



BOARD OF DIRECTORS MEETING MINUTES 6:30 pm Thursday, August 24, 2023 1819 Trousdale Dr. Burlingame, Ca 94010 (Classroom)		
<u>Directors Present</u> Chair Cappel Vice-Chair Pagliaro Secretary Zell Director Navarro Director Sanchez	<u>Directors Absent</u>	<u>Also, Present</u> Legal Counsel Mark Hudak, Sarah Verity, Vice President of Board Relations and Legislative Affairs AbilityPath, John Jurow, CEO San Mateo County Health Foundation

1. Call to Order and Roll Call: Chair Cappel called the meeting to order at 6:44 p.m. Roll call attendance was taken. A quorum was present.

2. Public Comment on Non-Agenda Items: No Public comments were offered

3. Report Out From Closed Session: 7/7/2023 and 8/18/2023

Chair Cappel stated that the Board held discussions reviewing the PWC development during the closed session meetings held on 7/7/2023 and 8/18/2023.

4. Consent Calendar:

- a. Board Meeting Minutes - June 22, 2023
- b. Finance Committee Minutes - May 17, 2023
- c. Strategic Direction Oversight Committee Minutes – May 3, 2023
- d. Proposal to Adjust Budget for 1764 Marco Polo
- e. Checking Account Transactions - June 2023 and July 2023
- f. Treasurer's Report - June 2023 and July 2023
- g. Year End Unaudited Financials
- h. Quarterly Investment Transactions
- i. Approval of Resolution 2023-06 for Local Agency Investment Fund (LAIF) to Authorize Name and Titles

Director Sanchez made an amendment to the agenda, on page 2, report 7, indicating that the upcoming Community Health Investment meeting is scheduled for October 2, 2023.

Motion to Approve the Consent Calendar as Presented

Motion: By Vice-Chair Pagliaro; Seconded By Director Sanchez

Vote: Ayes – Cappel, Pagliaro, Zell, Navarro, Sanchez

Noes: 0

Abstain: 0

Motion Passed: 5/0/0

5. New Business:

a. Year-End YAG Report: Jackie Almes, Youth Outreach Specialist

Youth Outreach Specialist **Jackie Almes** presented the Year-End Youth Advisory Group Report.

Presentation Highlights

YAG Recruitment Summary for 2023

- 20 total applicants; 18 interviewed
- Ages 14 – 23
- 9 females, 6 males, 4 non-binary, 1 trans
- Representation from public, private, parochial high schools as well as one University student and one full time working youth.

Following interviews, there are a total of 19 YAG members

- 6 continuing on and 13 newly accepted members
- Ages 14 – 23
- 10 females, 5 males, 1 trans, 3 non-binary
- Representation from public, private, and parochial high schools as well as one Community College student, one University Student, and one full-time working youth.
 - The Nueva School, Hillsdale, Mercy, College of San Mateo, BASIS Independent Silicon Valley – San Jose, Aragon, San Mateo High, Capuchino, Crystal Springs Uplands, Burlingame High School, Serra, Pacific Bay Christian School, Skyline College, UC Santa Cruz.

Introduction of Youth Advisors that were instrumental in the success of the program during the past year.

- Toyo A. Senior at Hillsdale High School/Middle College
- Jorge A. Freshman at College of San Mateo
- Vincent P. Senior at Hillsdale High School

allcove™'s Design

- Color theory
- Wayfinding
- Furniture

Photography and Quote Wall

The photography and quote wall features youth, showcasing captivating photos and inspiring quotes directly from them.

What emotion does it communicate?

Evokes a sense of connection by presenting stories and voices from the community.

The program received comprehensive training sessions to equip members with the necessary knowledge and skills to advocate for youth mental health. **This year's training...**

- Care Solace Presentation
- SOGIE (Sexual Orientation, Gender Identity and Expression) 101
- Be Sensitive, Be Brave

This year's events...

