

# LMCHD Community Update Bulletin

Official Publication of the Los Medanos Community Healthcare District

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## From Idea to Implementation: LMCHD Issues Two Good Health Best Practices Awards

On January 13, 2014, the Board of Directors of the Los Medanos Community Healthcare District (LMCHD) voted unanimously to issue two Good Health Best Practices Awards. The awards went to the Golden Star Market and the La Aurora Market. The purpose of the Good Health Best Practices Award is to provide positive recognition to neighborhood corner stores for selling fresh fruits and vegetables among other items. Because of transportation matters, some people in the LMCHD service area rely heavily upon the neighborhood corner stores as sites to purchase groceries.

The Golden Star Market is a neighborhood corner store located at 44 West 10th Street in Pittsburg. The owner of the store is Abdul W. Ahmed. The Golden Star Market is open each day from 7pm to 10pm. It has operated in Pittsburg since 1994. The La Aurora Market is a neighborhood corner store located at 250 West 10th Street in Pittsburg. Its owner is Kassim Shaibi. The La Aurora Market is open each day from 7pm to 9pm. It has operated in Pittsburg for over 40 years.

The Good Health to Best Practices Award is an initiative that was developed by the District Sponsored Programs Committee (DPAC), which is composed of Dr. J. Vern Cromartie, the Chair of the DPAC and Emmanuel

Ogunleye, the Vice President of the LMCHD Board of Directors. They were concerned that neighborhood corner stores within the LMCHD service area have not received the credit they deserve for selling fresh fruits and vegetables. Ahmed Ahmed, Sr. sent his son Ahmed Ahmed to the March 10, 2014 monthly meeting of the LMCHD Board of Directors to receive the award for the Golden Star Market. On April 27, 2014, Dr. J. Vern Cromartie and Linda Strong, the President of the LMCHD Board of Directors, made a site visit to La Aurora Market and presented its award to Kassim Shaibi.

## 2014 Summer Grants Program Recipients

The Los Medanos Community Healthcare District (LMCHD) has continued to operate its Summer Grants Program to benefit the health and well being of residents within its boundaries. The 2014 awardees are as follows:

1. APT Sports—APT Sports Summer Program , Grant Amount: \$5,000
2. Bay Point Community Foundation—Teen Garden Corp, Grant Amount: \$5,000
3. First Baptist Head Start—Training Our Youth of Today will Ensure a Healthy Community Tomorrow, Grant Amount: \$10,000
4. First Baptist Church—Body & Soul Physical Activity Program, Grant Amount: \$5,000
5. Souljah's—Juneteenth Celebration, Grant Amount: \$15,000
6. Sports & Fitness for Kids—Basketball Camp for 8-10 Year Olds, Grant Amount: \$7,000
7. STS Academy—Summer Coming to Pittsburg, Grant Amount: \$12,000

Formed in 1948 to promote the general healthcare needs of the residents of East Contra Costa County, the mission of the Los Medanos Community Healthcare District (LMCHD) is:

*Advancing Solutions to Health Disparities*

### **LMCHD Board of Directors**

Linda Strong, President  
Emmanuel Ogunleye, Vice President  
Marilyn Condit, Secretary  
Eva Vera, Treasurer  
Dr. J. Vern Cromartie

### **Editor of the *LMCHD Community Update Bulletin***

Dr. J. Vern Cromartie

### **LMCHD Administrative Staff**

Bobbi Palmer, Chief Executive Officer  
Barbara Kee, Secretary to the Board of Director  
Melinda Harris, Administrative Assistant

### **Bulletin Disclaimer Policy**

Any signed article in the *LMCHD Community Update Bulletin* reflects the views, facts, and opinions of the writer and does not necessarily reflect the official position of the LMCHD Board of Directors.

### **Los Medanos Community Healthcare District (LMCHD)**

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### **How to Become Involved and Stay Informed**

- The LMCHD Board of Directors routinely meets the second Monday of each month, beginning at 6:30 p.m., with occasional special meetings and adjournment to closed session.
- Public comment is welcome before any item is discussed, as well as for non-agenda items on which no action can be taken.
- Those who wish to be added to our mailing list or notified of public meetings, events, hearings, etc., please contact Barbara Kee at 925-432-2200.

