



Advancing Health. Strengthening Communities.

2025-2026 Impact Report



A Year of Increased Impact

The health needs of our community are evolving in meaningful ways across the region. Demographic shifts, emerging health challenges, and changing expectations around care are reshaping how we think about wellness, access, and prevention. At Peninsula Health Care District (PHCD), we see these changes not as obstacles, but as a call to expand our impact.

Over the past year, we have leaned into this moment with intention by developing new PHCD initiatives designed to meet people where they are, whether that means investing in preventive care, strengthening behavioral health services, or partnering to extend care beyond traditional clinical settings.

At the same time, PHCD is proud to invest in community organizations and assessments that bring preventive, behavioral, and wellness solutions to diverse populations across our District. By doing so, we reach more individuals, address gaps in care, and build a healthier, more resilient community for all.

We invite you to read our new Impact Report to learn more about the progress we have made and the work ahead. Thank you for your trust and shared commitment to community well-being.



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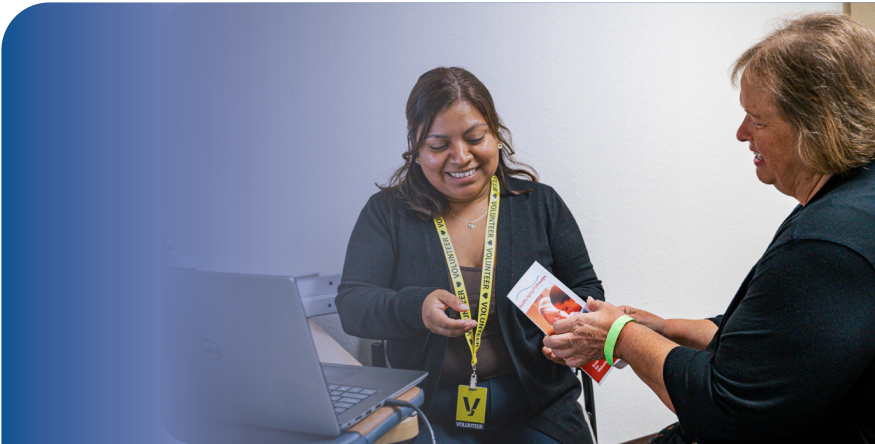
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What Drives Us

Peninsula Health Care District

is committed to helping the community achieve optimal health through a variety of services and resources. With a focus on preventive health, mental and dental wellness, and a multidisciplinary approach, PHCD serves individuals of all ages through direct service delivery and partnerships with local organizations, ensuring access to essential care and support.



Vision

To support District residents of all ages in achieving optimal health through education, prevention, advocacy, and by safeguarding community access to basic health services.



