



Peninsula Health Care District

BOARD OF DIRECTORS REGULAR MEETING Thursday, December 3, 2009

The Board of Directors of the Peninsula Health Care District was called to order on Thursday, December 3, 2009 at 17:45 hours at the San Mateo City Council Chambers, 330 West 20th Avenue, San Mateo, CA.

ROLL CALL: On roll call there were present Dan Ulyot, MD, Chair, Rick Navarro, MD, Vice Chair, Helen Galligan, RN, Secretary, Larry Cappel, PhD, Treasurer, and Don Newman, MD, Past Chair.

Also present were: Cheryl A. Fama, Chief Executive Officer, Colin Coffey, General Legal Counsel, and Jan Matejcek, District Administrative Assistant.

CONSENT CALENDAR: The Consent Calendar consisting of the Regular Session minutes for October 29, 2009, the Treasurer's Report, and the unaudited Financial Statements for October 31, 2009 was presented.

DIRECTOR NEWMAN MOVED AND DIRECTOR CAPPEL SECONDED THE MOTION TO APPROVE THE CONSENT CALENDAR. THE MOTION CARRIED UNANIMOUSLY.

COMMUNITY EDUCATION: “DENTISTRY AND MEDICINE- A NEW CROSSING POINT”
Dr. Dick Gregory, DDS, Dental Clinic Director Samaritan House

Chair Ulyot introduced Dr. Gregory, a community dentist with 30 years of private practice who serves as the Medical Director of the Samaritan House Dental Clinic and as the Board Chair for Senior Focus.

Dr. Gregory stated that his three primary areas of focus are community-based dentistry, senior access to care, and access for populations at high risk of dental/medical complications. He noted recent research on the strong correlation between periodontal disease and systemic illnesses, and reported that people with moderate to severe periodontal disease have a two-fold increase in cardio vascular events, early renal insufficiency, and insulin resistance leading to diabetes. He also commented on the relationship between periodontal disease and overall inflammatory problems.

He has recently taken on the new role as the dentist of record for MPHS, including the SNF, and will be developing a model of care to integrate the needs of at-risk periodontal disease patients with their overall medical treatment plans. There is increasing awareness of the importance of this integration among the medical community, but the progress has been slow.

At Samaritan House, he has plenty of volunteer dentists new to the community; however, there is a 2-year waiting list for patients to be seen due to the limited facilities at the Samaritan House clinic.

He noted his unique opportunity, thanks to these positions, to make a difference in access for seniors, special needs patients, and the uninsured in San Mateo. Recently, he has taken on the co-chair role with Ann Marie Silvestri at San Mateo Medical Center, for the San Mateo Dental Coalition. This organization represents community dentists, two schools and the dental societies. In this capacity, they hope to survey the current willingness and capacity of practicing dentists to help treat those in need.

Chair Ulyot noted that his dentist believes the best approach to good dental health is regular cleaning. He then commented from his experience as a cardiac surgeon that he is convinced of the importance of the relationship of dental health to general health. Patient's dental health was routinely evaluated pre-operatively to prevent streptococcus infections such as rheumatic fever and rheumatic valve disease. He asked if the appreciation of the inter-relatedness is widely known within the medical community. **Dr. Gregory** responded that it is not widely known or accepted by the medical community or the public. He cited two recently published articles in the American Journal of Cardiology and the Journal of Periodontology that encourages both specialties to be aware of the relationship. **Chair Ulyot** commented that educating colleagues is important; dentists do not participate with physicians enough.

Dr. Gregory cited a 2006 study by Aetna that followed 67,000 insured patients and confirmed a lower incidence of cardiac and diabetes problems when early treatment for periodontal disease was implemented. **Director Navarro** asked if there was a correlation between periodontal disease and the level of C-Reactive Protein (CRP), going on to cite data that have shown that individuals with an elevated CRP and low cholesterol are at risk of having a cardiac event within 6 months, higher than those with high cholesterol. **Dr. Gregory** responded yes, there is a definite correlation. **Director Cappel** asked if there is routine CRP screening done. **Dr. Gregory** said no; **Chair Ulyot** added that it is a very non-specific test and therefore, not regularly ordered.

