

# Health District News

ADVANCING HEALTH THROUGH LEADERSHIP

## A New Hospital, A New Era of Health Care Excellence in our Community

It's countdown time! On November 7, 2010 at 7:00 AM, the doors will open to patients at the new 450,000-square-foot Mills-Peninsula Medical Center. The opening of this acute care hospital and adjacent 180,000-square-foot medical office building affirms the Peninsula Health Care District's commitment to high quality hospital care for our residents, and marks a major achievement for the District and Mills-Peninsula Health Services/Sutter Health.

Built in 1954 by the District, the current Peninsula Medical Center was operated by the District until 1985 when a partnership was formed with Mills-Peninsula Health Services/Sutter Health to run the hospital. That partnership was restructured in 2006 to create a 50-year ground lease agreement between the District and MPHS/Sutter Health, with a commitment by MPHS/Sutter Health to build a seismically-safe, technologically-advanced medical center on District land that would maintain essential medical services for our community for the next 50 years. The new Mills-Peninsula Medical Center will be owned and operated by MPHS/Sutter Health.

**This new, modern hospital will serve to sustain the high standards of medical and surgical care provided by the physicians and nurses who choose to work in this community.**

### Firsts in Hospital Safety and Construction

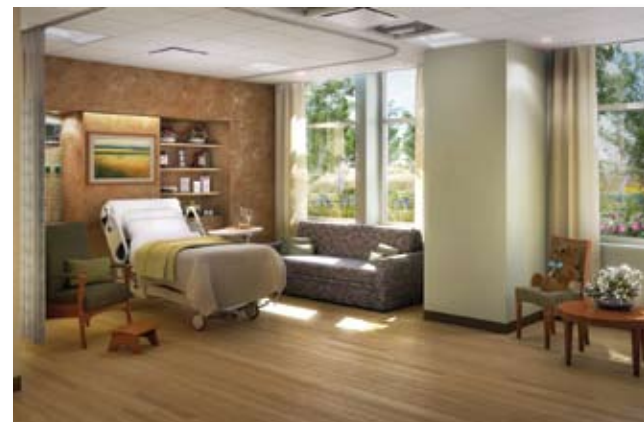
The seismic safety features of the new hospital are impressive. Mills-Peninsula Medical Center is the first hospital in California to use "friction pendulum bearings" (also known as base isolation)—a new earthquake safety technology that separates the movement of the building from the movement of the ground in the event of an earthquake. This will allow the new hospital to remain safe in an earthquake with a magnitude of at least 8.0.

Construction has been a technological milestone in itself. For the first time in the State, building information modeling technologies were employed for new hospital construction. These high-tech tools project 3-D images of construction plans on a wall-size computer screen and allow the general contractor (Turner Construction, Inc.) and subcontractors to plan and coordinate their work, thereby expediting the project, avoiding delays, and reducing costs.

### The Future of the Old Hospital

Current plans to tear down the old hospital are scheduled for 2011. Part of the space will be used for parking and a helipad for the new hospital, and approximately four acres at the west end of the property will become available for the District's development. Planning for the best use of this property is underway, and proposals will be presented at District Board meetings and featured in future editions of this newsletter.

Dr. Dan Ulyot, Chair of the PHCD Board and member of the New Hospital Building Committee, notes the incredible value of the new hospital. "This new, modern hospital will serve to sustain the high standards of medical and surgical care provided by the physicians and nurses who choose to work in this community," Ulyot says. "Their compassion and skills serve the people of our District so well."



One of the new Family Birth Center patient rooms.

**Equipped with the latest and best medical technologies, additional features of the new Mills-Peninsula Medical Center include:**

- Emergency Department facilities with 40% more capacity
- All private rooms
- Patient lift technology in every room
- Family sleeping accommodations in all medical/surgical, obstetric, intensive care and neonatal intensive care rooms
- Patient meals cooked-to-order
- Electronic medical records
- Meditation and healing gardens with walking trails for patients, visitors, employees and neighbors

Artist's renderings show the southern view (below) of the new Mills-Peninsula Medical Center and an evening view (below left) of the hospital's entrance.



## See the New Hospital

Hospital tours will be available to the public a month before the new hospital opens for patient care—please check the MPHS website for dates and times. If you would like to see video of hospital construction, visit [www.mills-peninsula.org/newhospital](http://www.mills-peninsula.org/newhospital) and select "Webcam" under the "What's New" section.

## CEO MESSAGE

# Educate. Empower. Encourage. The Three “E’s” of Health Reform

**A**s the debate over national health care reform continues, whatever our individual opinions may be, I advocate that we tune out the nightly “noise” from Washington and get something done at home! And, I mean that literally, by educating, empowering and encouraging ourselves, our families and our communities to focus on health. In fact, the theme for this year’s National Public Health Week, April 5–11, is “A Healthier America—One Community at a Time.”