Mission

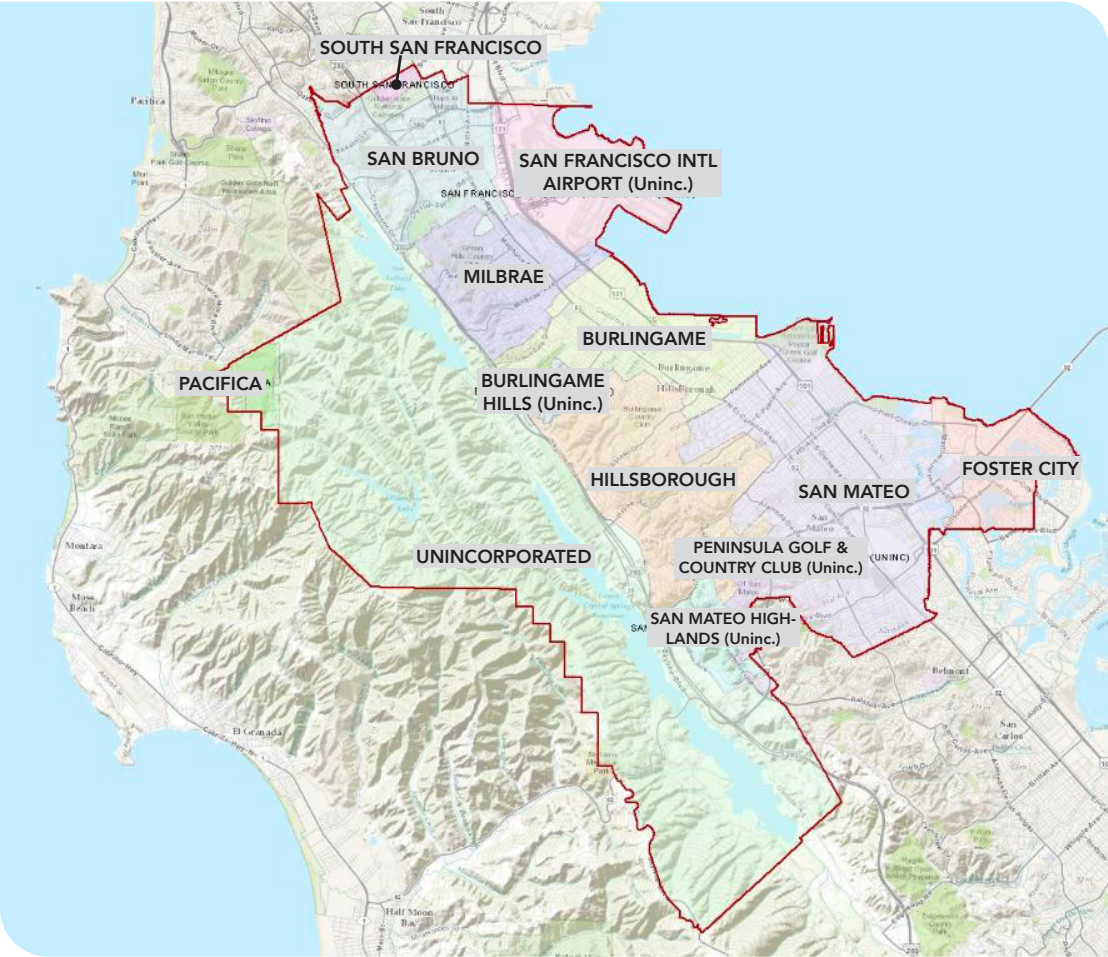
All District residents achieve optimal health.



Core Values

- ❖ Collaboration
- ❖ Stewardship
- ❖ Inclusion
- ❖ Transparency

The District We Serve



PHCD Signature Programs

- ❖ allcove™ San Mateo (for teens and young adults)
- ❖ Healthy Aging Pathways
- ❖ Co-Op Homes (for adults with developmental disabilities)
- ❖ Community Health Investment Programs
 - Community Grants Program
 - Health Screenings
 - Health Education
- ❖ Health & Fitness Center (HFC)
- ❖ Sonrisas Dental Health
- ❖ The Trousdale: Community Living for Seniors

Peninsula Health Care District (PHCD) has been dedicated to meeting the health needs of the local community for nearly 80 years.

2025-2026 Achievements



Peninsula Health Care District continues to advance prevention, early intervention, and wellness across the lifespan.

This year, we...

- ✓ Earned SFGATE's "Best Gym of the Bay" recognition as the first ever recipient in the gym category, highlighting strong community engagement and a commitment to healthy aging and wellness.
- ✓ Approved a 100% affordable senior housing community in Burlingame, creating greater access to stable, age-friendly housing near health care, transit, and essential services.
- ✓ Opened our third cooperative living home in our region for adults with developmental disabilities.
- ✓ Advanced *Blue Zones Ignite* through multi-city stakeholder engagement and countywide wellness activation efforts.

- ✓ Achieved a "Full Model Integrity" designation from the state, affirming excellence in integrated comprehensive youth wellness at *allcove™ San Mateo*.
- ✓ Awarded \$3 million in grants to 47 organizations supporting preventive health, mental health, and healthy aging.
- ✓ Welcomed new *Sonrisas Dental Health* CEO Tiffany Turner to lead organizational growth and sustainability efforts.
- ✓ Launched our first-ever Age Well Health Fair catered to older adults.
- ✓ Expanded the free youth heart screening program, increasing access to early detection and preventive cardiac care for young people.
- ✓ Implemented Maro, an early intervention digital mental health screening tool for K–8 schools.
- ✓ Celebrated The Trousdale Assisted Living's achievement of near-full occupancy, reflecting strong demand for its supportive services, distinguished by a commitment to meaningful social engagement and exceptional quality of care.
- ✓ Celebrated the first anniversary of *Healthy Aging Pathways*, which supports older adults who want to age in place through expert case management and hospitality services.
- ✓ Launched *Strong Beginnings*, a six-week strength training program for adults age 55+ at the Health & Fitness Center.