- SAMCEDA's 70th anniversary event
- The Sandhill Foundation Wellness Community Event Panel
- The allcove™ Conference
- Star-Vista's Mental Health Matters Walk
- Edgewood Center's Wellness Starts with You event
- San Mateo High School and Aragon's opportunity fairs

YOS Almes thanked the Board for their continual support of the program. She will keep them updated on the progress of opening the allcove™ doors in the upcoming months.

Q & A with YOS Almes

Would any YAG member be open to sharing their personal reflection on the program's progress and their own experiences with it?

Toyo A. responded by sharing her journey, explaining that when she first joined the program, she felt uneasy discussing mental health or knowing how to communicate effectively with individuals facing mental health challenges. She added that after a year in the program, she now feels significantly more knowledgeable and confident in her ability to engage in conversations with individuals who may be experiencing stress or anxiety.

One of the obstacles faced by youth mental health programs is the potential stigma associated with seeking help when someone is going through a difficult time. To address this, our program empowers young individuals to become influential advocates, showcasing the profound impact of the program and encouraging their peers to get involved. Are any of the YAG members able to share their own experiences in effectively spreading the word about the program to their peers?

Vincent P. responded by sharing that he has received positive feedback from his peers when discussing the impactful nature of the program. He mentioned that many of them are eagerly looking forward to getting involved once the allcove™ facility opens its doors.

In addition to mental health support, this program aims to be integrative by incorporating assistance in areas such as housing and jobs. What additional services would the members be most enthusiastic about adding to the program?

Jorge A. responded that the main priority is currently the center's launch, they plan to broaden the program services as more young people become engaged and the center becomes fully operational.

Is the program progressing smoothly and as planned for its opening?

Yes, the program is on schedule and making steady progress. A 'soft' opening is anticipated to take place in late November or early December.

b. San Mateo AbilityPath Management Update: Sarah Verity, Vice President of Board Relations and Legislative Affairs AbilityPath

Sarah Verity, Vice President of Board Relations and Legislative Affairs for AbilityPath, presented an organizational update.

Presentation Highlights

Review of Homes:

111 & 113 16th Ave, San Mateo

Unique Coop Living Model:

- Partnership with PARCA & GGRC
- PARCA provides tenant management services
- AbilityPath provides Independent Living Service ("ILS") and employment/program services
- Two beautiful homes
- There is currently one vacancy
- 9 clients successfully living independently in the community
- Each room is equipped with a private half bathroom and a TV, and can be furnished upon request or left unfurnished if tenants prefer to bring their own bed, dresser, mirror, and other personal items
- There is a women's home and a men's home

Special thanks to the Peninsula Health Care District Board of Directors!

- The amazing generosity displayed has made this unique, innovative arrangement possible.
- PHCD is helping address the housing needs of adults with developmental disabilities.
- 10 individuals are able to live independently and thrive in their community.
- Through PHCD's support, this project is an example of how innovative, collaborative efforts can work.
- Together, AbilityPath, PARCA, Golden Gate Regional Center and Peninsula Health Care District are inspiring inclusion!

Q & A with Sarah Verity

During the presentation, it was mentioned that occasionally, residents from the houses may be transferred to alternative facilities. Could you please provide additional information regarding this process and the reasons behind such transfers?

Regarding the homes on 16th Avenue, the individuals residing there are currently able to live independently. However, residents might be relocated to other facilities that can provide them with 24/7 care.

Is there a possibility of expanding the program within the District?

Given the excellent accessibility of 16th Avenue to public transportation, it may be worthwhile to consider exploring potential expansion sites, such as Redwood City, ideally in close proximity to their transit hub.

c. Funding for Mammography at San Mateo Medical Center: John Jurow, CEO San Mateo County Health Foundation

John Jurow, the CEO of the San Mateo County Health Foundation, presented on the importance of securing funding for Mammography at the San Mateo Medical Center.