Good health begins with education—and it’s at our fingertips. From the Internet, to the local library, to community classes, we can all educate ourselves on leading healthier lifestyles. The “why’s” and “how’s” of healthy living must be understood to make them sustainable, and the more each of us takes personal responsibility, the more successful we will be.

Of course, empowering each of us to make better choices means that good choices must be available! The steps aren’t difficult. Park in the farther space. Take the television out of the kid’s room. Pack your child’s lunch. Increase the availability of fruits and vegetables in schools. Improve biking and pedestrian routes—and use them!

Encouraging and sustaining healthier choices also comes from honoring successes.

Instead of celebrating that great report card with an ice cream sundae, how about an iTunes gift card, or a trip to the nursery to buy a new plant for the garden? Or a hike at Crystal Springs instead of a trip to the movies? Make it safe and fun to walk to school with friends—and practice what you preach. Be aware of local planning and zoning issues, whether they involve a fast-food outlet or a new park.

Fortunately for us, our local policy makers and civic leaders “get it!” San Mateo County has the focus, structure, and commitment to help educate, empower and encourage each of us. Examples include the Childhood

**San Mateo County was ranked the fifth healthiest county in California, out of 58.**

Obesity Prevention campaign, Get Healthy San Mateo ([www.gethealthysmc.org](http://www.gethealthysmc.org)), the 2007 Children’s Report ([www.kidsdata.org/sanmateo](http://www.kidsdata.org/sanmateo) report), the 2008 Community Assessment of the Health & Quality of Life in San Mateo County (<http://www.plsinfo.org/healthysmc>), and the soon-to-be-launched Safe Routes to School Task Force.

A recent Robert Wood Johnson Foundation initiative surveyed more than 3,000 counties across the nation. In addition to usual factors such as general health and rate of premature death, the survey considered smoking, binge drinking, childhood poverty, air pollution and access to grocery stores. When compared to all counties in California, San Mateo

County was ranked the fifth healthiest out of 58! Let’s go San Mateo County toward a number-one ranking.

Cheryl A. Fama

Contribute to your own health reform by joining fellow District residents at the upcoming “Streets Alive” Day on Sunday, April 11, which coincides with the World Health Organization’s Health Day. Various streets throughout San Mateo County will be closed, and participants are encouraged to take walks, bike, enjoy our parks and neighborhoods, and patronize local businesses. For more information, visit [www.streetsalivesmc.org](http://www.streetsalivesmc.org).

## Children’s Health Initiative: Universal Health Care in our District

Seven years ago, the San Mateo County Board of Supervisors and private and public health care leaders established the Children’s Health Initiative Coalition (CHI) that ensures access to health care for children. Currently, San Mateo County is only one of two counties in California to sustain a local children’s coverage product with no waiting list.

The goal of CHI is to ensure that all children in San Mateo County living in families with income eligibilities of up to 400% of the federal poverty level enroll in Healthy Families, Medi-Cal, or Healthy Kids insurance programs. It also leverages community support to maximize federal and state funding; integrates children into Health Plan of San Mateo’s provider network and operating systems; and enhances the delivery and stability of the community health care system. The results are impressive—according to the 2009 California Health Interview Survey (CHIS) report, the number of uninsured children in San Mateo County has decreased from 17,000 in 2001 to 2,000 in 2007.

### A Family’s Hope

Carmen Anderson learned about CHI when her son turned five and needed vaccinations to enroll in kindergarten. Though Carmen was working at the time, her employer provided no health care cover-



Carmen Anderson

age. Because of CHI, she enrolled in Healthy Families and her son was able to obtain the vaccinations he needed. Now 12 years old, he continues to receive care for his asthma that has required constant monitoring. “I am so grateful

to CHI for making Healthy Families available to my family,” Anderson says. “The care from our insurance program is high quality and the staff and doctors are so kind—they always answer all of my questions.”

The Peninsula Health Care District is proud to be a funding partner of CHI and its successful efforts since 2003.

## Suicide Prevention

By Michael Garb

Chief Executive Officer, Youth and Family Enrichment Services

Consider these sobering facts:

- Suicide is the leading cause of death of 15-24 year olds in San Mateo County
- Young women attempt suicide three times more often than young men, but four times as many young men will complete the act
- Over half of all youth who suffer from depression will eventually attempt suicide at least once

Over the last year, suicide has hit San Mateo County especially hard, devastating parents, family members, friends and the community. We were shocked to learn about students from Gunn High School in Palo Alto who took their lives by stepping in front of trains. Many parents or guardians feel at a loss when it comes to understanding the signs associated with an individual considering taking their own life, which include talking about suicide or death and feelings of hopelessness or guilt, and engaging in self-destructive behavior.

Youth and Family Enrichment Services, a non-profit organization serving San Mateo County, has operated the Crisis Intervention and Suicide Prevention Center since 1997. We

offer a 24-hour suicide crisis hotline, a chat room, and online support services. Our Youth Intervention Team provides suicide education and intervention services to local schools, and our staff is also available to school personnel to address concerns about individual students who show signs of depression and contemplating suicide.