Together, these efforts, plus many more outlined below, reflect our commitment to building a healthier, more connected community across the lifespan.



allcove™ San Mateo achieved "Full Model Integrity" designation from the state



Launched our first Age Well Health Fair for older adults



Launched *Strong Beginnings*, a strength-training program for 55+

Childhood, Adolescence, and Young Adulthood



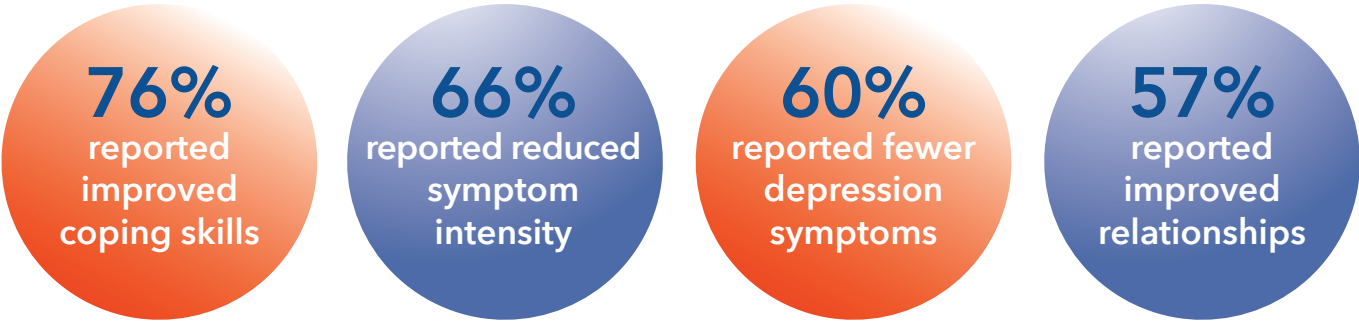
KEY RESULTS

- ✦ Established three school district partners via formal MOUs for referral pathways.
- ✦ Saw a 203% increase in youth service utilization.
- ✦ Offers services in three languages (English, Spanish, and Cantonese).

allcove™ presentations and site tours have supported our multilingual students to learn about the resources for mental health and well-being for our students.

— Lisa M., Multilingual School Social Worker

Out of 890 youth survey responses:



Expanding Integrated Youth Care at allcove™ San Mateo

allcove™ San Mateo reinforced its position as a trusted youth wellness center by expanding partnerships, deepening engagement, and becoming the first allcove™ center in California to achieve Full Model Integrity. This milestone confirms that the center meets the state’s highest standards for delivering integrated, comprehensive, youth-centered care and reflects the successful implementation of all six core service areas: mental health, physical health, substance use support, peer services, education and employment support, and family support.

More young people are accessing allcove™ as a safe space, a trusted entry point for care, and a supportive environment for connection and guidance. allcove™ San Mateo strengthened language access by expanding its Spanish and Cantonese services, improving accessibility and culturally responsive support for youth and families.

allcove™ has become an amazing resource for me. I honestly don’t know if I would’ve ever gone to therapy if it wasn’t for allcove™. Therapy can be expensive and stigmatized, and allcove™ makes it feel much less intimidating.

— Age 23



Early Mental Health Interventions in K-12 Schools: Maro and Care Solace

Peninsula Health Care District sponsors and promotes both Maro and Care Solace to help school district partners identify students in K–8 who may need mental health support and connect families to care. Maro, a digital mental health screening tool, supports early identification of student needs, while Care Solace provides free care coordination to help families access mental health providers and behavioral health services.

Together with our partners, we are forging a seamless pathway from early identification to care, helping students receive support sooner and connecting families to the resources they need.

Adulthood

Family Resource: The Parent Venture

Peninsula Health Care District sponsors educational programs on pediatric health and youth development through its partnership with The Parent Venture. In collaboration with San Mateo Union High School District, San Bruno Park Elementary School District, and San Mateo-Foster City School District, we offer families access to The Parent Venture’s expert-led, virtual webinars and on-demand resources. Through virtual, hybrid, and in-person learning opportunities, families, caregivers, and educators are equipped with practical knowledge, tools, and strategies to support young people’s health, well-being, and development. Topics include nutrition, teen dating violence, substance use, suicide prevention, neurodiversity, and other issues affecting children and adolescents today.

