

The Peninsula Health Care District is proud to serve the residents of our Peninsula communities.



BOARD OF DIRECTORS

Daniel J. Ullyot, M.D.
Chairman

Rick Navarro, M.D.
Vice Chair

Helen C. Galligan, R.N.
Secretary

Donald E. Newman, M.D.
Past Chair

CHIEF EXECUTIVE OFFICER

Cheryl A. Fama, MPA, BSN

VISION

That all residents of the District enjoy optimal health through education, prevention, and access to needed health care services.

VALUES

Leadership, public education, personal responsibility, inclusion, stewardship and transparency.

MISSION

To ensure Peninsula Medical Center provides needed core services, to support programs that share our vision, and to do so in collaboration with other providers and qualified members of our community.

SAN BRUNO MILLBRAE BURLINGAME HILLSBOROUGH SAN MATEO FOSTER CITY

Peninsula Health Care District
ADVANCING HEALTH THROUGH LEADERSHIP

1600 Trousdale Drive, Suite 1210
Burlingame, CA 94010

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The Peninsula Health Care District

Health District News

ADVANCING HEALTH THROUGH LEADERSHIP

Achieving Community Health Together

District Marks \$15 Million Milestone of Giving

The Peninsula Health Care District has distributed more than \$15 million since 1996 to community partners for the purpose of improving access to care, preventing illness and injury, and educating residents. Here is a look back on how this program began and how it currently impacts the residents of the District.

Origins of the Community Grants Program

In 1996, the District faced many challenges. A redistribution of services between Peninsula Medical Center (PMC) and the recently acquired Mills Hospital demanded a reassessment of the District's capital support for PMC. In addition, District cash reserves were needed for earthquake insurance and seismic improvements at Peninsula Hospital, and community-based health providers were experiencing increasing demand and decreased funding for critical services. The District Board acknowledged the potential impact of these competing demands on District assets, as well as its commitment to addressing health needs beyond the hospital. Under the leadership of then-Board Chair Susan Smith, at the July 25, 1996 Board meeting a sub-committee was established to: 1) determine the District's role in serving the broader community; 2) establish a method to evaluate needs; 3) establish criteria for evaluation; and 4) recommend the amount to be distributed. This strategic action launched the structure and process that has evolved into today's Community Grants Program.



San Mateo County Supervisor Adrienne Tissier at the January 29 event.

Honoring the District's Partners

On January 29, 2009, the District hosted "Achieving Community Health Together," an event celebrating the Community Grants Program and marking the District's \$15 million milestone of giving. The event honored three District partners who are instrumental to the work of the District and the health of residents, as well as the 2009 Grant Recipients.

2009 Event Honorees

- **Congresswoman Jackie Speier**, for her advocacy for the taxpayers and residents of the District during negotiations for the rebuild and future of Peninsula Medical Center;
- **Assemblymember Jerry Hill**, for his work to provide expanded access to health care for all County residents, especially uninsured children; and
- **Supervisor Carole Groom**, for her 18 years of service as a Mills-Peninsula Health Services administrator representing our hospital, and for her focus on the health needs of our community.

2009 Grant Recipients

This year, the Board committed more than \$2.8 million to address five health priorities: access to primary care; outpatient and in-home services for seniors; prevention services for youth at risk; family nutrition needs; and health care workforce training. \$1.7 million of that total was granted to the Children's Health Initiative, a seven-year partnership to ensure that every child in the County has access to health care; and the Community Health Network for the Underserved-OB Project, a new partnership to guarantee that every District resident needing maternity and newborn services can receive that care in their own community.

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Event honorees Assemblymember Jerry Hill and San Mateo County Supervisor Carole Groom.

BY THE NUMBERS: THE DISTRICT'S COMMUNITY HEALTH INVESTMENT

A snapshot of the District's 14-year history and \$15 million investment in community-based health services:

\$5 million for health coverage for children

\$4 million for Alzheimer Day Care and Wellness Clinics

\$2 million to expand College of San Mateo's nursing school capacity—serving 108 RNs

\$1.3 million for primary and dental care for low income families

\$1 million for maternity and newborn care for low income families

\$650,000 for teen suicide prevention/education and crisis hotline

\$600,000 for advocacy and safety programs for more than 9,000 seniors in long-term and residential facilities

150 "Senior Scholarships" for in-home care to promote independence

150 educational manuals for Spanish-speaking families about healthy eating to reduce childhood obesity

100 free home safety assessments for seniors to prevent falls



Congresswoman Jackie Speier with PHCD Board chair Dr. Dan Ulyot.