The Peninsula Health Care District plays a vital role in ensuring these critical services are available through its community grants program, in addition to funding YFES receives from the County of San Mateo, the Community Service League (CSL) and other private donations. For more information about our programs, visit [www.yfes.org](http://www.yfes.org).



Michael Garb

Resources for you or someone that you know who is in crisis:

Crisis Hotline:  
650-579-0350 or  
1-800-273-8255

Chat room and website:  
[www.onyourmind.net](http://www.onyourmind.net)

# Message from the Board of Directors

## RECOGNIZING OUR COMMUNITY PARTNERS

At the regular District board meeting on January 28, the District honored the following individuals and organizations that have contributed significantly to the health and safety of the community, and who have supported the mission, vision, and health priorities of our District.

### 2010 Community Partners

- **San Mateo County Supervisor Adrienne Tissier**, for her work to expand health care coverage to all in need and her inclusive, collaborative manner that achieves results.
- **Don Horsley**, Chair, Sequoia Healthcare District Board, for more than 38 years of service to the safety and health of the community.
- **Sarkis Sarkisian**, Chair, MPHS Hospital Building Committee and MPHS Board member, for his vision, expertise, leadership and hundreds of volunteer hours in support of the 2010 opening of the new Mills-Peninsula Medical Center in our District.



2010 District Community Partners Don Horsley, Supervisor Adrienne Tissier, and Sarkis Sarkisian.

### 2010 Grant Recipients

The District Board's 2010 fiscal year investment in community health totals \$2 million in support of the following organizations:

- Children's Health Initiative
- College of San Mateo Nursing Program
- Community Network for the Underserved—OB Program

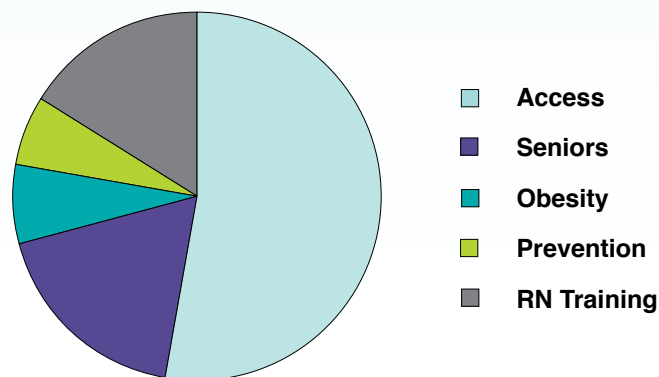


Representatives from organizations receiving 2010 grants.

- Community Overcoming Relationship Abuse (CORA)
- Jewish Family and Children's Services—Seniors-at-Home Program
- Mills-Peninsula Health Services—Senior Focus
- Ombudsman Services of San Mateo County
- Samaritan House Free Medical and Dental Clinics
- Women's Recovery Association—Women and Children's Program
- Youth and Family Enrichment Services—Insights Adolescent Program and Crisis Intervention/Suicide Prevention Center

The Board would also like to recognize members of the Community Health Investment Committee for their time, expertise, and focus that ensured the quality and integrity of the grant process: Chris Corwin, Terry Jackson, Frank Lalle, Steve Parker, and Judi Powell.

### Investments Relative to District Health Priorities



## Achieving Community Health Together



Supporters of the District attended the Achieving Community Health Together event in January to honor the District's 2010 Community Partners and Grant Recipients, including the Senior Focus team from Mills-Peninsula Health Services (pictured above left). Vice Mayor of Millbrae Daniel Quigg and Assemblymember Jerry Hill (from l-r, pictured above right) also joined the celebration.

### 2010 DISTRICT BOARD MEETINGS

April 22	August 26
May 27	September 23
June 24	October 28
July 22	December 9

All meetings start at 5:45 PM.

As part of the District's mission to educate and provide health resources to the community, the District Board invites a leading expert from the community to present an important health topic at the beginning of each meeting. Please visit [peninsulahealthcaredistrict.org](http://peninsulahealthcaredistrict.org) for a list of future speakers and meeting locations.

## PHCD Wins Good Neighbor Award

The San Mateo Area Chamber of Commerce recently honored the District for its 63-year commitment to the health and vitality of the San Mateo community. The award was based on the District's continued financial support of community-based health organizations through its grants program, and the economic impact of Peninsula Medical Center and the building of the new hospital.

Peninsula Health Care District

1600 Trousdale Drive, Suite 1210  
 Burlingame, CA 94010  
 Phone: 650.697.6900  
[www.peninsulahealthcaredistrict.org](http://www.peninsulahealthcaredistrict.org)

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



Peninsula Health Care District

**BOARD OF DIRECTORS**

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Helen C. Galligan, R.N.  
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Lawrence W. Cappel, Ph.D  
*Treasurer*

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

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