Early Detection Heart Condition Resources for Youth and Young Adults (Ages 12-25)

Peninsula Health Care District partnered with San Mateo Union High School District and the Kyle J. Taylor Foundation to host its second annual free youth and young adult heart screening at San Mateo High School on February 21, 2026. These screenings continue to play an important role in identifying potential cardiac concerns early and supporting the health and safety of young people in the community.



I had an undiagnosed heart condition that I never knew about until after I collapsed on the basketball court... You can’t really know whether you have problems with your heart, and you have to get it checked. – Ryan, Volunteer

KEY RESULTS

- ❖ 274 youth and young adults screened.
- ❖ 40+ volunteers supported the event.
- ❖ Five abnormal echocardiograms identified.
- ❖ Eight echocardiograms conducted at follow-up evaluations.

#UNMASKING HEALTHY RELATIONSHIPS

An Interactive, In-Person Workshop

allcove

Ashanti Branch
Founder and Executive Director,
The Ever Forward Club
#MillionMaskMovement

PARENT EDUCATION SERIES

Not So Sweet: Concerns Over Adolescents' Use of Nicotine Pouches (like Zyn)

The Parent Venture
5.66K subscribers

Subscribe

0

Share

Ask

Save

...

Older Adulthood



Advancing Healthy Aging at the PHCD Health & Fitness Center

The PHCD Health & Fitness Center supports healthy aging by providing older adults with accessible opportunities to stay active, build strength, connect with others, and maintain independence. Programs offered support behavior change and risk reduction by improving physical function, supporting chronic disease prevention, and increasing confidence in independent living.

The staff is very accommodating and friendly. I love how the class routines progress in intensity over time to continue to challenge us! My doctors and I thank you for all the help you've given me!
– Colleen Brennan, PHCD Health & Fitness Member

Fitness Classes & Personal Training

- Blood pressure screenings
- Health education
- Socialization activities
- Case management for healthy aging
- Nutrition education

KEY RESULTS

Increased Engagement and Utilization

- 42% membership growth (January 2025 – January 2026).
- 20,000 – 30,000 total engagements (50% increase for visits + class attendance).

Greater Participation

- Expanded weekly class offerings from 18 classes per week to 23.
- Four wellness programs launched or expanded (Fall Prevention, Diabetes Prevention, Stretch & Renew, Strong Beginnings).
- Improved functional outcomes in balance, mobility, and strength reported by members.

The Health & Fitness Center further supports community health through its CDC-certified Diabetes Prevention Program, providing participants with guidance and support to build healthy habits, stay active, manage stress, and make sustainable lifestyle changes to help prevent diabetes.

The Health & Fitness Center was recognized as SFGATE’s “Best Gym of the Bay,” becoming the first-ever recipient in the gym category. This recognition reflects strong community engagement and the Center’s continued role as a trusted space supporting healthy aging and overall wellness.



The Health & Fitness Center further supports community preparedness and preventive health by offering CPR training cohorts that provide participants with hands-on experience in essential life-saving skills, as well as specialized programs such as fall prevention and the CDC-recognized Diabetes Prevention Program.
– Erika Stein, PHCD Health & Fitness Member



Age Well Health Fair

The first annual Age Well Health Fair featured preventive screenings, fitness activities, health education, and community engagement in one place on August 9, 2025, with over 250 attendees. The fair met the needs of older adults and seniors by providing preventive care and meaningful community support.

Free health screenings and resources included:

- ❖ Bone density
- ❖ Body mass index
- ❖ Blood pressure
- ❖ Blood glucose
- ❖ Hepatitis B
- ❖ Lung function testing
- ❖ Fitness assessments
- ❖ Senior case management consultations
- ❖ Complimentary Burlingame Farmers Market vouchers
- ❖ Fitness classes (fall prevention, chair yoga, pilates, and zumba)

Aging in Place with Healthy Aging Pathways

Healthy Aging Pathways is a Peninsula Health Care District program that provides free, personalized navigation and case management services, delivered in collaboration with Catholic Charities of San Francisco, to help older adults remain safe, independent, and confident in their homes. Services are tailored to each participant's needs and may include:

- ❖ Local resources
- ❖ Service coordination
- ❖ Short-term case management
- ❖ On-site consultations and home visits
- ❖ Comprehensive assessments
- ❖ Individualized care plans

Through this tiered approach, older adults receive the level of support most appropriate for their circumstances, helping them maintain independence while staying connected to their communities.

