

Los Medanos Community Healthcare District Community Update

Newsletter Vol. 1 #1 – March 2004

LMCHD: Partner for Health

Identification and pursuit of opportunities to improve the quality of healthcare in the community while promoting education and wellness is the stated mission of the Los Medanos Community Healthcare District (District) and its Board of Directors (Board). The Board is emphatic that it must be a partner in healthcare programs and not just a monetary funder. Over the next two years the Board will have the opportunity to expand and develop new partnership programs.

The Board also recognizes the need for health program partnerships located in the District building. In pursuit of this aim, as well as due to its interest in child-related health programs, a partnership was formed between the District and the Contra Costa County Health Services Department in early 2003 that resulted in the initiation of a pilot program, **NEW (Nutrition, Exercise and Wellness) KIDS PROGRAM**, which focuses on childhood obesity.

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Children in the KidShape program follow exercise instructor Kristina Sharkey at the Pittsburg Health Center. (Photo by Herman Bustamante/Contra Costa Times)

¿Habla español?

Una versión en español de este folleto esta disponible en la red al: www.lmchd.org/about.htm. Para hacer de éste proyecto un éxito, necesitaremos su colaboración, completando ésta encuesta y enviándola por correo, fax, o descargándola del sitio web (Website) del Distrito. (vea la encuesta).

Community Survey -- *When it comes to healthcare grants, what's most important to YOU?*

Please complete the enclosed LMCHD Community Healthcare Priority Survey and return it to the District by mailing it back (be sure to place a stamp on the survey, by fax (925) 427-1669 or by completing the survey on our website (see District Initiates Community Survey) ♦

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 to:
Improve the health and well being of the communities and people served by LMCHD.

District Initiates Community Healthcare Priority Survey

In an effort to guide its strategic grant-making process, the Directors have authorized a Community Healthcare Priority Survey. The Survey, enclosed in this newsletter and also available on the District's Website, is intended to determine what the communities served by the District value when it comes to health related issues and services, as well as where they would like the District to use its limited resources that are not otherwise committed to paying off its outstanding indebtedness.

To make this project a success, your help is needed by filling out and returning the survey. Options include filling it out and sending it back, faxing it back, or downloading it from the District's Website (see Survey). ♦

Find It on Our Website

Useful information can be found on the District Website:

www.lmchd.org/about.htm.

Among the major categories of information, the District maintains the following:

- Meetings – Board, Committee and Special Agendas (from 2002)
- Health Calendar (currently under construction)
- Health Information – Links to General Health Resources
- LMCHD Public Documents:
 - Meeting Minutes (from 2001)
 - Financial Documents
 - Bylaws and Policies
 - Miscellaneous Documents
- Medical Records
- LMCHD Healthcare Grants
- LMCHD Board Members
- About the District
 - District Profile (2000)
 - Pathways to Health ♦

Grant Application Cycle 2004-05

Date*	Action
July 2004	Application Process Initiation Notification
Aug 2004	Application Submittal Deadline
Sept 2004	Application Review
Sept 2004	Site Visits
Sept 2004	Committee Recommendations to Board
Oct 2004	Board Review and Approval

*Dates and activities are tentative based on the best information currently available and subject to change without notice at the discretion of the Board. Please contact the District office at 925-432-2200 or go to the District Website at www.lmchd.org/about.htm.

Grants for Health

Los Medanos Community Healthcare District, through its **Healthy Community Grants Program**, collaborates with and supports programs that address healthcare needs in the communities served by the District.

In 2003, the Board set aside \$168,000 for the program for fiscal year 2003-04, and in October approved grants totaling \$56,000 for four programs that are assisting residents in the Pittsburg and Bay Point communities.

Loaves & Fishes of Contra Costa

Loaves and Fishes currently serves about 750 meals daily to the very low-income population. Through the **Food Program**, people are fed, their health and well being is improved, malnutrition is prevented and support is provided to the individuals and families. A \$10,000 grant from LMCHD is allowing expansion of the program to assist economically disadvantaged residents in Pittsburg and Bay Point.

"We are very pleased to receive the grant from Los Medanos Community Healthcare District. We don't get the really big donations that some organizations do, so this money is especially welcome. Forty percent of our donations come from individuals. We prefer to receive support from the people in the community," said Rick Richardson, executive director. "We like to work with the local community and with other community organizations. Our purpose is to feed the hungry of Contra Costa County."

(Grants – Continued on Page 4)

(Partner – Continued from Page 1)

Many major decisions are made in the boardroom of the Los Medanos Community Healthcare District on the second Monday of each month. But during the day on Mondays, the room loses its austerity and the excited laughter of children permeates as they take part in physical activities aimed at making them healthier and prolonging their lives. The children are participating in the **NEW Kids Program**.

