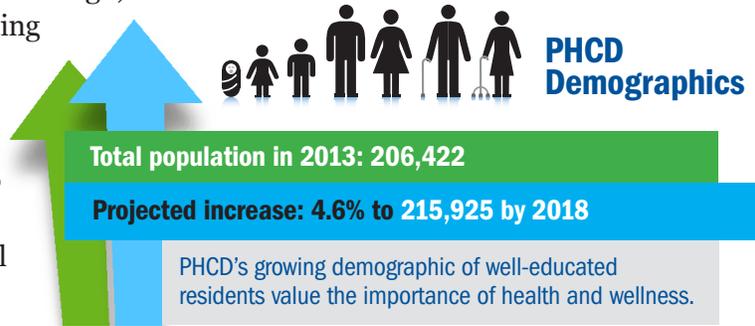


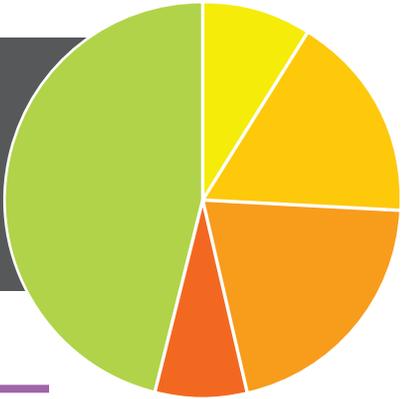
Peninsula Health Care District: The Community's Partner in Good Health

The Peninsula Health Care District serves San Bruno, Millbrae, Burlingame, Hillsborough, San Mateo and Foster City by supporting the health and wellness priorities of our vibrant Peninsula communities, and safeguarding access to health care services, today and in the future. We fulfill this commitment through oversight of District assets and infrastructure, planning for and investing in future health care needs, and supporting local health-focused programs and organizations with taxpayer dollars.



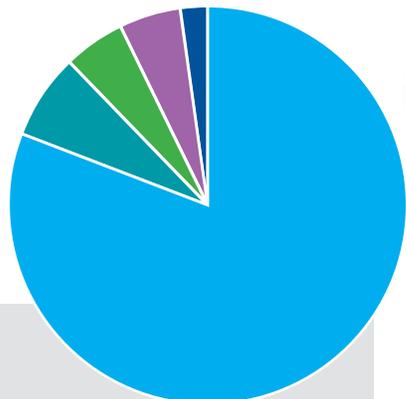
Education

- 9% No HS diploma
- 17% HS only
- 20.3% Some college
- 7.7% Associate Degree
- 45.8% Bachelors and/or Graduate Degree.

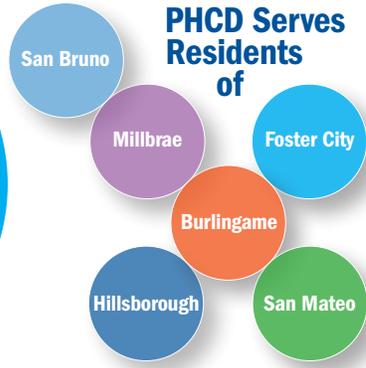


Source: Esri Community Analyst from San Mateo County, 2013

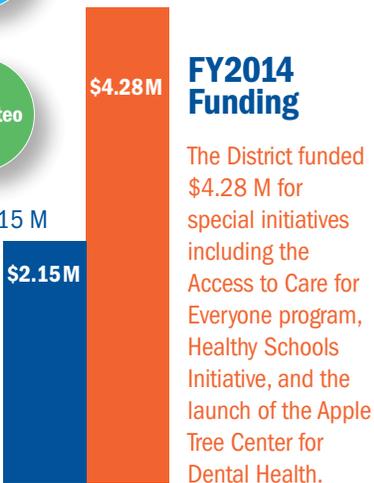
FY2015 Budget



- Grants & Special Initiatives 81%
- Administration & Overhead 7%
- Consultant Services 5%
- Other 5%
- Property Management 2%



In FY2014, the District funded \$2.15 M in Community Health Investments, including but not limited to, grants to Samaritan House Free Clinics, StarVista Insights Program, Mills Peninsula Senior Focus, Children's Health Initiative and the Caminar "Bridges to Wellness" Program.



The District funded \$4.28 M for special initiatives including the Access to Care for Everyone program, Healthy Schools Initiative, and the launch of the Apple Tree Center for Dental Health.

