

Health District News

Message from the Board of Directors

The Peninsula Health Care District (PHCD) invests in the health of our communities by supporting community-based programs and partnerships through our Community Health Grants Program, and by creating health care facilities for future generations. We are pleased to note two recent updates that will have an impact on both the work of the District and the health of the communities we serve.

Announcing the 2014 Board of Directors

The PHCD Board of Directors, comprised of five publicly elected officials, is responsible for public assets, and ensuring the District's economic well-being. At a Special Board meeting on January 22, 2014, the District announced the election of the 2014 Board officers. After five years as Chair of the PHCD Board, Daniel Ullyot, M.D., stepped down from his role as board chair, citing that it was "time for a change and we are fortunate to have very capable directors from which to elect a successor." The Board unanimously elected Lawrence Cappel, Ph.D., to assume the role of Chair. Cappel is the founder and President/CEO of Pacific Health Alliance, and founder and board chair of the Strides for Life Colon Cancer Foundation.

Additional Board officers for 2014 include Vice Chair Rick Navarro; Secretary Helen Galligan; Treasurer Dennis Zell; and Director Dan Ullyot, M.D. Director Zell, a 45-year resident of the Peninsula, was appointed to the Board to fill a midterm vacancy and was officially sworn in on January 23, 2014.

Planning for a Health-Focused Campus

The District Board is committed to the current and future health needs of seniors, a growing percentage of the residents served by the District. According to a study conducted by Gerontological Services, Inc., by 2017, almost 16% of the local population will be age 65+, and the 85+ population is expected to continue to increase. To support the health and wellness of this growing population of active, independent seniors, PHCD is planning an eight-acre health-focused campus on District-owned land, adjacent to Mills-Peninsula Medical Center, to provide a holistic approach to senior living and care. The health-focused campus will support three levels of senior housing – independent, assisted and skilled nursing - and will provide mixed-use office space, a community center, and other residential program space. Planning sessions are currently underway to develop the land-use master plan, conduct the financial feasibility analysis, and identify development partners.

We invite all interested parties to learn more about plans for the campus development and other District initiatives by attending PHCD's monthly public Board meetings, following the progress on our website, or by contacting us at (650) 697-6900 or admin@peninsulahealthcaredistrict.org.

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PHCD's 6th Annual "Achieving Community Health Together" Grant Awards



Grant Recipient Profile

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Peninsula Family Service

IMPORTANT Affordable Care Act Deadline: March 31, 2014 is the deadline to sign up for insurance through the Affordable Care Act (ACA). For enrollment sites and events, visit smchealth.org/EnrollCoveredCA

Stay up to date with District news. Follow us on Facebook:

www.facebook.com/peninsulahealthcaredistrict

Grant Recipient Profile: Peninsula Family Service

Peninsula Family Service is a first-time recipient of Peninsula Health Care District (PHCD) grant funding. Peninsula Family Service works to provide comprehensive services that assist clients in acquiring the tools and skills needed for lasting change. Peninsula Family Service offers programs in the following areas: child development and education; support of healthy family interaction; parent education and coaching; wellness and life-long learning for older adults; and financial empowerment.

Peninsula Family Service was awarded \$30,000 to support the Healthy Eating Active Living programs at two of their sites: the Early Learning Center and the Child Development Center located at the First Step Transitional Housing Program in San Mateo. With the

Peninsula Family Service will Provide 17,000 Breakfasts and Lunches to 125 Children with the \$30,000 Grant from PHCD

PHCD grant, Peninsula Family Service will be able to offer healthy meals and outdoor play opportunities to combat the risks these children face as a result of poverty, including developmental risks and poor academic performance.

Peninsula Family Service will be able to serve a total of 17,000 breakfasts and lunches, and 34,000 snacks for approximately 125 children over the one-year grant period, and will conduct four annual nutrition and fitness-focused Family Education Workshops to promote healthy eating and active living at home. In addition, PHCD grant funding will allow Peninsula Family Service to implement an on-site edible garden to teach children about the origin of food and nutrition, and will ensure that 100% of families who are eligible will be enrolled in CalFresh, a California Department of Social Services program that provides qualified households and individuals with monthly electronic benefits that can be used to buy groceries, or WIC (Women, Infants & Children), a national nutrition education program that promotes healthy eating.

