

PHCD Recognizes 18 Volunteers for Their Dedication to Local Community-Based Organizations

As part of its community benefit programs, PHCD invests in local health-focused organizations through supportive grants. The organizations that receive grant funding address important community health priorities, and PHCD is proud to support them and recognize the volunteers who make their impact possible. At its 8th Annual Achieving Community Health Together event, PHCD honored and recognized 18 volunteers from these organizations for their support and thousands of hours of service. These volunteers not only make a difference in the lives of the clients they serve, but they also enhance and expand the impact of the work of our community partners.

The Health Benefits of Volunteering

For a nonprofit organization, the benefits of having a dedicated group of volunteers onboard is clear. Volunteers can serve as local ambassadors for an organization, generating support and rapport as they share their enthusiasm for their volunteer work with others. They also play an important role by allowing an organization to expand its reach and services. In fact, according to the Corporation for National and Community Service, 62.8 million people nationwide volunteer each year, donating 7.9 billion hours (worth \$184 million) to the organizations they serve.

While the benefits to an organization are clear, it may be less evident that individual volunteers benefit as well. Individuals who

volunteer experience significant health and wellness benefits from contributing their time to an organization or cause that they feel passionately about.



Volunteering is good for the mind and body. It is shown to decrease the risk of depression, and enhances "The Happiness Effect," which comes from a release of dopamine in the brain, similar to what one experiences after a vigorous workout. Helping others has the same effect. Volunteerism is also shown to reduce stress levels and increase self-confidence by cultivating a sense of purpose and fulfillment.

The results of a survey of a large, ethnically diverse sample of older adults showed that those who gave social support to others had lower rates of mortality than those who did not, even when controlling for education, marital status, socioeconomic status, age, gender, and ethnicity! In addition, research demonstrates that volunteering leads to better health and that older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities²

If you are interested in volunteering, and reaping the health and wellness benefits that volunteering has to offer, please visit one of the following websites to get started: **thevolunteercenter.net** and **volunteermatch.org**

¹Brown, W.M., Consedine, N.S., and Magai, C. (2005) "Altruism Relates to Health in an Ethnically Diverse Sample of Older Adults." *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 60B(3): P143-52.

²Brown, S., Nesse, R. M., Vonokur, A. D., & Smith, D. M. (2003) "Providing Social Support May Be More Beneficial than Receiving It: Results from a Prospective Study of Mortality." *Psychological Science*, 14(4): 320-327.

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2016 Peninsula Health Care District Community Grant Awards

On January 28, 2016, PHCD awarded \$1.9 million in grants to 30 local health-focused organizations. This year's grant recipients are listed below. To learn more about how the grant funding will be used to support each organization's unique program and service offerings, visit peninsulahealthcaredistrict.org.

- Acknowledge Alliance
- Burlingame School District
- Caminar
- Catholic Charities
- Children's Health Initiative
- Community Gatepath
- CORA
- Edgewood Center
- Friends for Youth
- InnVision Shelter Network
- Jewish Family and Children's Services
- Latino Commission
- Mental Health Association of San Mateo County
- Mid-Peninsula Boys and Girls Club
- Millbrae Elementary School
- Mills Peninsula Senior Focus
- Mission Hospice and Home Care
- Ombudsman Services of San Mateo County
- Pathways Home and Hospice
- Peninsula Family Services
- Peninsula Volunteers
- Planned Parenthood Mar Monte
- Prevent Blindness of Northern California
- Samaritan House
- San Bruno Park School District
- San Mateo Foster City School District
- San Mateo Police Activities League
- Second Harvest Food Bank
- StarVista
- Via Heart Project

At the Peninsula Health Care District's (PHCD) Community Grant Awards, PHCD expressed its gratitude and appreciation for the volunteers who help our community partners carry out their mission, fulfilling PHCD's vision that all residents enjoy optimal health through education, prevention and access to needed services. The following individuals were recognized at this year's event, and a brief

excerpt from the nomination form that each organization submitted is included:

Beverly Bushley, Catholic Charities Adult Day Health Services "Volunteers like Ms. Bushley provide an invaluable selfless service, allowing for our programming to take place, helping the staff reach their capacity, and truly contributing to the success of the program."

Lisa Valerio, Community Gatepath Family Resource Center "Lisa is dedicated, loyal and very passionate about supporting our families as well as the Autism community in San Mateo County."

Colleen Nguyen, Community Overcoming Relationship Abuse (CORA) "Colleen intently listens with a strong balance of heart and head. She heals clients' hearts while she helps them come to terms with unspeakable betrayal and the accompanying trauma."

Alma Love, Edgewood Kinship Program "Even after retiring from her position several years ago, Alma decided to continue supporting our families as a volunteer. She still offers her support when we are in need of additional help."

Recognizing and



Edie Culiner, Jewish Family and Children's Services "Edie has such a friendly demeanor and a warm heart. She is dedicated to all of her volunteer commitments and is always open to lending a hand wherever is needed."