Presentation Highlights

Breast Cancer in the U.S.

- About 264,000 women and 2,400 men are diagnosed annually
- About 42,000 women and 500 men die each year
- An estimated 300,590 people will be diagnosed in 2023
- 297,790 of which are women, making it the most common cancer in American women
- Every two minutes a woman is diagnosed with the disease
- About 1 out of every 100 breast cancers diagnosed in the U.S. is found in a man

About 1 in 5 new breast cancers will be ductal carcinoma in situ (DCIS). DCIS is a non-invasive or pre-invasive breast cancer. Nearly everyone with this early stage of breast cancer can be cured.

Sources: CDC, Breast Cancer Research Foundation, American Cancer Society

2D Mammography at SMMC

77,000+ patients come through the County hospital. Of those, roughly 35,000 reside in the boundaries of the Peninsula Healthcare District.

In 2020 and 2021 ...

- 9,556 patients had a mammogram done at the hospital.
- 1,348 patients were called back due to insufficient imaging.
- 264 patients received false-positive & false-negative results.

In 2023 ...

- There have been 6,128 mammography and 1,540 ultrasound follow-ups.
- Out of every 1,000 people who undergo screening, there is an average of 4.1 cases of breast cancer detected.

The Type of Mammography Matters

An annual screening mammogram is proven to be the best way to detect breast cancer, but the type of mammogram is important!

3D Technology:

- Uses multiple low-dose X-ray images making it easier for radiologists to detect cancer because they can look at the breast from different angles.

- Provides fewer false alarms because the improved technology decreases the call-back rate and can often prevent anxiety.
- Can detect up to 40 percent more cancers than 2D mammograms.

What SMCFH Hopes to Accomplish

Raise Funding To:

- Upgrade technology for two mammography machines from 2D to 3D technology (\$700K)
- Purchase a mobile van to reach patients at all SMMC clinics (\$970K)

Total Goal: \$1.67M

Any additional funds from the 3D mammography fundraiser will go towards the mobile van.

Funding Opportunities:

\$650K pledged as of July 25, 2023

- Peninsula Health Care District
- Stanford Medicine
- Sunlight Giving
- The Sobrato Organization
- Foundation Gala

Other Organizations/Foundations:

- SAGA \$50K
- Son Mateo Medical Center \$200K
- Sequoia Healthcare District \$200K
- SMC Health Foundation \$200K

County Support - Why is Funding Needed?

- The county is providing resources for over 77,000 patients to live a healthy life.
- The costs to run this are increasing and they are higher than ever. Help is needed from organizations like PHCD if there is a chance for them to make a real difference.
- The County contributes \$59M annually to the Medical Center for general operations.
- They have authorized the Medical Center to spend over \$100M over the next 3 years on Epic implementation and have contributed over \$10M to the effort.
- They also supported the new administrative wings of the Medical Center to meet seismic requirements, with a project cost of over \$200M for the Admin and Link buildings.
- They support smaller initiatives such as the upcoming CT replacement project for \$8M and \$5M for MRI.

San Mateo County Health Foundation is asking for \$200,000 from Peninsula Healthcare District to use toward the \$1.7M estimated budget for this project. Through generous support from other granters, they have already raised \$650,000 in committed funding.

Q & A with John Jurow

What is the plan to raise the remaining funds required for the project, from \$650,000 to the necessary \$1.7M? To secure the additional funds needed for the project, the organization has planned a

fundraising gala in October. They are hopeful that this event will bridge the gap. However, in the event that fundraising efforts fall short of the target, the foundation has committed to covering the remaining difference to ensure the project's success.