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District Board Meetings
Meetings begin at 5:45 pm
Sep 25 | Oct 23 | Dec 11
(No Meeting in November)
For locations & more info, visit peninsulahealthcaredistrict.org

Updates from the PHCD Board of Directors

We are pleased to provide updates on three of our special District projects: The new Marco Polo development site, the Apple Tree Center for Dental Health, and The Trousdale senior living community.

Marco Polo Site 8 acres of PHCD Land for Future Development

For the past three years, the Board has engaged in master planning activities to explore the “best and highest” uses of this prime property asset the District manages on behalf of its residents. (The site is located West of Mills Peninsula Hospital and East of Marco Polo Way.) This due diligence has included focus groups, community meetings, one-on-one interviews with a range of stakeholders, presentations at all city councils within the District, and detailed financial analysis of potential uses. Our ultimate goals are to address current and future health needs and to do so in a financially sound and sustainable way. The first phase of the plan is scheduled for completion this fall, which will be presented to the city of Burlingame, followed by the Environmental Impact Report (EIR) process.

Apple Tree Dental Health Center Opening Early 2015

Tenant improvements at 430 N. El Camino in San Mateo—the future site of the Apple Tree Center for Dental Health—have begun. As reported in previous newsletters, The Center’s services will include full dental care options for all PHCD residents, with a focus on outreach to senior residential facilities, group homes, and access for the frail elderly and special needs adults and children, regardless of insurance status. Both the Sequoia Healthcare District and the Burlingame Rotary Club have joined PHCD in committing funding support to launch this vital component of health care access for residents of our communities.

The Apple Tree program has received support and acknowledgment from many Peninsula leaders, including Assembly member Kevin Mullin (D-San Mateo), who noted: “This new Center for Dental Health is innovative and inclusive, focuses on prevention, and represents a major step toward filling a serious gap in health services for our community.”

The Trousdale Opening Early 2016

The Trousdale, the District’s 132-unit assisted living and memory care facility in Burlingame, is on schedule to break ground this fall. The project manager, architect, and operator are in place; financing has been secured; the EIR and traffic study are complete; and the construction manager and contractor selections will be made soon. This new facility will serve the fastest growing population on the Peninsula: our seniors.

To learn more about District projects and activities, we invite all interested parties to attend our monthly board meetings. For the full schedule, visit www.peninsulahealthcaredistrict.org.

PHCD Funding Supports Health

PHCD made a three-year, \$4 million commitment to improving the health of children in four of our local elementary school districts, encompassing 39 schools and 20,000 students and their families. Our school district partners include: Burlingame, Millbrae, San Bruno Park, and San Mateo/Foster City. PHCD funding provides critical staff and program support to promote nutrition, physical exercise, basic health instruction, and mental health/counseling services.

The results from year-two are in, and are notable and remarkable. Thanks to the superintendents, teachers, and health care providers who have made this possible.

“The generosity of the District (PHCD) allowed us to build a foundation at a time when public school funding was at its lowest. We’ve created a whole foundational support for physical, social and emotional wellbeing and health.”

Dr. Margaret MacIsaac, PhD.
Superintendent, Burlingame Elementary School District

“The student health clinic of San Bruno has made a great impact. We want to broaden and widen the exposure... as well as revising the policies of the (school) District, because that is where it starts.”

Dr. Henry Sanchez
San Bruno Park Elementary School District Board Trustee

“Millbrae is committed to sustaining the health and wellness program and has included it in our Local Control Accountability Plan.”

Linda C. Luna, Superintendent
Millbrae Elementary
School District



& Wellness of K-8 Students

- School attendance improved by 11,760 days generating \$446,880 in revenues. (Average: \$38/day)
- Student counseling services and interventions increased 258%, suspension rates dropped 26%, and expulsions dropped 36%.
- 5,518 students received classes in nutrition and healthy food selections.
- 3,000 students participated in on-campus health fairs.
- 142 students received free dental exams, cleanings, and x-rays in San Mateo-Foster City and San Bruno Park. For most, this was their first dental exam.
- 126 students received immediate nursing assessment and care at the Health Clinic located on the Belle Air School campus in San Bruno.
- Physical fitness scores improved across the board for fifth and seventh graders, as measured on the state's physical fitness test.

The full Healthy Schools Initiative Year End report can be found on the PHCD website: www.peninsulahealthcaredistrict.com.