### **Combined Message from the LMCHD Board President and the LMCHD CEO**

The Los Medanos Community Healthcare District (LMCHD) is committed to our mission of "cultivating a community in which good health flourishes for all District residents." Between 2010-2013, LMCHD invested over \$1.5 million in local health focused services. As part of that effort to serve our residents, the LMCHD Board of Directors awarded \$189,290 in 2013-2014 to 17 organizations. In accordance with a comprehensive needs assessment which identified health issues and concerns related to education and prevention, the following organizations were awarded health grants: First Baptist Head Start Children; and Families; Greater Faith Food Pantry; Contra Costa Regional Health Foundation; Food Bank of Contra Costa and Solano; Stoneman Village Dinner Meal Program; Loaves and Fishes of Contra Costa; Feeding the Hungry of Pittsburg; STAND! For Families Free of Violence; Pittsburg Health Center Domestic Violence Services; East County Midnight Basketball League Program--Building a Healthier You; Lions Blind Center of Diablo Valley; East County Boys and Girls Club; Sports and Health After School Program; Bay Point Garden Club; Community Care Center dba STS Academy-After School Sports and Fitness Program; Save Our Youth Fitness/Track and Field Program; Meals on Wheels & Senior Outreach Services; SOS Rides; Contra Costa Health Services; Community Wellness & Prevention Program-Let's Move Pittsburg!; Delta Memorial Hospital Foundation Continuum of Care For Adults with Diabetes; and East County Kids N Motion.

Los Medanos Community Healthcare District also has District Sponsored Programs. These health programs include St. Vincent de Paul RotaCare Pittsburg Free Clinic; Pittsburg Unified School Eyeglasses Program; CPR Fast AED Program; LMCHD Community Garden; A More Excellent Way Community Baby Shower; LMCHD Good Health to Adult Forums; LMCHD Good Health to Youth Forums; and the City of Pittsburg Swim Academy.

Based on the local needs in our community, our Summer Grants have successfully provided safe havens for our youth in both Bay Point and Pittsburg.

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## In Memoriam

Thais Townley was born September 27, 1943 and passed away August 9, 2011. She was a resident of Rio Vista. She passed away peacefully at her home. Townley was preceded in death by her husband of 47 years. She was born in Oakland California and was raised in Concord, California. Townley retired from C&H Sugar Company in Crockett. She enjoyed golfing and playing around with computers. Townley worked as the Executive Administrator for the Board of Directors of the Los Medanos Community Healthcare District (LMCHD) from 1998 to 2007.

Jess Reyes, a community activist and teacher, and served on the Board of Directors of LMCHD before he moved on to the Board of Trustees for the Contra Costa Community College District. He passed away on February 2, 2011. Reyes also served on the boards of the Pittsburg Unified School District and the Pittsburg Planning Commission. Reyes was also a military veteran who served during the Korean Conflict. Reyes moved to Stockton with his family from the Philippines after he graduated from high school. He attended Stockton Junior College and the University of Pacific. At the latter, he earned a degree in chemistry and a teaching credential. Reyes served on the Board of Directors of the LMCHD from 2006 – 2010.

Darnell Turner was born December 12, 1959 and passed away September 4, 2012. Turner was a community activist and served as an officer of the local NAACP. He also served a stint as the President of the LMCHD Board of Directors. Turner was still serving on the LMCHD Board of Directors when he died. Over the years, Turner was involved with many issues, including supporting a successful recall effort that removed three board members of the Pittsburg Unified School District in 1997. Turner and others expressed concern that the African-American superintendent faced racism. They also pushed for increased minority hiring of managerial municipal employees to be more reflective of Pittsburg's diverse population. Darnell Turner served on the board for Los Medanos Community Healthcare District from 1996 to 2004 and 2008 to 2012.

--*Bobbi Palmer, MBA, MSW, CEO*

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LMCHD is very pleased to serve our community and for the last six years we have hosted an annual reception to celebrate our collective efforts. On Wednesday, June 4, 2014, LMCHD will again open our doors. LMCHD is celebrating our 66th year and our theme is "We're having a big birthday bash."

We have also redesigned our website, [www.lmchd.org](http://www.lmchd.org), and at our reception event participants will be able to get on and experience our new "website face." Participants will also be able to like us on Facebook.

Lastly, for the last six years LMCHD has hosted foster care youth in a summer internship program. This program benefits our youth who are transitioning to independent living. Last May, our interns received the "Excellence in Community Outreach and Advocacy Award" from the California Special Districts Association for their collective effort in identifying Pittsburg as a community with a high incidence of asthma, lung cancer, and respiratory disease. Their impactful research and findings identified the service area of the LMCHD as the location of significant health disparities and their voices was heard by legislators in Sacramento.

LMCHD looks forward to "advancing solutions to health disparities in our community."

--*Linda Strong, President of the LMCHD Board of Directors, and Bobbi Palmer, MBA, MSW, Chief Executive Officer of LMCHD*



La Aurora Market Receives Award  
From Left to Right: J. Vern Cromartie, Kassim Shaibi,  
and Linda Strong



Golden Star Market Receives Award  
From Left to Right: Marilyn Condit, Emmanuel Ogunleye, Ahmed Ahmed,  
Linda Strong, Eva Vera, and J. Vern Cromartie



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