Director Cappel asked, if dental facilities were available today, is there a pool of patients readily available without requiring a marketing effort. **Dr. Gregory** responded yes. In addition to those on the 2-year waiting list, there are many more in need as a result of the elimination of Denta-Cal in the State as of 7/1/09.

Public Comment:

Pat Giorni, Burlingame, encouraged all to write letters to the San Mateo Transportation Authority in support of Pam Frisella, Foster City Council Member, to fill the vacant seat on its Board. She stated that Councilwoman Frisella is a long time supporter of Samaritan House.

Ms. Fama reported that she and Dr. Gregory both started in their current positions about the same time and, as dental care for the community was identified as a priority through the District's strategic planning process, she and Dr. Gregory have had numerous conversations on what and how access might best be approached. She asked Dr. Gregory to comment on their discussions about a possible dental screening event. **Dr. Gregory** talked about the Dental Coalition's plan to do such an event during February, which is National Children's Dental Month – "Give a Kid a Smile" program. The plan is to set up a temporary facility and, with the help of 10 volunteer dentists and other staff, screen at least 500 people. The problem has been lining up enough private practice dentists to do the follow up care; this is a focus for the Dental Coalition right now.

Dr. Gregory summarized that more facilities do not seem to be the priority; getting community dentists engaged and involved needs to be the priority. He added that in the underserved area of Ravenswood, a new 10-chair clinic will be opening up.

Chair Ulyot thanked Dr. Gregory for his informative presentation.

ORAL COMMUNICATIONS:

Pat Giorni, Burlingame asked if there had been any information distributed concerning the grant recommendations. **Ms. Fama** responded that nothing was in the packet and that a handout will be distributed to accompany Director Galligan's presentation on the recommendations.

COMMITTEE REPORTS:

Long Term Planning, Chair Ulyot:

There is no report as there was no meeting since the last Board meeting.

Community Health Investment, Chair Galligan

1) Recommendation re: Naming RN Loan Forgiveness Program

The committee deliberated on the recommendation to name this District program for Sue Smith, who was a founder and supporter. It is the recommendation to continue to look for a naming opportunity that would be more visible and more significant to honor former Director Smith.

2) Recommendation re: Use of Shelter Network Grant Funds from FY '09

Shelter Network did not use \$25,000 of a FY'09 \$50,000 District grant that they had planned to use for the teaching services of a nutritionist. They were able to fill this need with students. They requested approval for a change in the use of the funds – to renovate and equip the kitchen facilities for the Family Wellness and Nutrition Program. The Committee did not support the use of grant funds for capital projects and asked Ms. Fama to convey this and provide them the opportunity to recommend another use consistent with the District's grant priorities. They are now asking that the funds be used for the Family Wellness meal service. The funds would be used to provide hot, nutritious dinners to 70 people a night, seven days a week. Of the 70, 30 are adults and 40 are children.

Chair Ulyot asked for process clarification. Once the Board has voted on a grant is it necessary for the Board to reconsider their previous approval if the organization wants to use grant funds in a different way. **Mr. Coffey** responded that the grant relationship between an organization and the District as a funder is a contractual one. If there is any material deviation planned in their use of the fund, then they are required to communicate this back to the Board. Management can provide a screening function to determine if the requested change is a material deviation. **Chair Ulyot** replied that he wanted to make sure that the Board was not micromanaging the process. Hearing that it is material [50% of the grant total], then a motion to allow this change would seem appropriate.

DIRECTOR GALLIGAN MOVED AND DIRECTOR NEWMAN SECONDED THAT SHELTER NETWORK BE ALLOWED TO CHANGE THE USE OF \$25,000 OF ITS PREVIOUS DISTRICT GRANT FOR THE FAMILY WELLNESS NUTRITIOUS MEAL PROGRAM FOR FAMILIES IN TRANSITIONAL HOUSING. THE MOTION PASSED UNANIMOUSLY.

3) Grant recommendations for FY 2010

Director Galligan presented the work of the committee and its recommendations. Her presentation slides are appended and made part of these minutes. She covered:

- a) The Committee's process
- b) The Board's Health priorities for FY 2010
- c) The numbers of Letters and Full Proposals considered
- d) The budget and available funds due to prior approvals for multi-year grants
- e) The recommendations for FY 2010
 1. Children's Health Initiative, \$682,500 – half to be paid out this year
 2. Community Overcoming Relationship Abuse, \$35,000
 3. Ombudsman Services, \$60,000
 4. Samaritan House Medical and Dental Clinics, \$180,000
 5. Senior Focus, \$100,000
 6. Women's Recovery Association, \$20,000
 7. Youth and Family Enrichment Services, \$40,000

- f) The total District Community Health Investment broken out by percentage for each of its health priorities.
- g) A Payout Schedule that summarizes the previously approved grants over the next four fiscal years, and the impact if the Board approves the recommendations as presented.