Motion to Approve funding in the amount of \$200,001 for Mammography at the San Mateo Medical Center

Motion: By Vice Chair Pagliaro; Seconded By Director Navarro

Vote: Ayes – Cappel, Pagliaro, Zell, Navarro, Sanchez

Noes: 0

Abstain: 0

Motion Passed: 5/0/0

6. Old Business:

a. Umbrella Coverage for 1875 Trousdale & 111-113 16th Ave San Mateo: Vickie Yee, CFO

At the June 2023 meeting, Paula Anderson, Commercial Line Manager at Risk Strategies, presented to the Board the insurance renewals. She indicated the District had an umbrella policy on all its properties except for 1875 Trousdale and 111-113 16th Ave. She suggested that the District add an umbrella to those properties. The Board asked management to obtain quotes from the Broker and bring them back to the Board.

Below is a summary of the umbrella quotes provided by Eva Matthews, the account manager at Risk Strategies. The complete proposals are attached to the memo.

1875 Trousdale Dr. (Fitness Center)

Quote from Philadelphia Insurance – the highest limit offered is \$2M. The underlying aggregate liability limit is \$3M, bringing the combined aggregate limit to \$5M. The annual premium for the \$2M Umbrella is \$950.

111-113 16th Ave. (San Mateo Homes)

Quote from Nautilus Insurance – Below are options based on an effective date of 7/18/23 – 6/30/24. The underlying aggregate liability policy is \$2M.

Limit of Insurance: Premium

\$1,000,000: \$937

\$2,000,000: \$1,764

\$3,000,000: \$2,591

\$4,000,000: \$3,418

\$5,000,000: \$4,245

Ms. Matthews recommends carrying at least a \$1M Umbrella over the General Liability policies.

Action Requested:

Management recommends that the Board accept the Umbrella policy quote for the \$2M for 1875 Trousdale Dr. and \$1M for 111-113 16th Ave properties for \$1,887.

Vice-Chair Pagliaro recommended that for the two homes, the Board accept the \$2M Umbrella policy.

Motion to Approve Umbrella policy quote for \$2M
Motion: By Vice Chair Pagliaro; Seconded By Director Zell
Vote: Ayes – Cappel, Pagliaro, Zell, Navarro, Sanchez
Noes: 0
Abstain: 0
Motion Passed: 5/0/0

7. Reports:

a. Board Standing Committees:

Strategic Direction Oversight - September 6, 2023

Chair Cappel stated that the Strategic Direction Oversight Committee has continued their discussions regarding the PWC Hub progress.

Finance - July 11, 2023

Director Zell stated that the Finance Committee has been actively engaged in discussions about the employee benefits within the District. One of the topics they have explored is the possibility of discontinuing CalPERS. However, they are seeking feedback from the Board to gauge the general consensus and determine the overall sentiment regarding the potential departure from these benefits. Furthermore, Director Zell expressed his desire to have this topic discussed at an upcoming meeting, provided that the Board determines it to be an area of potential interest for the District to explore further.

Director Sanchez asked if the Board could listen to feedback from District employees.

Director Zell stated that this is a management decision.

Director Sanchez stated that he would like feedback from all stakeholders involved.

Chair Cappel would like a draft detailing all the benefits offered by CalPERS, aiming to thoroughly assess the pros and cons of leaving the program and enabling the Board to make an informed decision on the matter.

Director Navarro stated that it could be beneficial to explore alternative options to CalPERS in order to identify potentially more advantageous alternatives.

The Board directed CEO Pulido to gather feedback from staff about the potential consideration to move out of CalPERS as the next step.

Community Health Investment - Next Meeting October 2, 2023

Director Navarro stated that the upcoming Community Health Investment meeting is scheduled for October 2nd. He presented a proposal to redirect the \$50,000 that was originally set aside for the Health Education Support Program towards the CHI fund. The aim is to allocate these funds towards the grants program, as there hasn't been an applicant for the tuition program in quite a while. Additionally,

Director Navarro proposed a new system for organizing grant recipients into tiers, taking into account their seniority within the program. This would entail the introduction of one, two, and three-year tiers, allowing for a more comprehensive review and due diligence process for new grantees applying for one-year grants. By implementing this approach, the staff would have ample time to thoroughly assess the potential of each applicant. He also highlighted the fact that the community grants budget has remained unchanged for the past ten years. This observation raises the need for a potential budget increase to ensure that the program continues to support the community's health initiatives effectively. He stated that the Community Health Investment Committee is gathering data to present to the Board, aiming to increase the community grants budget.