At Catholic Charities, we are honored to partner with the Peninsula Health Care District to bring Healthy Aging Pathways to our community. This program is vital in ensuring that our most vulnerable seniors have immediate access to the resources they need to stay connected, cared for, and empowered to live independently.

– Patty Clement,
Former Associate Deputy
Director of Catholic Charities
of San Francisco



NAMI Partnership

Strengthening Mental Health Supports for Older Adults and Caregivers

- KEY RESULTS
- ✦ 7,700 residents served annually in PHCD zip codes.
 - ✦ 4 core programs supporting older adults and caregivers.
 - ✦ 9-week Family-to-Family caregiver education program.

Through peer support groups, caregiver education, and community-based programs, the National Alliance on Mental Illness San Mateo County (NAMI SMC) helps individuals build connections, strengthen resilience, and develop practical skills to navigate mental health challenges.

PHCD is partnering with NAMI SMC to support Caring Across Generations: Mental Health Support for Older Adults and Families, a program designed to strengthen mental health resources for older adults and family members caring for aging parents. PHCD is proud to invest strategically in approaches that address social isolation and mental health needs among older adults. The partnership is expanding outreach to seniors, enhancing caregiver education and support, and increasing access to culturally responsive programming in the areas we serve.



For years, I felt a heaviness in my chest, an oppression that felt so heavy. I am so grateful for this group, for the calm, the support, and the chance to finally speak about what I had been feeling.

– Nora, Latinx Compartiendo Esperanza (NAMI SMC) Participant (not pictured), after a meditation exercise

Quality Care and Resident Confidence at The Trousdale



Our community at The Trousdale has bloomed into a thriving, lively, and vibrant community. Stepping through our front doors, you will immediately feel the warmth and brightness of our community as we serve the seniors that we have the honor to call our Residents. We will strive to continue cultivating our approach to high occupancy, Resident and Team member satisfaction, and Resident connections and sense of purpose. Key among those is ensuring our Residents feel like they are happy with our community here at The Trousdale.

– Sal Gomez-Orozco
Executive Director, The Trousdale

The Trousdale continues to be a trusted assisted living community, with a high occupancy rate that reflects resident and family confidence and quality of care. Close to public transportation, restaurants, and shopping, the residents who live here enjoy a fitness center, restaurant-style and bistro dining options, on-site medical care, a movie theater, social connections, and an active lifestyle. Staff pays special attention to residents’ well-being and socialization.

Across the Lifespan



Photo: Tām Vū/KQED

AbilityPath Housing Partnership:
New Cooperative Home for Adults with Developmental Disabilities

PHCD and AbilityPath Housing were proud to open a new cooperative living home in San Bruno for adults with developmental disabilities. AbilityPath, a nonprofit leader with more than 100 years of experience, provides ongoing support and independent living skills coaching through its innovative adult services team.

This new residence marks the third cooperative home funded by PHCD, reinforcing its multi-year commitment to expanding inclusive, community-based living options for adults with developmental disabilities throughout the District.

Residents enjoy private bedrooms and shared common areas designed to foster independence, connection, and skill development. The home also provides stability for families with limited housing options for adult children with developmental disabilities, contributing to a more inclusive and supportive community.

This home truly embodies our mission to promote advocacy, inclusion, and independence. We are deeply grateful for PHCD’s leadership and partnership in helping make this vision a reality.

– Paul Regan, Board Chair of AbilityPath Housing

Sonrisas Dental Health: Preventive and Community Oral Health Services

KEY RESULTS (2025)

- ❖ 3,855 patient visits at our San Mateo clinic.
- ❖ 4,900 mobile oral health screenings conducted across San Mateo County.
- ❖ Partnered with Health Plan of San Mateo to integrate Community Health Workers into our model.

Sonrisas Dental Health continues to serve as a critical access point for oral health care across San Mateo County. Children, families, older adults, and individuals with diverse health and access needs visit us each day.

Accomplishments in reaching underserved communities in 2025-26 included:

- ✓ Strengthened care navigation through a partnership with the Health Plan of San Mateo County to integrate Community Health Workers into patient support services.
- ✓ Established a reimbursable Community Health Worker model while piloting a scalable approach for broader county adoption.
- ✓ Expanded support for children and adolescents with intellectual and developmental disabilities.
- ✓ Sonrisas served 4,891 patients across 14,519 visits, including 612 new patients. Low-income patients represented 72% of those served (3,516 patients) and accounted for 75% of all visits (10,882 visits).

