



## Maternal and Child Health Access

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### SAVE THE DATE:

Feb. 21, 6 PM Pacific time:  
Don't Mourn,  
Organize: MOMs Rising  
Telephone Town Hall

- How to use local petition efforts to have a high impact
- How to hold effective meetings with lawmakers-from your town council to Congress. How to write powerful Letters to the Editor

### Next MCH Access Monthly Meeting:

**Thursday, February 16, 2017**  
**10:00 am - 12:00 pm**

#### LOCATION:

**MCH Access**  
**Patricia Phillips Community Room**  
**1111 W. 6th St., 3rd Floor**  
**Los Angeles, CA 90017**  
**(6th St., and Bixel St.)**

#### SPEAKER/TOPIC:

**Dental Health Month**  
**Oral Health and Pregnant Women**  
**Monica Ochoa, Oral Health Coordinator, MCHA**

#### Updates



#### PARKING:

Free at MCH Access; enter on 5th St. to 2-story parking (between Lucas and Bixel) and walk across the alley to our building.

Please contact our office with any questions regarding this email or visit our [website](#) for further information about our organization.

From the meeting January 19, 2016: see handouts [HERE](#)

#### Guest speaker:

**Nancy Gomez, Organizing Director, Health Access - State Budget for Health and ACA Update**

- How to use online tools to drive in-person action
- How to pick targets and tactics for maximum impact

Click [here](#) to register:

**Feb. 23, 2017: USC-University Center for Excellence in Developmental Disabilities Webinar Series: Housing For People with Intellectual / Developmental Disabilities** click [here](#) for more information and to register.

**Thurs. March 2, 6-8:30, HBO Documentary, "Abortion: Stories Women Tell".** Exclusive screening and Q & A with award-winning director Tracy Droz-Tragos. Reproductive Health Interest Group and the Bixby Center for Population and Reproductive Health at UCLA, Center for Health Sciences Rm. 33-105 (auditorium)  
Dinner provided!

**Mar. 3-4, 2017: Infant Development Association Southern California Regional Conference, Hilton Orange County/Costa Mesa, CA.** Click [here](#) for the agenda and registration.

### **Employment**

Please click on the job title you are interested in to view the full job description and the application process. And provide a cover letter and current resume with your application that specifically outlines your employment history experience and educational background for which you're applying.

Please note: to be on the organizing conference calls Nancy discussed, with #Fight4OurHealthCoalition, sign up at [google docs](#) by filling out the form and hitting "save" The calls are Fridays at 11:00 AM. You must sign up to get weekly reminders.

Ms. Gomez spoke to the meeting about the risk of repeal of the ACA and what that means to Covered CA and Medi-Cal. She provided information sheets with key facts about Covered CA; the number of people who could lose coverage under a repeal of the ACA (because the ACA includes Medi-Cal expansion); how Medicaid (Medi-Cal here in California) and Medicare are at risk; and provided a letter to the California Congressional Delegation signed by 84 organizations against repeal of the ACA.

Remember that the numbers provided for impact of an ACA repeal are for expanded Medi-Cal and Covered CA. As many as five million Californians would be affected under a repeal of the ACA. Repeal of the ACA would be a loss of over \$22 billion/year to California's health system (and 209,000 jobs lost) in 2017-18 and beyond. This includes \$17.3 billion for covering 4.1 million Californians in Medi-Cal, and over \$5 billion in tax credits (averaging over \$309/month) for over 1.2 million in Covered California. Over 90% of the 1.4 million Californians who buy coverage through Covered California get financial assistance (tax credits) so the health premium is not more than a percentage of their income (on a sliding scale up to 9.5%). Some Covered California enrollees also get subsidies to reduce deductibles and other cost-sharing. A handout provided showed the enrollment in ACA programs by Congressional District.

In addition, all health insurance, including that provided by employers, is improved by provisions in the ACA. The Affordable Care Act put in place key consumer protections against insurance company abuses that benefit all patients, most notably by prohibiting health plans from denying (or charging more to) patients with pre-existing conditions. This also includes requirements that insurers cover essential benefits, eliminate annual or lifetime caps, limit out-of-pocket costs, meet actuarial value requirements, not charge women differently than men, and limit differential premiums based on age.

Ms. Gomez ended by inviting those interested to participate in marches, rallies, call-ins, sign-ons and all manner of activity. Even if you can't always make Friday calls, you can get on their mailing list using the form at the Google Doc at the beginning.

**From the meeting January 19, 2016: see handouts [HERE](#)**

**Guest speaker: Andrew Kazakes, Staff Attorney, Legal Aid Foundation of Los Angeles - Maximum Family Grant Repeal**

- [Outreach Specialist - Welcome Baby Program](#)
- [Parent Coach - Welcome Baby Program](#)

MCHA is an Equal Opportunity Employer; women and people of color are strongly encouraged to apply.

**Join Our List**

[Join Our Mailing List!](#)

Mr. Kazakes reminded us of the origins of the Maximum Family Grant - since the 1990s, children were not eligible for cash assistance if any member of the household had been receiving aid in the 10 months prior. There was also the tie-in with birth control - women could appeal the assistance denial if the child was conceived from rape, incest or the failure of certain types of birth control.

