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# Press Release

Contact: LMCHD, Bobbi Palmer, CEO      FOR IMMEDIATE RELEASE  
Phone: (925) 432-2200                      9 A.M. PDT, October 6, 2014

## **Los Medanos Community Healthcare District Recipient of the Innovative Program of the Year Award**

Pittsburg, CA, October 6, 2014

Los Medanos Community Healthcare District (LMCHD) announced that its Summer Intern Program for 2014 was selected as the recipient for the Innovative Program of the Year award for 2014 from the California Special District Association (CSDA) at its Annual Conference that happened September 29, 2014 through October 2, 2014 in Palm Springs, California.

The community is invited to share in this success at an award presentation on Monday, October 13, 2014. The award celebration will take place in the LMCHD Board Room. Assembly member Jim Frazier's office will present each LMCHD intern with a certificate of achievement. The award presentation will take place at the beginning of the board meeting at 6:30 pm.

LMCHD hosted young adults transitioning from foster care to independent living for the past 4 years in their Summer Internship Program. LMCHD ultimate goal was to introduce the young adults to new and meaningful experiences while positively impacting their local area through community outreach. "LMCHD strives to build a better tomorrow by helping our young adults understand how community service provides the opportunity to bring awareness to community needs and develop personal growth," stated Melinda Harris, LMCHD's Intern Coordinator. The program is designed to provide the young adults with a unique work experience by creating a team based, grassroots community project.

The 5 interns called themselves The Longevity Seekers and organized an outreach campaign entitled "The Heritage Project: Bridging the Gap." The project encouraged seniors and young adults to engage in a dialogue in order to "Bridge the Gap" between senior and young adult and 'pass down' healthy lifestyle habits that will positively affect the life choices made by today's and future generations. The Heritage Project targeted seniors living in Pittsburg and Bay Point California.

"What are the chances of living to the age of 100? Our interns sought to answer that question. In doing so, they discovered the secrets of living well and living longer," stated Bobbi Palmer, CEO of LMCHD.

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Throughout the summer The Longevity Seekers analyzed demographic data, composed and distributed a survey regarding healthy habits and lifestyles of senior adults, performed on and off camera interviews throughout the cities of Pittsburg and Bay Point California: The City of Pittsburg Senior Center, Stoneman Village Senior Residence, Presidio Village Senior Housing, the Pittsburg Health Center (adjacent to LMCHD), and Ambrose Recreation Center in Bay Point where LMCHD interns interviewed the Women in Motion Senior Group and CC Café Senior Lunch Group. The interns interviewed a total of one hundred twenty-six senior adults.

Using their research and focusing on public health, The Longevity Seekers created the “The Heritage Project” video which can be view on the LMCHD website at <http://lmchd.org/php/video.php>. The LMCHD interns completed their project and presented their findings to the Los Medanos Community Healthcare District Board of Directors and Assembly Member Jim Frazier in Sacramento.

Linda Strong, Board President of LMCHD, Bobbi Palmer, CEO LMCHD and Melinda Harris, LMCHD Intern Program Coordinator accepted the award on October 1, 2014 at the CSDA conference on behalf of the passionate work the interns accomplished. Several of the interns started their freshmen year at Los Medanos Community College and will be thrilled to be honored at LMCHD’s next Board of Directors Meeting held October 13, 2014 at 6:30 pm.

Congratulations to The Longevity Seekers— Akili Bean, Carl Jean-Felix, Charles Finney, Justin Montanez, and Lamara Whitley.



Melinda Harris, Linda Strong, and Bobbi Palmer at CSDA Annual Conference accepted the Innovative Program of the Year Award



From Upper left to Right: Akili Bean, Justin Montanez, Assemblyman Jim Frazier, Carol Regalado, protected minor, Melinda Harris, Lamara Whitley, and Bobbi Palmer

Note:

Los Medanos Community Healthcare District leases the 5 story 130,900 square foot building located at 2311 Loveridge Road to the County of Contra Costa for \$100,000 a year as an in-kind resource to the Pittsburg and Bay Point community residents.

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### **About the Los Medanos Community Healthcare District:**

Created by state legislation and launched by voter approval in 1948. Los Medanos Community Healthcare District serves the communities of Pittsburg, Bay Point, Clyde, Clayton and unincorporated Antioch by cultivating a community in which good health may flourish by providing community-based, community funded healthcare service to the District's residents.

Los Medanos Community Healthcare District  
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[www.LMCHD.org](http://www.LMCHD.org)

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