Looking ahead, preventive services will continue to grow with the addition of school-based dental sealants and fluoride varnish programs, helping reduce the incidence of tooth decay and the need for more complex treatment in the future.



CPR, AED, and First Aid Training

Peninsula Health Care District, in partnership with Via Heart Program, expanded community preparedness by offering CPR, AED, and First Aid training courses open to all community members. Led by an American Red Cross-certified instructor, these in-person, hands-on sessions provided practical skills and confidence to respond in emergency situations.

Participants included caregivers, family members, educators, and community volunteers, all gaining essential life-saving knowledge through small group, instructor-guided training. Upon completion, participants received American Red Cross certification valid for two years.

Offered in San Mateo, Burlingame, Millbrae, and San Bruno, these courses enhanced community preparedness by providing residents with the knowledge and skills to respond effectively during emergencies.



Hep B Free

PHCD partners with Hep B Free, a public health campaign working to eliminate Hepatitis B and liver cancer by increasing awareness, testing, vaccination, and linkage to care, particularly within Asian and Pacific Islander communities. This partnership helps address Hepatitis B in high-risk populations that are disproportionately impacted.

Hepatitis B is a serious liver infection that can lead to chronic disease, cirrhosis, and liver cancer if not identified and treated early.

Through a community-based approach, Hep B Free increases awareness and access to care by engaging both the public and healthcare providers through in-person outreach, media campaigns, podcasts, and connections to screening and vaccination services.



Chronic liver disease and liver cancer are surging in the United States, but no group is more affected than Asian Americans and Pacific Islanders (AAPI). Though only 6% of the U.S. population, people of Asian descent account for 60% of liver cancer cases in the nation.

– from “Liver Disease and Why It’s a Concern for Asian Americans and Pacific Islanders” by Tomoaki Kato, MD, Professor of Surgical Oncology and Director of Adult and Pediatric Liver and Intestinal Transplant at Columbia University



Improving Longevity Through Blue Zones Ignite

Peninsula Health Care District partnered with Blue Zones to assess community well-being and longevity across the mid-Peninsula. The initiative brought local leaders and community members together to examine how local environments, systems, and everyday habits can influence health outcomes. By identifying gaps in resident nutrition, physical activity levels, and other key evaluation factors, and by promoting policies that support longer, healthier lives, this partnership is helping advance a culture of health and well-being across the region.

The Blue Zones team delivered a health assessment report with recommendations and a Blue Zones project implementation plan in summer of 2026 (see our website for results) outlining opportunities for improvement. PHCD will utilize the report to engage local leaders and residents to identify barriers to health and develop a strategic plan to support easier access to healthy living supports.



For the Peninsula Health Care District, this work is a natural extension of our role in the community. Our responsibility goes beyond supporting access to health care when people need it. It also means investing in prevention, creating healthier environments, and addressing the conditions that allow people to live healthier, more fulfilling lives.

– Ana M. Pulido, MPA, CEO, Peninsula Health Care District



In Progress: Building Affordable Housing for Seniors



PHCD is at the forefront of addressing the growing need for senior affordable housing in San Mateo County. PHCD approved a 100% affordable senior housing community in Burlingame, CA. By expanding access to affordable housing, PHCD is helping older adults remain healthy, independent, and connected to the communities they call home.

The proposed project will be developed on a two-acre site at Marco Polo Way in Burlingame, which is situated near medical facilities, public transportation, and essential community amenities. The housing aims to create an environment where seniors can thrive, stay active, and age with dignity.

This project is about more than housing; it's about honoring our senior community. This initiative reflects our deep commitment to supporting seniors with compassion and care.

– Lawrence W. Cappel, Chair of the PHCD Board of Directors

Partnering for a
Legacy of Wellness

PHCD’s 2026 Community Grants Program advanced health equity and improved the well-being of residents across the region. PHCD awarded \$3 million in competitive grant funding to organizations supporting local communities through education, prevention, and improved access to essential health services. PHCD distributed grants ranging from \$10,000 to \$450,000 to empower community partners to deliver impactful, community-based programs that promote health and wellness.

For the 2026 grant cycle, PHCD prioritized three focus areas:

- 🎯 **Healthy Aging Across the Lifespan** – Social engagement, connectivity, and aging-in-place supports.
- 🎯 **Mental & Behavioral Health** – Prevention, early intervention, and supportive services.
- 🎯 **Preventive Health** – Education, nutrition, screenings, and physical activity.