Starting Jan. 1, 2017, however, if a child in the family was denied aid because of this rule, the family's CalWORKs grant would increase. Some families might experience a slight decrease in CalFresh benefits accordingly. In addition, in the past, women might go off aid during pregnancy so that the newborn would be eligible. Families where someone is currently pregnant will no longer need to make a decision between going off aid or getting aid for a newborn. Aid recipients should have gotten a letter in December announcing the new cash aid amount. It should be noted also that Child Support information requirements will apply to new recipients of the aid, unless the parent is a victim of abuse.

If your client did not get an expected increase, s/he should contact Legal Aid Foundation of Los Angeles at 800-399-4529.

**Immigration Fears - Know Your Rights (We will continue to post this information; we are also asking for presentations to organizations about their legal rights)**

Everyone has certain basic rights, no matter who is president. Click [here](#) for information in English with links to Spanish, Chinese (traditional and simplified), Arabic and Korean!

**Since Meeting of Jan. 19, 2017:  
[Statement by Maternal and Child Health Organizations](#)**

Maternal and Child Health organizations have signed onto this statement addressing the importance of the ACA and Medi-Cal and opposing repeal of ACA without suitable replacement at the same time and Medicaid block grants or per capita caps. Please let us know if your organization would like to join future similar efforts. We will use the statement with the legislature and various other governmental bodies.

**Advice from Professional Staffers**

There is no shortage of list-serves to join to be told whom to call and when and on what subject. MCHA will not attempt to replicate that work unless/except if we are filling a void. We are striving to collect these various sources and services for our website. In the meantime, here is advice from a former Barbara Boxer staff and a former staff for Utah Congress member:

Here's what to do.

Look up your federal representatives: you have three, two U.S. Senators, who represent the entire state, and a U.S. Representative, who represents your specific district. You can look them up at [www.house.gov](http://www.house.gov) and [www.senate.gov](http://www.senate.gov) all you need is a zip code.

Make a plan to call: Skip calling the D.C. office and call your district office. Your congressional representatives should have district office phone numbers listed on their website. Call during business hours (also listed on the website) to guarantee that you'll speak to a staffer.

Know what message you want to convey: Do you want your congress person to vote a specific way on a bill? If so, have the bill number and name ready. Do you want to voice your opinion on a non-legislative issues? Have your opinion ready. Do you have a question about where a bill is in the legislative process? Or how your representative plans to vote on a bill? Have the name and number ready for the staff member to look up.

Be patient and kind: Senate staffers may not have every answer, but they will do their best to help you. They can take hundreds of calls in one day, but they're here to serve you.

As a staff assistant, I logged each call, and the record of how many people called about every topic was reported up the chain. Days when the phones rang off the hook, every staffer pitched in, and major phone campaigns never went unnoticed.

And from Utah: (@editoremilye)

First, tweeting or writing on Facebook is largely ineffective. I never looked at those comments except to remove the harassing ones.

Second, writing a letter to the district office (state) is better than sending an email or writing a letter to DC.

But, the most effective thing is to actually call them on the phone. At their district (state) office. They have to talk to you there.

If you want to talk to your rep, show up at town hall meetings. Get a huge group that they can't ignore. Pack that place and ask questions.

As always, please be kind but firm with those staffers. They will listen and talk to you. I always, always did.

If you run an advocacy group, invite local staffers to show up to your events. Let them talk to people you work with and set up meetings.

### From KidsData.org: Half of CA children have immigrant parents

Sweeping changes to federal immigration policy could have a disproportionate effect on California, where **50 percent** of children have at least one immigrant parent, compared to 25 percent nationwide, according to the latest data available on Kidsdata. That

translates to 4.5 million children in California alone. In congressional districts 17, 34 and 46, which represent parts of greater Los Angeles and the San Francisco Bay Area, more than **75 percent** of children have at least one immigrant parent. See the data [here](#).

### February is also American Heart Month: Preterm Birth May Be Early Warning of Heart Disease in Women

A preterm birth appears to be an early warning signal of a woman's risk for heart disease, a new study shows. The study, [published online in the journal Circulation](#), was based on data from 70,182 women. The study found that compared with women who delivered full-term babies, women who gave birth earlier than 37 weeks had a 42 percent increased risk of stroke or heart attack later in life. Among women who gave birth at 32 weeks or sooner, the risk was **more than doubled**. See the rest of the NY Times article [here](#).

### RESOURCES

Report: [Immigrants to Los Angeles Provide Major Economic Boost](#). Immigrants to Los Angeles generate more than one-third of the county's gross domestic product and account for more than half of the self-employed workers in the county, according to a [new study](#), released Wednesday, Feb. 8, 2017:

[MotherToBaby](#) California is still here serving you, pregnant women and breastfeeding moms. MotherToBaby (MTB) California is a non-profit organization that provides up-to-date, evidence-based information about exposures like alcohol, cigarette smoking, medications, infectious diseases and vaccines during pregnancy and breastfeeding. MTB is a service of the Organization of Teratology Information Specialists (OTIS) and receives funding from Maternal Child Health at the Human Resources and Services Administration (HRSA).

Call 1-866-626-6847, text questions to 855-999-3525 or chat online. Teratogen information specialists who speak English and Spanish are available to assist you for free. Read their blog for helpful information such as, "[The Cat Can Stay: Debunking Pregnancy Myths about Toxoplasmosis](#)".

### CONTACT US

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