A document summarizing the grant requests, the requesting organizations, the amounts requested, and the purpose of the grants was distributed.

Chair Ulyot asked for clarification on something Director Galligan said - were longtime recipients asked to submit full proposals? **Director Galligan** responded affirmatively.

PUBLIC COMMENT:

Pat Giorni, Burlingame stated that she felt the District was moving in the right direction, but questioned the outlay to Senior Focus, a Sutter Health program. She noted the Sutter decision to take away the Acute Rehab Center and expressed concern about the other changes she is seeing now and anticipates in the future, and asked why Sutter could not invest some dollars into the program. This would free up more District money, which is tax payer money, for needed programs such as Samaritan House. **Ms. Giorni** also asked if the Women's Recovery Association (WRA) grant was for Tracey's Place of Hope, a program the District had funded in the past, but stopped because the numbers served were so small. **Director Galligan** responded. The WRA grant is for a different program and is expected to serve 40 women and 30 children who will live with their mothers in the residential treatment facility being funded. The Senior Focus grant being recommended is significantly less than prior years and less than requested. **Director Navarro** added that there were so many organizations in need and the funding was limited, so the Committee used access to multiple sources of funding versus limited funding opportunities as another criteria for making decisions. **Ms. Fama** stated, for clarification in the record, Senior Focus has been receiving more than \$300K over the last few years; this year's request was for \$320K and the Committee recommended \$100K. She also added that not only does the grant money support the Alzheimer and Adult Day Centers, but the Wise and Well Clinics in San Bruno and San Mateo. These clinics do screenings and patient education and see hundreds of patients each year. All are good programs.

Jane McAteer, Director, CSM Nursing Program, thanked the Board for its support since 2001. She stated that she was present as a representative of the College and wanted to express appreciation for the years of support the Nursing Program has received over the years. She understands the current financial constraints and hopes that CSM can apply again in the future.

There being no further public comment, **Chair Ulyot** called for a motion.

DIRECTOR GALLIGAN MOVED AND DIRECTOR NAVARRO SECONDED THAT THE BOARD ACCEPT THE COMMUNITY HEALTH INVESTMENT COMMITTEE'S RECOMMENDATIONS FOR DISTRICT GRANTS AS PRESENTED. THE MOTION PASSED UNANIMOUSLY.

Sutter Health Oversight Committee, Chair Newman:

Director Newman stated that Sutter's decision to close the Acute Rehab Center has been the primary focus of the committee at its first two meetings. The committee is looking at data to compare the current program and the people served with the one proposed, and has interviewed all the key people in charge of this move. He also reported that the Committee learned that the same patient measurement studies will be used in the new program; this will make it possible to monitor the impact on the program when moved from the acute to the skilled nursing facility.

Building Committee, Director Newman reported that the committee last met at the new hospital for a tour. It is a very impressive new hospital with an emphasis placed on family participation at every level. There will be no set visiting hours as families are encouraged to visit at any time and every room will have facilities for the family members to stay, including the ICU. There will even be separate TV's for the family member, different from the patient's. It will be an important change to the way people experience a hospital stay. He noted that hospital tours are available every Friday afternoon and commented on the dramatic changes he has noted since he toured just about three months ago.