We’re particularly proud of and grateful to Peninsula Health Care District for helping us renovate our clinic in San Mateo, so we have a space that patients feel is as good a clinic as any clinic in San Mateo County.

– PHCD Grant Recipient: Dr. Baldeep Singh, MD, Medical Director, Samaritan House

KEY RESULTS

- ❖ \$10,000–\$70,000 one-year grants to individual organizations.
- ❖ \$450,000 grants over three years to five Impact Partners.
- ❖ Flexible funding supports community-based health and wellness programs.
- ❖ 47 total grantees.

2025-2026 Grantees

Healthy Living Across the Lifespan

- ❖ Boys and Girls Club of the Peninsula—Youth Fitness and Wellness Programs, Barry Carr Sports League
- ❖ Burlingame Parks & Recreation—Let the Sunshine In
- ❖ CALL Primrose—Community Pantry
- ❖ Chinese Community Health Resource Center—Residential Wellness and Resource Center, Holistic Healthy Aging Initiative
- ❖ Coastside Adult Day Health Center
- ❖ Each Green Corner—Living Campus Program
- ❖ Foster City Village—Buddy Connection Program
- ❖ Jewish Family and Children’s Services—Center for Dementia Care
- ❖ Peninsula Family Service—Peer Counseling Program
- ❖ Peninsula Volunteers—PVI Meals on Wheels
- ❖ San Mateo Police Activities League—Promoting Healthy Futures
- ❖ Second Harvest of Silicon Valley
- ❖ Villages of San Mateo County
- ❖ Vista Center for the Blind—Vision Loss Rehabilitation Program
- ❖ AnewVista Community Services



Peninsula Health Care District has allowed AgeUp to move from a small-scale, informal volunteer network to a much more structured, sustainable, scalable model, and most importantly, the funding has helped us build an infrastructure that ensures that these programs are not only one-time efforts, but ongoing, relatable, reliable supports that the residents and the families in the community can count on.

– Elyse Brummer, Executive Director, AgeUp



Mental & Behavioral Health

- ❖ Community Overcoming Relationship Abuse (CORA)—Family-Centered Mental Health (FCMH) Program
- ❖ Age Up (Ombudsman)—Kindness Crew and Continuing Education
- ❖ Mission Hospice—Mission House
- ❖ California Scottish Rite Foundation—Burlingame RiteCare CLC
- ❖ CASA of San Mateo County—Beyond an Advocate
- ❖ Edgewood—Kinship Support Network (Kinship)
- ❖ Felton Institute—San Mateo Suicide Prevention Mental Health Prevention
- ❖ GiveThx—Student Wellbeing Program
- ❖ Heart & Soul—H.O.P.E.
- ❖ Kara
- ❖ LifeMoves—Behavioral Moves Program
- ❖ Medical Equipment Loan Program (MELP)/Able Closet
- ❖ One Life Counseling Center—Free and Low-Fee Child-Parent Psychotherapy Program
- ❖ Peninsula YMCA—Community as Medicine (CAM)

Preventive Health

- ❖ Samaritan House—Free Clinic of San Mateo
- ❖ Stanford Teen Van
- ❖ Bay Area Community Health Advisory Council (BACHAC)—Community Mammogram Program
- ❖ Breathe California—Seniors Breathe Easy
- ❖ Caminar—Medication Assistance Program
- ❖ First 5 San Mateo County—Help Me Grow (HMG)
- ❖ Fresh Approach
- ❖ Peninsula Jewish Community Center—Pink Power
- ❖ Ravenswood Family Health Center—Health Education and Prevention Programs: Comprehensive Diabetes Management Program, Health Coaches
- ❖ San Mateo County Health Foundation—Caring Hands in Health
- ❖ The HEAL Project—Farm Field Trip Program
- ❖ Healthier Kids Foundation—HearingFirst Program

Impact Partners Received Three-Year Grants

- ❖ AbilityPath—Pathways Program
- ❖ Samaritan House—Free Clinic of San Mateo
- ❖ Stanford Medicine Children’s Teen Health Van
- ❖ Ombudsman Services of San Mateo County—Long-Term Care Program
- ❖ San Bruno Park School District—Wellness Coordination for San Bruno Schools
- ❖ Mission Hospice & Home Care—Charitable Care Program at Mission House

Our Team

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