

MARIN HEALTHCARE DISTRICT

100-B Drake's Landing Road, Suite 250, Greenbrae, CA 94904

Telephone: 415-464-2090

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Website: www.marinhealthcare.org

Email: info@marinhealthcare.org

BOARD OF DIRECTORS LEASE & BUILDING COMMITTEE WEDNESDAY, MARCH 22, 2023 @ 4:00 PM

Committee

Chair: Jennifer Rienks, PhD
Members: Samantha Ramirez
Cathy Taylor
Executive: David Klein, MD, MBA, CEO
Support: Louis Weiner, EA
Guest: Jill Kinney, VP Marketing &
Communications

Location

Via Zoom: <https://mymarinhealth.zoom.us/join>
Meeting ID: 958 5388 0118
Passcode: 686157
Or via Zoom telephone: 1-669-900-9128

AGENDA

- | | | |
|---|-------------------|----|
| 1. Call to Order / Roll Call | Rienks | |
| 2. Public Comment
<i>Any member of the audience may make statements regarding any item NOT on the agenda. Statements are limited to a maximum of three (3) minutes. Please state and spell your name if you wish it to be recorded in the minutes.</i> | Rienks | |
| 3. Approval of the Agenda (action) | Rienks | |
| 4. Approval of the Minutes of the MHD Lease & Building Committee Meeting of March 8, 2023 (action) | Rienks | #1 |
| 5. Planning the Next Community Health Seminar: "Adolescents and Eating Disorders" | Rienks/
Kinney | #2 |
| 6. District Rebranding: Request for Proposal | Rienks | |
| 7. Community Health Fair | Rienks | |
| 8. Adjournment | Rienks | |

The agenda for the Meeting will be posted and distributed at least seventy-two (72) hours prior to the meeting. In compliance with the Americans with Disabilities Act, if you require accommodations to participate in a District meeting, please contact the District office at 415-464-2090 at least 48 hours prior to the meeting. Meetings open to the public are recorded and the recordings are posted on the District web site.

Tab 1

MARIN HEALTHCARE DISTRICT

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Board of Directors Lease and Building Committee Wednesday, March 8, 2023 @ 4:00 pm Via Zoom

MINUTES

1. Call to Order

Chair Rienks called the meeting to order at 4:00 pm.

2. Roll Call

Committee members present: Jennifer Rienks, PhD (Chair); Ann Sparkman, RN/BSN, JD;
Cathy Taylor (Community Member)

Staff present: David Klein, MD, CEO, Louis Weiner, Executive Assistant

Guests present: Jill Kinney, VP Marketing and Communications

3. Public Comment

There was no public comment.

4. Approval of Agenda / Approval of Minutes

Agenda approval: It was moved, seconded and carried to approve the agenda.

Minutes approval: It was moved, seconded and carried to approve the minutes of the meeting of January 23, 2023

5. Planning the Next Community Health Seminar

The next seminar will be a hybrid event on “Adolescent Eating Disorders” with panelists Dr. Sarah Lowenthal and Dr. Zachary Schwab, proposed for May 23. Chair Rienks suggested asking them if “Eating Disorder” might be worded differently and more effectively. Ms. Kinney will consult with them on that and report back to this committee.

For location, it was agreed that the San Rafael Community Center on B Street was a very good central site, with ample parking. Ms. Kinney will work to book that location. Other suggestions were Embassy Suites in San Rafael and the Corte Madera Community Center.

Though a presentation of Marin Healthcare District, it was agreed to use both MHD and MarinHealth logos prominently in tandem in publicity for the event. It was suggested to consider asking co-sponsorship with entities such as Marin County Office of Education, parents’ groups, etc.

Ms. Kinney stressed that promotion needs at least 4 weeks in advance. A registration and RSVP function will be used in order to confirm attendees and communicate with them for reminders, etc.

Ms. Kinney will work up the budget and will present it to this committee at the next meeting.

Addressing topics of future seminars, Ms. Kinney noted that the Community Health Needs Assessment (CHNA) would be a good source of ideas, and she’ll send that report to this committee. Mr. Weiner will send the list of suggestions that this committee had formed over the past few years.