Peninsula Family Service empowers children, families and older adults to achieve and maintain self-sufficiency, and Laura Martinez is a one of Peninsula Family Service's many success stories.

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Peninsula Health Care District Awards \$2.1 Million in Community Health Grants

Since the program's inception, PHCD has invested more than \$20 million in local organizations.

Peninsula non-profits, government officials, and community members gathered at the Peninsula Health Care District office on January 23, 2014 for the District's sixth annual "Achieving Community Health Together" grant awards and Community Health Leaders celebration. The District awarded \$2.1 million to 15 health-focused organizations serving residents of the District and honored two Community Health Champions for their exemplary commitment and success in promoting health education, prevention and access to needed health services.

Grant recipients are chosen annually based on a review of local health care needs and the evolving priorities of District communities. The District Community Health Grants Program directly impacts the health of our residents by addressing several areas of health care need within the community: access to basic health care and mental health services; senior services that promote quality of life and independence while living in the community; childhood obesity and nutrition; and reduction of health risks through education and prevention.



2014 GRANT RECIPIENTS

The District is proud to support the following organizations and to help them to deliver outstanding support and services in our community:

- **Breast Cancer Connections**
- **Caminar Bridges to Wellness Program**
- **Catholic Charities Adult Day Health**
- **Children's Health Initiative**
- **Edgewood Center**
- **InnVision Shelter Network**
- **Kimochi**
- **Mid-Peninsula Boys and Girls Club**
- **Ombudsman Services**
- **Peninsula Family Service**
- **PJCC**
- **Samaritan House**
- **Senior Focus**
- **StarVista**
- **The Latino Commission**



Laura Martinez and Arne Croce accept a grant on behalf of Peninsula Family Service.

The District Board also recognized two 2014 Community Health Champions. Srija Srinivasan is director of strategic operations for the San Mateo County Health System and a leader of the County enrollment efforts in implementing the Affordable Care Act for our residents. Gloria Brown, founder of the African American Health Advisory Committee of Mills-Peninsula Health Services, is an active educator and facilitator in achieving effective community outreach. Additionally, the District honored Volunteer of the Year Bob Sawyer, a Children's Health Initiative and InnVision Shelter Network volunteer, for his diligence in obtaining needed certifications to allow him to enroll individuals into County programs and Covered California plans.

Keeping our community healthy requires the combined efforts of organizations, health care champions and volunteers. Thank you to each of the 2014 grant recipients, Community Health Champions, and the Volunteer of the Year, for your partnerships and commitment to the health of our communities. To learn more about the Peninsula Health Care District's Community Grants program, please visit

www.peninsulahealthcaredistrict.org.



Gloria Brown accepts her Community Health Champion award.



Srija Srinivasan accepts her Community Health Champion award.



2014 Peninsula Health Care District Grant Recipients

Upcoming District Board Meetings

Meetings begin at 5:45 pm

April 24 | May 22 | June 26

For locations & more info, visit peninsulahealthcaredistrict.org



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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 Mills-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.



Connect with the Peninsula Health Care District on Facebook! Have you liked the Peninsula Health Care District's Facebook page yet? Check it out for information about American Heart month, exercise tips, healthy recipes, and the healthy impact volunteering can have on your mind and body. We invite you to join our Facebook community and start connecting with us and others who care about our community's health. www.facebook.com/peninsulahealthcaredistrict

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Martinez has been involved with Peninsula Family Service since 2006, when her children first started attending Peninsula Family Service's Early Learning Center. She has found the Early Learning Center to be extremely beneficial for her children, with a strong curriculum and great teachers. Peninsula Family Service has helped Martinez in many ways throughout the years, and since she has been involved with Peninsula Family Service, she says she is now a more engaged, involved

parent. She works as a family partner for San Mateo County Behavioral Health and Recovery Services and Edgewood Center in San Carlos, and credits her current position with a two-day workshop she participated in through Peninsula Family Service that strengthened her job and leadership skills.

PHCD thanks Peninsula Family Service for the work they do every day to strengthen and empower our community. To learn more about Peninsula Family Service, please visit www.peninsulafamilyservice.org.