CEO REPORT:

Ms. Fama reported on the following items:

1. **Bill of Rights for Children** – the District received a plaque for its support of this initiative; the plaque is hanging in the Board Room.
2. **2010 Meeting Calendar** was distributed. Of note: the February meeting will be in the San Bruno city hall Sister City Room-a new location; dates and locations are scheduled for both July and August for now, and the December meeting was moved out a week to the 9th to put it further from Thanksgiving and a week closer to the next meeting at the end of January.
3. **Newsletter** readership generated calls and visits to the office and an increase in anecdotal comments in the community.
4. **District banks' performance:** Both the Bank of America and Borel Private Bank received good ratings in a recent SF Business Times article in which performance was benchmarked against key financial indicators.
5. **Promotional campaign:** Samples of District pieces were shared. These will be used at San Mateo High School and Chamber of Commerce publications.
6. **Community Activities of Note (Complete summary distributed in Board materials):**
 - a. The County's "Blue Print to Address Childhood Obesity" is in the process of being updated. A progress report to the Board of Supervisors is planned for its December 15th meeting.
 - b. Congresswoman Speier's handout on Health Reform from a recent Burlingame Rotary meeting was distributed.
 - c. Directors interested in attending the 2010 Progress Seminar were encouraged to let Ms. Fama know soon as attendance is limited.

OLD BUSINESS:

Status of Prop 1A Securitization Process

Ms. Fama reported that so many cities and agencies participated in this securitization program, that the total amount of the successful bond sale on November 10th was nearly \$2B. **Chair Ulliyot** asked if this means that the District will receive its full tax revenues this year and Ms. Fama responded, yes, in two payments - one in January and one in May.

NEW BUSINESS:

Resolution for Employer Pick-Up, NO. 2009-12:

This resolution is required by CalPERS and covers the payment methodology by which the employees and the District will pay CalPERS for the pension benefit. The employees will have their 7% contribution deducted directly from their pay and the District will pay CalPERS for both the employees and District's portions.

Chair Ulliyot asked Mr. Coffey to clarify if all three proposed resolutions could be acted upon in one Board action. **Mr. Coffey** responded they could, unless any Director wished to question or pull one out for more discussion.

District Participation in CalPERS Health Benefits Resolution NO. 2009-13

This revises Board resolution NO. 2009-06 and addresses the District non-exempt employee's participation in the health benefits program.

Resolution NO. 2009-14

This revises Board resolution NO. 2009-07 and addresses the District exempt employee's participation in the health benefits program.

Both revisions are necessitated by the District's enrollment in the CalPERS pension program. Red-lined copies of resolutions NO. 2009-06 and NO. 2009-07 were distributed in the meeting materials. The new language does not change the level of benefits or the District's financial liability in any way.

PUBLIC COMMENT: There were no comments.

DIRECTOR CAPPEL MOVED AND DIRECTOR NEWMAN SECONDED APPROVAL OF THE RESOLUTIONS NO.2009-12, NO. 2009-13, AND NO. 2009-14 AS PRESENTED. THE RESOLUTIONS PASSED UNANIMOUSLY.

Support of Accommodation of Bicycles on the High Speed Rail, Resolution NO. 2009-15

Ms. Fama introduced the proposal and asked **Ms. Giorni** to speak to the request. **Ms. Giorni** stated that the resolution proposes that the High Speed Rail, planned to go down the Peninsula, will allow roll on bicycles for first and last mile usage, just as Caltrain does now. She noted that this Board recognized the importance of bike access on public transportation and its relationship to health when it wrote a letter of support to Caltrain about a year ago, to increase bike capacity on the trains. This support contributed to improvement. Today there are 248 new spaces on the trains which mean 1000 extra bicycle spots a day. There are a lot of people who use their bicycles for the first and last mile and, looking to the future, we should anticipate this will increase.

Directors Newman and Cappel responded they think it is a good idea. **Chair Ulyot** asked if HSR in Europe allows bicycles on the trains. **Ms. Giorni** did not know; however, she pointed out that the distances are not as far between destinations in Europe. **Chair Ulyot** asked if airplanes should do the same accommodation. **Ms. Giorni** responded, yes, they should by allowing the bikes to be rolled into cargo. Now bicycles must be disassembled, checked- in and then reassembled.

PUBLIC COMMENT: There were no comments.

DIRECTOR NEWMAN MOVED AND DIRECTOR NAVARRO SECONDED APPROVAL OF RESOLUTION NO. 2009-15 AS PROPOSED. THE RESOLUTION PASSED UNANIMOUSLY.

CORRESPONDENCE/ARTICLES: There were no comments offered.

ADJOURNMENT:

The meeting was adjourned by **Chair Ullyot** at 19:01 hours.

By:

Jan Matejcik, Administrative Assistant

Approved:

Helen C. Galligan, Secretary

Daniel J. Ullyot, M.D., Chair