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**Board of Directors
Lease and Building Committee
Wednesday, March 8, 2023 @ 4:00 pm
Via Zoom**

MINUTES

Ms. Ramirez urged consideration of doing an interactive youth-focused health seminar, and to have Spanish-speaking inclusion at all seminars.

6. **Community Health Fair**

Ms. Rienks spoke of taking part in community events, providing health information and activities for individuals and small groups. Mr. Kinney reiterated that mounting such projects can be time- and labor-intensive. She noted that a hospital in the bay area has done annual children's health fairs that are popular, innovative and engaging, and that we could do a similar event. We should research what other health or community fairs occur in the bay area, and consider MHD/MHMC to partner with them. "Stop the Bleed" or CPR training or other such activities can be done in existing community events in Marin City or San Rafael or Novato, etc. Ms. Kinney will research community calendars.

7. **Adjournment**

Chair Rienks adjourned the meeting at 4:55 pm.

Tab 2



Creating a healthier Marin together.

2023 District Led Initiatives

Adolescent Eating Disorders Seminar

- Speaker

- Dr. Schwab feels Dr. Lowenthal is much more qualified to present this topic
- Dr. Lowenthal “If we think we need a second presenter, we may consider a psychologist who has expertise on AD

- Practice profile:

- In private practice
- Also works at Healthy Teen PHP in SF
- Not contracted with insurance
- Patients without means are referred to Stanford or UCSF
- Has spoken with schools, parents groups, guidance counselors and given similar talks

If you think your child has an eating disorder, start here.

Marin Healthcare District is pleased to present:
Adolescent eating disorders:
What steps can you take?

Eating disorders affect more than 30 million people in the U.S. It's a serious condition that impacts all genders, races, and ethnic groups, and it can negatively impact one's health, emotions, and ability to function in all areas of life. Most eating disorders involve focusing too much on weight, body shape, and food, leading to dangerous eating behaviors that can harm the heart, digestive system, bones, teeth and enamel, and lead to other diseases.

The good news is that with proper treatment and early intervention, your child can return to healthier eating habits and reverse serious complications caused by eating disorders.

FEATURED GUEST
Dr. Lowenthal is a board-certified family physician who specializes in caring for children, adolescents, and adults with eating disorders.

JOIN US FOR A SEMINAR IN PERSON OR ONLINE
May 24, 2023 | 5:30 – 7:00 p.m. | Corte Madera Community Center
498 Tannock Drive, Corte Madera, CA 94925
RSVP BY MAY 15 MarinHealthcareDistrict.org/eatingdisorders

marinhealthcare
This service is made possible by the Marin Healthcare District

Note: The final ad will be reviewed by the presenter and the MHD board.

Adolescent Eating Disorders Seminar

- Location Options (Revisited)
 - San Rafael Community Center
 - Due to building issue, capacity has been cut to 50 only
 - Corte Madera Community Center
 - Seats up to 200
 - Option to bring in catering
 - \$275 per hour
 - Available on May 24
 - Albert J. Boro Community Center, San Rafael
 - Capacity for 200
 - Limited paid parking (20 spots)
 - Option to bring in catering
 - Available on May 24
 - Embassy Suites, San Rafael
 - Capacity up to 300 with flexibility
 - No room fee, but requires a \$3,000 catering minimum
 - Plenty of parking and easy access

MHD Logo Redesign RFP

- Goals of the redesign project
- History of Marin Healthcare District
- Overview of the review and decision process
- Proposal requirements
 - Professional history
 - Designer's bio
 - Overview of engagement strategy and approach
 - Number of concepts required; number of revisions
 - Specifications needed, e.g., colors, formats, usage guidelines
 - Itemized pricing
 - Requirements for finished work, including all formats
 - References and work samples
 - Proposal evaluation and submission steps

Community Health Fair

- Establish goals and charter
- Set up a community-based committee
- Establish budget and resources
- Develop a tactical plan:
 - Participation Guidelines
 - Fire and Safety
 - Location
 - Parking
 - Sponsorships
 - Communications
 - Operations Plan