According to the County Health Services Department, the prevalence of obesity in children is higher in California than the national average and the number is increasing annually. Studies show that intervention is the only program that works with children. Obesity can lead to heart conditions, diabetes, and arthritis, among other chronic illnesses, and at a much earlier age.

NEW Kids, through intervention and prevention components, is designed to reduce childhood obesity and its health consequences for children in Pittsburg. "The need for a program such as NEW Kids has been growing as the obesity epidemic continues. KidShape, the weight management component of NEW Kids, provides an opportunity for entire families to learn about lifestyle changes that can lead to healthy weights," said Luz Gomez Pardini, NEW Kids program coordinator.

"NEW Kids is a living example of collaboration. Multiple county and community agencies are working together to make this possible, including the County hospital and clinics, Public Health Clinic Services, Community Wellness and Prevention, Pittsburg Unified School District, Mt. Diablo Region YMCA, Pittsburg Preschool Community Council and Partnership for the Public's Health.

Under the agreement between the District and Contra Costa County, programs costs are shared. The District is providing nearly \$101,000 for program expenses, vendors and consultants. The County's share is nearly \$129,000 in funds and in kind contributions for program staffing, operating expenses and indirect expenses.

"We truly appreciate LMCHD's involvement in this program. This has allowed us to leverage other funding sources," Pardini said.

So They Can See

Established in 2001, the LMCHD **Student Eyeglasses Grant**, has provided corrective eyeglasses to more than 60 needy elementary school children. The program is a partnership with Site for Sore Eyes in Pittsburg and Dr. Eileen Linder, OD, in Antioch.



LMCHD's Student Eyeglasses Grant makes possible an eye-screening program through which children's eyes are examined.

The grant was amended in January 2003 to include preschoolers in need of corrective eyeglasses and the District Board approved funding for 25 children to be referred for eyeglasses with the possibility that funds would be increased if needed.

Last June, the Board approved expansion of the grant to include all schools in the District so that middle and high school students in need of corrective lenses would be included.

When the initial \$15,000 in funds is spent, the Board will consider re-granting or increasing funding for this program.

A pre-school eye-screening clinic is scheduled for April 29 at the Bay Point Family Health Center. Call 427-8300 for information.



A little girl deciphers shapes as part of the eye-screening exam held for pre-school children.

(Grants - Continued from Page 2)

Diablo Valley AIDS Center

A \$10,000 grant from LMCHD will assist the Diablo Valley AIDS Centers' **Food Distribution Center** in Pittsburg, a target project, distribute weekly grocery bags of nutritious food, nutritional supplements, personal hygiene products and specific information about HIV/AIDS. Approximately 60 low-income individuals and 40 family members in Bay Point and Pittsburg impacted by the diseases will be served. The center expects to be able to help even more persons, as new clients are attracted to the benefits of a central meeting location.

"The grant is instrumental in allowing us to enhance our program, to work more effectively with our clients," said Bob Hamilton, executive director. "There will be more involvement with the nutritional needs of the people whom we serve, individuals and families, impacted by HIV/AIDS."

New Connections

The Youth and Family Substance Abuse Services of New Connections in Pittsburg received \$10,000 to assist it in providing prevention presentations, workshops and a community education series, group counseling, mentoring, as well as clinical assessments, placement or referral to treatment, or other needed services. The program especially targets those who have limited access to other resources including low income, homeless or uninsured/underinsured persons.

"This grant will make it possible for us to provide critical healthcare for the community," said
(Grants – Continued on Page 5)

How to Become Involved And Stay Informed

- The District 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 Thais Townley at (925)-432-2200 on Wednesday only. ♦

How To Contact Us For More Information

Los Medanos Community Healthcare District
P O Box 8698, Pittsburg, CA 94565
925-432-2200 (Voice) 925-427-1669 (Fax)

Website: www.lmchd.org/about.htm

Office Hours: Wednesday, 7:30 a.m. to 3:30 p.m., excluding holidays

Board of Directors:

Bruce Croskey – President
Kimberly Bell - Vice President
Roseanne Lazio – Treasurer
Allen Tatomer - Secretary
Darnell Turner – Board Member

Secretary to the Board:

Thais Townley - 925-432-2200

District Stewardship

Among its many responsibilities, the Los Medanos Community Healthcare District Board must oversee and protect the assets of the District.

The major asset is the building (the former hospital), which is leased to Contra Costa County for the Pittsburg Health Center. The lease runs for 20 years with two five-year extensions and is due to expire in 2030.