CEO MESSAGE

Sue Smith—An Advocate for the Peninsula

Few people have made as great an impact on the work of the Peninsula Health Care District Board for the benefit of the health of its residents as Sue Smith, a 20-year member of the Board who resigned on April 30. Her quiet strength and source of



wisdom are legendary, and noting how her colleagues describe her—“unbelievably focused,” “the kind of leader who takes the high road,” “a gift,” “she hangs in there to do the right thing”—gives a sense of Sue’s

leadership footprint. She is also described as one of the greatest San Francisco Giants fans around.

Sue was appointed to the Board in December 1989 and subsequently has been elected for five, four-year terms. She has served as Board Chair and Treasurer, and as a member of the hospital replacement Building Committee. Her leadership was instrumental

in crafting the 2006 precedent-setting 50-year relationship between PHCD and Mills-Peninsula Health Services; establishing the Board’s Community Grants Program in 1996; and launching a creative, two-pronged approach to address the nursing shortage through a partnership with the College of San Mateo and the District’s RN Student Loan Forgiveness Program.

As a certified public accountant, she brought accounting and financial acumen to her work. However, Sue has always been committed to the health of our community. Ten years ago she championed the expansion of the Senior Focus Wise and Well Clinic Services to the San Bruno and San Mateo sites. In 2003, she was the leading voice in the PHCD’s support of the Children’s Health Initiative. In 2007-2008, she served on the Board of Supervisors’ Blue Ribbon Task Force on Adult Health Care Coverage Expansion, and last fall she fully supported the District’s new partnership with the County’s Community Health

Network for the Underserved and a program for local OB/Pediatric services.

The quality of her work was acknowledged in 2004 when the Association of California Healthcare Districts awarded her with their **Outstanding Trustee Award**—an honor bestowed on only two individuals out of hundreds throughout California—for demonstrating “uncommon leadership, outstanding vision and a continuing commitment to fulfilling the mission of health care districts.”

Sue has been a mentor, educator and role model to new Board members and staff, and her presence on the Board will be deeply missed. I hope there are many Giants games, family visits, and cameo appearances at PHCD Board meetings in her future. Thank you, Sue, for all you have accomplished and all you have done to promote health in our community.

Cheryl A. Fama

Cord Blood: Know What You Have Before You Throw It Away

by Jackie Speier

Congresswoman, 12th District of California (San Francisco/San Mateo County)

Cord blood stem cells have been transplanted in more than 14,000 adults and children over the past two decades to treat more than 70 diseases. Because they have distinct benefits over adult stem cells like bone marrow and peripheral blood, cord blood stem cells are preferred for treating many forms of cancer, blood disorders and immune diseases.

Despite this, education and awareness of options for cord blood banking are lacking amongst expectant parents. Of the 4.2 million births in this country every year, 95% of the umbilical cord blood is discarded as medical waste and only 14% of patients received any information on their cord blood banking options from their physicians or hospitals.

This spring, I will introduce the Cord Blood Education and Empowerment Act of 2009. This bill will provide expectant parents with straightforward and easy to understand

information about the value of their child’s umbilical cord blood stem cells and the options, both public and private, for banking this incredibly valuable asset.

As we address the major issues surrounding health care in this country—including access for all, making care more affordable and removing onerous restrictions such as pre-existing conditions from health care policies—we must also look for cost-effective and innovative ways of treating patients. The banking of

cord blood, whether publicly or privately, is one such solution and parents should know that it exists and the potential good that it can do.

For more information on cord blood, please visit www.speier.house.gov.

Cord blood cells have been transplanted in more than 14,000 adults and children over the past two decades to treat more than 70 diseases.



Congresswoman Jackie Speier

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SUMMARY OF RECIPIENTS: 2009 GRANTS

Access to Care: \$1,980,250
Children’s Health Initiative, Community Health Network OB Program, Samaritan House*

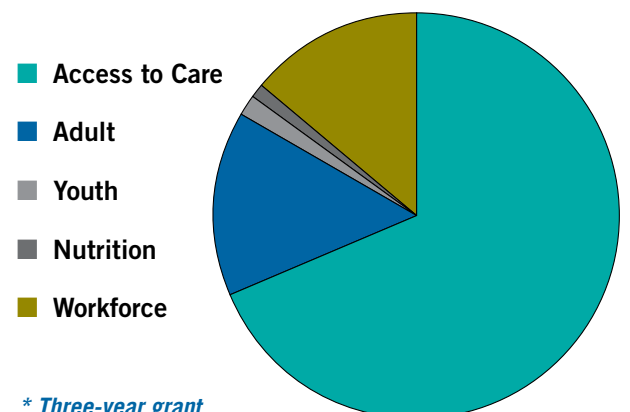
Adult Outpatient/At Risk: \$430,000
Senior Focus Alzheimer Day Center, JFCS In-Home Services, Ombudsman Services, Senior Focus Wise and Wellness Clinics