Nina Clinton, Mental Health Association of San Mateo County "Nina's patience, genuine empathy and concern give comfort and reassurance to individuals who often don't have anyone stable in their lives."

Zach Cherkas, Mid-Peninsula Boys & Girls Club "Last summer Zach volunteered as a Healthy Lifestyles assistant and formed great relationships with our youth, and encouraged them to try their hardest every day."

Dr. Steve Weller, Mission Hospice & Homecare "Dr. Weller has been active with the organization since its inception and watched the agency grow from serving 25 patients a day in 2008 to more than 300 patients today."

Sherry Rayner, Pathways Home Health & Hospice "Sherry has helped countless families make the difficult journey through illness, the loss of a loved one, and healing—there is no better definition of success for hospice services."

Li Chang, Peninsula Family Services "Because of Li Chang's willingness and ability, an expanding group of Chinese-speaking older adults is receiving assistance with language translation and accessing information and services."

Stephen Kane, Peninsula Volunteers, Inc. Meals on Wheels "Stephen contributes to the success of Meals on Wheels in many ways, but most importantly he provides companionship and warmth to all the clients to whom he delivers meals."

Terrie McDonald, Planned Parenthood Mar Monte "We are recognizing Terrie for her tireless efforts to stand up for women's rights and access to health care for all. She is an

San Mateo County Supervisor Dave Pine Honored as a Community Health Leader

San Mateo County Supervisor Dave Pine was honored as a Community Health Leader for his commitment to the health needs of Peninsula residents, with a focus on health services and programs for children and families. He continues to be a supporter and an advocate for PHCD's strategic priorities and projects. Thank you, Supervisor Pine!



inspiration to staff, fellow volunteers, and to the community."

Alejandra de Alba Campomanes, MD, MPH, Prevent Blindness Northern California "Dr. de Alba volunteers each month to audit exams performed on the Eye Bus; mentors the "See Well to Learn" optometrists and screening staff; and continually looks for opportunities to enhance the services provided."

Gerald Saliman, MD, Samaritan House "Dr. Saliman has been a stalwart of our San Mateo Free Clinic for almost a decade. He is as dedicated to educating patients in everyday language as he is to educating practitioners in scientific terms."

Susan DeKom, San Mateo Police Activities League "In addition to providing event support and assisting with fundraising, Susan has utilized her connections working at NASA to introduce our PAL kids to the uniqueness and benefits of science as a career for youth."

Malvina Gock-Chan, Second Harvest Food Banks of Santa Clara and San Mateo Counties "In 2015, under Malvina's leadership, 15 volunteers distributed 92,714 pounds of food to 82 seniors each week. With volunteers like Malvina, we can provide food to people in need in our community and continue working to eliminate hunger."

Albert Boe, StarVista "Albert is committed to stigma reduction and mental wellness awareness among teens and young adults. He is contributing to an important conversation about mental wellness in young people in our community."

Donny Wagner, The Latino Commission "Donny's dedication to the Latino Commission and its mission extends to him selflessly giving time, spiritual guidance and prayer for our clients when they are in need. Due to his efforts, many of our clients have refocused their lives."

d Honoring Local Volunteers





1819 Trousdale Drive, Burlingame, CA 94010

- SAN BRUNO**
- MILLBRAE**
- BURLINGAME**
- HILLSBOROUGH**
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telephone (650) 697-6900

email info@peninsulahealthcaredistrict.org

visit www.peninsulahealthcaredistrict.org

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- Peninsula Wellness Community
- Your District in the News
- How to Request a District Spokesperson for an Event or Program

To learn more, please visit

peninsulahealthcaredistrict.org

Peninsula Health Care District Recognized for Transparency and Good Governance

The Peninsula Health Care District (PHCD) is proud to announce that it has been recognized for its transparency and good governance by two organizations, the Special District Leadership Foundation (SDLF) and the Association of California Healthcare Districts (ACHD).

PHCD received a District Transparency Certificate of Excellence from SDLF by demonstrating completion of several essential governance transparency requirements, including ethics training for all board members and properly conducting open and public meetings. In addition, PHCD fulfilled 15 website requirements and highlighted that it has implemented regular communications to facilitate oversight and engagement with District residents.

PHCD also was awarded a certificate in good governance by ACHD. The ACHD Governance Committee developed a core set of standards that ensures that public health care districts are conducting business in a manner that is open and transparent for the benefit of the communities they serve. PHCD demonstrated compliance in many important areas, including: state agency reporting, transparency, executive compensation and benefits, website content, and financial reporting.



Construction to Start on The Trousdale

Construction of The Trousdale, PHCD's assisted living and memory care facility, is scheduled to begin in April 2016 at 1600 Trousdale Drive at Magnolia. Resident occupancy is scheduled for early 2018.

If you are interested in learning more about The Trousdale, wish to get on the waiting list for a residence or want to track the progress of the construction, visit eskaton.org/Trousdale or call (650) 697-6900. Please join our mailing list by emailing TheTrousdale@eskaton.org.