Peninsula
Health Care
District

Health Priorities



1

Access to basic health care and mental health services

One example of how PHCD will address this priority:

Launching the Apple Tree Dental program that will serve all ages and incomes, and will remove barriers to access for the frail elderly and special needs children and adults.

Key Findings from the San Mateo Countywide Triennial

Community Health Assessment: Access to dental services remains a significant problem. 32.4% of adults, 57.4% of seniors, and 62.2% of adults living below 200 percent poverty have no dental coverage.

2

Childhood obesity and nutrition

One example of how PHCD will address this priority:

Third year of funding the Healthy Schools Initiative with a focus on physical education and healthy eating.

Key Findings from the San Mateo Countywide Triennial

Community Health Assessment: Children in San Mateo County are less healthy, as a whole, than children were in decades past due to poor eating habits, consumption of sugar-loaded sodas, and lack of physical activity.



3

Senior services that promote quality of life and independence while living in the community

One example of how PHCD will address this priority:

Construction of The Trousdale, an assisted living and memory care facility opening in early 2016 on District property at 1600 Trousdale Drive in Burlingame.

San Mateo Health System Study by Lewin Group and

Interdisciplinary Team Findings: 65-74 year olds will increase 53% from 2010 to 2020, 75-84 will increase 71%, and 85+ will increase 148%. According to the Gerontological Services, Inc. market assessment, market demand in the PHCD service area projects the shortage of assisted living units will exceed 800 even after the PHCD facility opens.

Findings Indicate the Following Post-Retirement Living

Preferences: Near friendly neighbors, where they can walk to shopping and restaurants, and can get to doctors and hospitals by public transportation.



4

Reduction of health risks through education and prevention

One example of how PHCD will address this priority:

Through PHCD's community grants program that directs funding support to organizations that address prevention, education, and community-based services.

Key Findings from America's Plan for Better Health and

Wellness: Prevention should be woven into all aspects of our lives including where and how we live, learn, work and play... The Affordable Care Act's National Prevention Strategy helps move the nation away from a health care system focused on sickness and disease to one focused on wellness and prevention.





Peninsula Health Care District

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- SAN BRUNO
- MILLBRAE
- BURLINGAME
- HILLSBOROUGH
- SAN MATEO
- FOSTER CITY

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email info@peninsulahealthcaredistrict.org **visit** www.peninsulahealthcaredistrict.org

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Cheryl A. Fama, MPA, BSN

GRANT RECIPIENT PROFILE:

Kimochi

Peninsula Health Care District is proud to support Kimochi as one of its newest community partners.

In Japanese, kimochi means “feeling for elders,” a philosophy which is integral to how this pioneering organization reaches its goal of providing culturally sensitive programs and services to the Japanese American senior communities of the Bay Area. Since 1971, Kimochi has had a long and successful track record of providing structured programs and activities that improve quality of life and postpone or prevent a need for institutionalized care. Kimochi is building a new facility in San Mateo, based on the success of its San Francisco Japantown facility.

PHCD awarded Kimochi a grant to expand its outreach and services through its new San Mateo facility, in order to serve mid-Peninsula seniors and their families.

While Kimochi focuses primarily on those of Japanese descent, its programs are open to all. The PHCD grant supports the Family Caregiver Support Program which includes case management services, family caregiver trainings, and monthly senior health and wellness education classes.

Kimochi plans to add additional services to San Mateo County families comparable to those now provided in San Francisco, which include a residential care facility, transportation services, adult social day care and meal delivery services.

“ I am 94 years old and have lived in San Mateo for more than 75 years. I came from Japan and do not speak English very well. Kimochi staff have helped me and my family find people who can come to my house so my children do not have to worry about me.”

—San Mateo senior

To learn more about Kimochi and its services, visit www.kimochi.org.

“I live with my family in Burlingame and my mother lives in San Jose. She is getting more forgetful and confused... Kimochi has helped me to find support for my mom and has facilitated family meetings to discuss care plans for mom. They understand how hard it is.”

—A family caregiver



Have you visited our website recently? A few highlights of what you'll find...

- Healthy Schools Initiative Year End Report
- Senior Living Options at The Trousdale
- 2014-2015 PHCD Board of Directors' Health Priorities
- Your District in the News
- How to Request a District Spokesperson for an Event or Program

To learn more, visit

peninsulahealthcaredistrict.org