Under the terms of the lease, the County is responsible for making and paying for all improvements made to the building. The District must also monitor all County activity within the building to ensure that it does not diminish the value or preclude the District from selling or otherwise encumbering the property in the future. If properly maintained, the value of the real estate currently owned by the District is protected, but if the building was not maintained, or modified in such a way that reduces the value, the taxpayers would lose. By law, the District Board is charged with seeing that this does not happen.

In addition to the real estate, the District is responsible for the care and custody of all medical records of the former hospital. On each Board agenda, the assets of the District over which the Board has oversight are reviewed as part of its ongoing stewardship responsibility. ♦

(Grants – Continued from Page 4)

James Bouquin, executive director of New Connections. "It will support substance abuse prevention and treatment programs for youth in Pittsburg and Bay Point. From the human or economic perspective, it is working."

Stoneman Village

The 205 senior and disabled residents of Stoneman Village and Stoneman Village II on East Leland Road in Pittsburg will be assured of a nutritious dinner each day as the result of a \$26,000 LMCHD grant for the **Stoneman Village Meal Program**. Although the facilities are subsidized by the U.S. Department of Housing and Urban Development, the meal program is not funded by the government, and operates only on the monies that are collected from the residents' monthly charge, currently \$129, and through donations, grants and fundraising activities.

"We're just so elated, so pleased," Karen Bodiford, executive director, stated. "Not only will the residents have a hot, nutritious dinner, they will have the opportunity to socialize with others, which is also important. Stoneman Village and Stoneman Village II are low-income housing facilities for seniors and the disabled, and with the rising cost of medical care, it is very difficult for some of our residents to pay even for necessary things. The grant will help us keep the program affordable for our residents."

Previous Grants Awarded:

The LMCHD Board previously awarded the following grants:

La Clinica Dental Clinic received the first grant awarded in 2001, \$15,000, to purchase two additional dental chairs;

Los Medanos College' Nursing Program in 2001 received a two-year grant of \$20,000 to hire an additional nursing instructor in the registered nursing program that resulted in an increase of 12 additional nursing students being trained. In 2003, the Board committed another \$25,000 per year for two years to the nursing program to allow another nursing instructor to be hired and provides funding for the nursing department's clerical staff.

Bay Point Family Health Center in 2002 was able to purchase two air driven compressor dental units with attachments and other equipment total-

ing nearly \$17,400 with an LMCHD grant.

Diablo Valley Aids Center received \$13,750 for the distribution of food and vitamin supplements to AIDS patients in the Pittsburg and Bay Point area. ♦

Pittsburg Health Center: A Win for Health

Located in the former Los Medanos Community Hospital building, the new health center replaces one that was too small, inefficient and faced increased maintenance costs.

An outpatient facility only, medical services offered include family practice medical care for all ages, pediatric primary care, pre-natal care, immunizations and family planning. Specialty medical services are also available.

"We like having the District as our landlord," said Steve Harris, Director of Program Planning and Evaluation for the County's Health Services Department. He manages capital projects for the department and oversaw the conversion of the building. "It has been a good relationship and a win-win situation for the District and the County."

Harris also noted that a portion of the cafeteria would become a computer center and mirror the computer system at the Contra Costa Regional Medical Center in Martinez, and would serve as a backup in the event of a problem at Martinez.

The health center provides services to patients covered by Medi-Cal, Medicare, Contra Costa Health Plan and other health insurance plans.

Last year, more than 70,000 people - men, women and children - visited the Pittsburg Health Center on an outpatient basis. Women and children enrolled in the WIC (Women, Infants and Children) nutrition program are also seen at the center.

The Board is constantly looking for ways to expand or leverage healthcare services within the District using the former hospital and any other resources to compliment those services offered by the County. Input by and involvement or interested members of the community at Board meetings and serving on committees is encouraged. ♦

LMCHD Construction Bond Debt To End In 2004

Property owners in the Los Medanos Community Healthcare District should see a decrease in their property taxes on their next tax bill. The bonds from the 1977 voter approved parcel assessment that paid for construction of the hospital are to be paid off in early 2004. This will reduce the tax assessment within the District by approximately \$1 million annually.

The District is also required to pay off debts resulting from the bankruptcy that was closed in 1998, at which time a restructuring occurred to finance the debt. The District is committed to paying off those debts, the largest of which is Cal-Mortgage Loan. The bankruptcy-related debt is being paid off at the rate of approximately \$500,000 a year -- \$400,000 in general tax income and \$100,000 from rent from Contra Costa County on the hospital building to house the

Pittsburg Health Center – and should be paid off in approximately nine years. ♦

Quick Reference Contact Information

Los Medanos Community Healthcare District

- 925-432-2200

Pittsburg Health Center (General Information)

- 925-431-2300

CCC Health Services (General Information)

- 925-370-5064

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