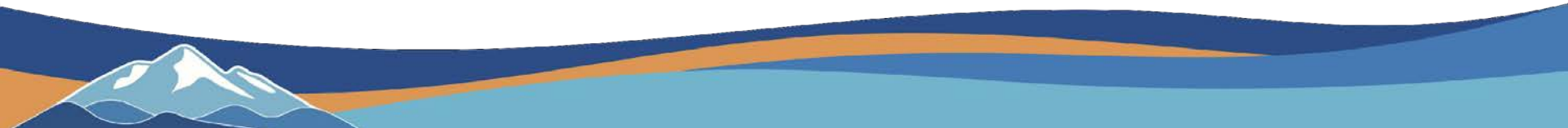


3 in 4 (74%) have well-managed diabetes.

1 in 4 (26%) have harder-to-manage diabetes

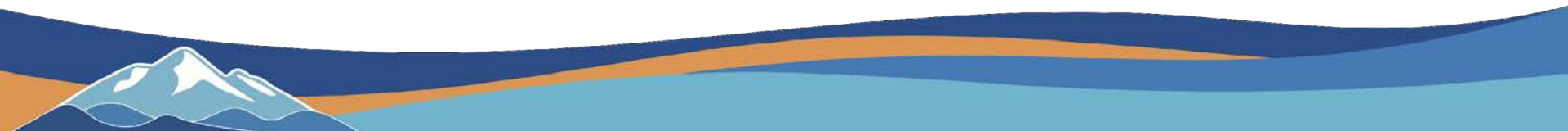
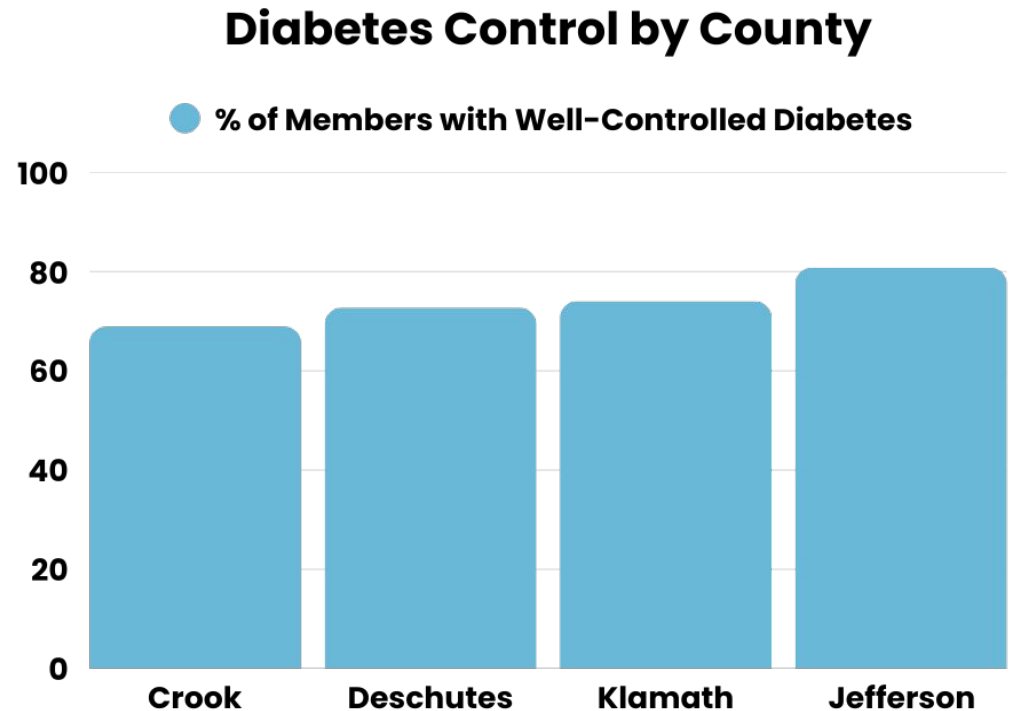
Key Finding #2: Age

- Younger adults (18–45) are more likely to have well-managed diabetes.
- Adults 65+ are more likely to struggle. Nearly 7 in 10 have harder-to-manage diabetes.



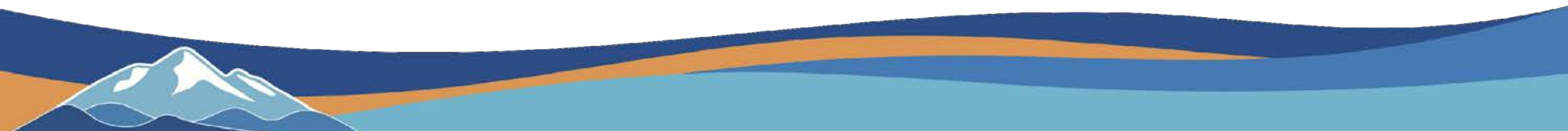
Key Finding #3: County

- Jefferson County stands out: 8 in 10 members have well-managed diabetes, the highest in the region.



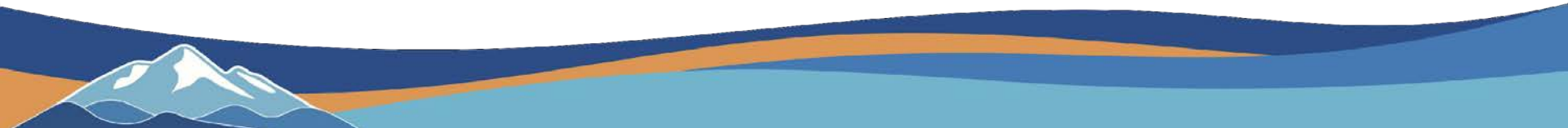
Key Finding #4: Race, Ethnicity, & Language

- American Indian and Latino/a/x members had the best outcomes, 83–87% with well-managed diabetes.
- White members were more likely to have harder-to-manage diabetes.
- Members who speak Spanish were more likely to have well-managed diabetes, about 9 in 10 (87%).



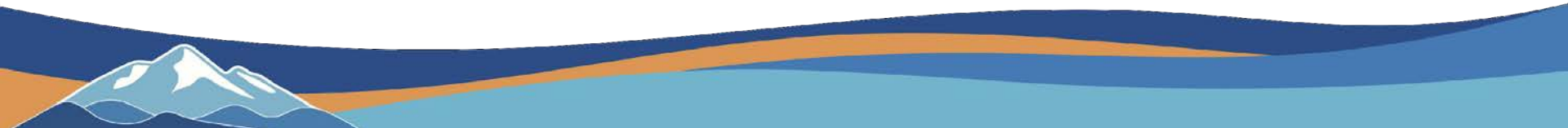
Key Finding #5: Disability

- Members with disabilities were more likely to have harder-to-manage diabetes, about 7 in 10.



Key Finding #6: Gender

- No significant differences between men and women.
- Small gender-diverse sample: more data needed.



Next event...

- ❖ **JEDI is preparing** an event to recognize Jefferson's County success on Diabetes Control during the Spring 2026
- ❖ **Share your story.** Join future community conversations about diabetes. Complete this form to get started:
<https://forms.gle/e4biKrrmqSvSH1mv7>.