Workforce Training: \$400,273
CSM Nursing Program, RN Forgivable Loans

Youth at Risk: \$50,000
Insights Program, Crisis Services/Suicide Hotline

Family/Nutrition: \$25,000
Palcare Nutrition Program

The District Board is proud of its history of community investment and is privileged to have committed partners who share its mission and vision. The 2009 grants were distributed in the following categories:



* Three-year grant

Peninsula Health Care District

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Message from the Board of Directors

The Peninsula Health Care District has several developments to report. At the January 29, 2009 Regular Board Meeting, two of the directors who were unopposed during last year's election took the oath of office for their second four-year term. Dr. Daniel Ulyot was sworn in by Mr. Sarkis Sarkisian, member of the Mills-Peninsula Health Services Board of Directors and Chair of the hospital replacement Building Committee; and Dr. Ricardo Navarro was sworn in by Dr. Renee Navarro, his wife and Director of Academic Diversity at the UCSF School of Medicine. This was followed by the appointment of officers for 2009-2011: Dr. Ulyot, Chair; Dr. Navarro, Vice Chair; Ms. Helen Galligan, Secretary; and Ms. Susan Smith, Treasurer.

The Board also passed a Resolution of Appreciation to Dr. Donald Newman for his six-year leadership as Board Chair, and his contributions to negotiating the 2006 Master Agreements with MPHS and Sutter Health; the rebuilding of the new Peninsula Medical Center; and the development of the 2007-2010 Strategic Plan. The Resolution also acknowledged the Board's good fortune to retain the benefit of Dr. Newman's "keen insight into human nature and fun spirit in carrying out the work of his office," as he remains on the Board in his new "past Chair" capacity.

After nearly 20 years, Board Director Susan Smith has submitted her resignation effective April 30, 2009, citing health issues*. In her resignation letter, Smith noted, "It has been a pleasure and honor to have served the residents of the District for the past 20 years. My colleagues and I are proud of the access and support for community health care initiatives we have been able to bring to Peninsula residents."

***The Board has launched an appointment process to fill the remainder of Ms. Smith's term ending November 2, 2010. Applications are available on the website and at the District Office. The Board encourages interested residents to apply.**



Dr. Don Newman (R) passes the gavel to newly elected Board chair Dr. Dan Ulyot (L).

Achieving Community Health Together



Ombudsman Services Board member Judy Johnson (L) and Executive Director Tippy Irwin (R) accepted Ombudsman's 2009 grant.



Kitty Lopez, Executive Director of 2009 grant recipient Samaritan House, with MPHS Foundation President John Loder.



District leadership salutes the 2009 grants recipients. L to R: Dr. Dan Ulyot, Helen Galligan, Dr. Rick Navarro and Cheryl Fama.



Judy Lynch (L), Director of Jewish Family and Children's Services, and Susanne Jascula (R) celebrated JFCS' 2009 grant.

Spotlight on Health: Preventing Falls at Home

According to the Centers for Disease Control, every 18 seconds a person over the age of 65 has a fall that requires medical attention. For many, this results in severe injuries that require hospitalization and lengthy rehabilitation, reducing quality of life and independence.

Bal, a San Bruno resident, knows this all too well—in 2008 he took a tumble outside of Tanforan Shopping Center and fractured his leg near the ankle. At an ensuing doctor's visit a nurse introduced him to the **Farewell to Falls Program**, a cooperative venture between the Peninsula Health Care District, Stanford University Medical Center and the San Mateo Health Department. Available to residents age 65 and older living independently in San Mateo and Santa Clara Counties, this free program conducts in-home assessments of both the senior and his/her environment, and recommends and implements preventative measures.

Shortly after Bal left the hospital, a nurse from **Farewell to Falls** came to his home to collect a patient history, review medications, and conduct a physical exam and home safety assessment. The nurse determined that grab bars in the bathroom were needed; soon after a member of the program team installed the bars free of charge. During a second visit, the nurse demonstrated strengthening exercises to aid balance and safe walker use, and left an instructional video to reinforce training and provide further tips.

Bal is recuperating nicely and his wife is pleased with the support they received from the program. In her own words, "I am so thankful this program was available to us, and I am telling all my friends about Farewell to Falls."

You do not have to fall to call! The program stresses prevention and education to minimize fall risks at home. For more information, please call 650-724-9369.

PHCD BOARD MEETINGS 2009

May 28, 2009 5:45 PM

Burlingame City Council Chambers
501 Primrose Road
Burlingame, 94010

June 25, 2009 5:45 PM

San Mateo City Council Chambers
330 West 20th Avenue
San Mateo, 94403

July 23, 2009 5:45 PM

August 27, 2009 5:45 PM

Millbrae City Council Chambers
621 Magnolia Avenue
Millbrae, 94030