CEO Pulido stated that conducting an assessment of the grants portfolio is a part of the Strategic Plan, and a review of the grants budget will be included.

Director Zell stated that he believed the long-term plan of the District was to shift away from grants and prioritize permanent solutions that have the potential to make a significant impact in addressing healthcare needs.

b. Board Chair and Director Reports

Chair Cappel stated that he had a great conversation with new Sutter Mills-Peninsula Medical Center CEO, Darian Harris. He has spoken with many people that have had a chance to meet Mr. Harris and are highly enthusiastic about him leading that organization.

Director Sanchez asked if Mr. Harris was invited to come speak at the District.

Chair Cappel answered that an invitation has been extended.

Vice-Chair Pagliaro stated that he has authorized the reviewing of bids for the project that needs to be completed at the Trousdale.

c. District Program Report

CEO Pulido shared the Bi-Monthly District Report.

Report Highlights

Preventive Health

- Substance Abuse and Mental Health community events scheduled for Fall 2023 and Spring 2024
- Health assessment data available next month via San Mateo County and the Social Health Equity Project
- Incorporating Blue Zone components to allcove™ San Mateo, Fitness Center and The Trousdale
- Expansion of program offerings and services at the Fitness Center

Mental Health

- Visited allcove™ Beach Cities to help inform our opening plan

- Launched allcove™ Community Consortium
- New \$1M two-year grant cycle available to support allcove™ operations
- Participation in the inaugural meeting of the Standing with Youth: Blueprint for
- School and Transition-Age Youth Well-Being Steering Committee

Dental Health

- FQHC Task Force has been assembled and will meet on August 23, 2023
- Expanded the Outreach and Education Program for Seniors/Older Adults to include oral health education presentations (both in-person and virtual) and on-site dental screenings

Integrated Services

- Hub Leadership team exploring different operational models and soliciting feedback from SDC
- CHIC committee identified future data points that will help guide grant awards
- The Trousdale is at 87% occupancy and provided 40 guided tours in the last month and a half

Director Sanchez asked if they were able to get some insight about how Beach Cities is able to generate enough revenue to cover their expenses.

CFO Yee explained that Beach Cities has the advantage of hiring staff at lower wages due to the lower living expenses compared to the Bay Area. Additionally, they effectively manage expenses by strategically planning their hours of operation, a practice they intend to implement at allcove™ San Mateo once it becomes operational.

CEO Pulido stated that while Beach Cities is currently mostly funded by their District, they are actively seeking grants through their investment in lobbyist work, which has enabled them to access additional funding sources that may not be widely available. Additionally, Beach Cities has capitalized on their longstanding relationships and a robust referral system with various school districts, which greatly contributes to their success. Beach Cities also conveyed their interest in collaborating with the District and other allcove™ centers to collectively approach the governor and advocate for additional grant funding.

Director of Youth Behavioral Health Flores commented that Beach Cities acknowledges the investment nature of this endeavor, and while they may not currently have all the answers regarding future billing and reimbursements, they are committed to continuing their impactful work within the community.

CEO Pulido added that Beach Cities collaborates with universities and actively recruits recent graduates, providing them with opportunities to showcase their potential for professional growth. As these individuals demonstrate promise, they are then placed in various programs.

8. Correspondence and Media:

a. 8/8 Letter from City of San Mateo Public Works Department

9. **Adjourn:** Chair Cappel adjourned the meeting at 8:16 pm

Written by: Voula Theodoropoulos

Approved by:

Lawrence W. Cappel, Board Chair