

# MARIN HEALTHCARE DISTRICT

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

Telephone: 415-464-2090

Fax: 415-464-2094

Website: [www.marinhealthcare.org](http://www.marinhealthcare.org)

Email: [info@marinhealthcare.org](mailto:info@marinhealthcare.org)

## BOARD OF DIRECTORS

### LEASE & BUILDING COMMITTEE

TUESDAY, SEPTEMBER 19, 2023 @ 4:30 PM

#### Committee

**Chair:** Jennifer Rienks, PhD

**Members:** Samantha Ramirez, BSW  
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: 942 9832 4504

Passcode: 699958

Or via Zoom telephone: 1-669-900-9128

### AGENDA

- |   |                |    |
|---|----------------|----|
| 1. Call to Order / Roll Call  | Rienks         |    |
| 2. Public Comment<br><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 August 23, 2023 (action)  | Rienks         | #1 |
| 5. Community Health Seminar: "Skin Cancer", Oct. 18   | Rienks/Kinney  |    |
| 6. Community Health Seminar: "Healthy Eating for the Holidays"  | Rienks/Kinney  |    |
| 7. Community Health Fair  | Ramirez/Kinney |    |
| 8. Health-related Educational Emails  | Rienks         | #2 |
| 9. Next Meeting   | Rienks         |    |
| 10. 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, August 23, 2023 @ 4:30 pm Via Zoom**

### **MINUTES**

#### **1. Call to Order**

Chair Rienks called the meeting to order at 4:33 pm.

#### **2. Roll Call**

*Committee members present:* Jennifer Rienks, PhD (Chair); Samantha Ramirez (Board Member);  
Cathy Taylor (Community Member)

*Staff present:* David Klein, MD, MBD (CEO)

*Guest 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 July 19, 2023.

#### **5. Planning for Next Seminar: Skin Cancer**

Ms. Kinney has been in touch with dermatologist Dr. Gogia about a date for the event for him and/or his associates. Sept 13 is too soon for us, and Oct 18 may work but not ideal for Ms. Rienks. Ms. Kinney will get back with Dr. Gogia's office about firming a date. The Dr. expressed concerns about giving screenings at the event. Details will be worked out. Ms. Rienks stressed that the screenings will be the draw to the event. She has participated in such successful and effective events previously.

A list of dermatologists in Marin that accept new patients will be made available to attendees.

Ms. Kinney has been putting together materials for the event and is working to secure a date.

#### **6. Planning and Scheduling Seminars: "Healthy Eating for the Holidays"**

Ideas for the event were discussed broadly, including engaging local chefs, using the training kitchen facility at College of Marin, being creative with recipes, providing tasting samples for participants, engaging the MarinHealth clinical dieticians, best ways to get community participation including young people, follow-up with a mini-cookbook, etc.

An idea was to ask for donations at the event, with proceeds going toward a food bank to help feed those in need.

It was suggested to collaborate with Homeward Bound and their chef training program.

For scheduling, it was suggested that a Monday night might be best, when some restaurants are closed and chefs might be available. Ms. Rienks and Ms. Taylor will talk to some local chefs they know.

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## **Board of Directors Lease and Building Committee Wednesday, August 23, 2023 @ 4:30 pm Via Zoom**

### **MINUTES**

Ms. Kinney will check with College of Marin for their availability and dates. She will look at other dates to suggest.

#### **7. District Rebranding RFP**

Ms. Rienks shared the proposals submitted and suggested narrowing the choices down to three of them for consideration. The proposals were presented and discussed:

- CP Creative Studio – budget \$2,500
- Learfield Creative – budget \$15-20K
- AreaBeats – budget \$12,156
- Eric Axelson – budget \$6,500
- Watson Creative – budget \$36-82K (willing to negotiate)
- The Visual Factory – budget \$2,250-3,750

John McNeil Studio (budget \$15K), who did the recent MarinHealth rebranding campaign, is also to be considered, and Ms. Kinney commented and shared examples of that branding.

After discussion, it was agreed that AreaBeats, Watson Creative and John McNeil would be recommended to the full Board for consideration and approval.

#### **8. Update: Community Health Event, August 26**

Mr. Ramirez reported that she and Dr. Alfrey have organized the community event on August 26, “We Care About Your Health” Fair at Al Boro Community Center in San Rafael’s Canal area. Ms. Kinney reported that booths will be staffed by clinicians and Ms. Kinney’s communications team, for family health checks, blood pressure check, diabetes check, healthy eating, and a children’s career information station. Ms. Kinney and her team are publicizing it heavily in English and Spanish.

#### **9. Next Meeting**

The next meeting will be either September 19 or September 20, TBD.

#### **10. Adjournment**

Chair Rienks adjourned the meeting at 5:45 pm.

## Tab 2

**From:** Del Norte Healthcare District <[dnhcd@delnortehealth.com](mailto:dnhcd@delnortehealth.com)>

**Date:** September 1, 2023 at 7:29:53 AM PDT

**To:** [jenrienks@aol.com](mailto:jenrienks@aol.com)

**Subject:** Gynecologic Cancer - learn the symptoms

**Reply-To:** [dnhcd@delnortehealth.com](mailto:dnhcd@delnortehealth.com)



*A collaborative approach to personal and community health through education, prevention, and healthcare services*

## **GYNECOLOGIC CANCER AWARENESS MONTH**



Each September, Gynecologic Cancer Awareness Month focuses on sharing information about symptoms, treatment, risk factors, prevention, clinical trials, and survivors' stories.

Every six minutes, a woman receives a diagnosis of gynecological cancer. It may come in the form of several cancers under this category:

- Ovarian cancer
- Endometrial cancer
- Vulvar cancer
- Vaginal cancer
- Cervical cancer

Different symptoms point toward a particular type of cancer. However, some of the symptoms overlap. Symptoms of gynecologic cancers include:

- Spotting between cycles or bleeding unrelated to a period
- Weight loss
- Extreme fatigue
- Pain and discomfort in the pelvic area
- Frequent urination
- Heavy or long periods
- Itching or pain on the external genitals

- Postmenopausal bleeding
- Irregular cycles
- Skin changes of the external genitals
- Painful intercourse/bleeding after intercourse
- Unusual smelly discharge
- A mass or ulcer on the genitalia

If you're experiencing any of the above symptoms, contact your doctor for an appointment. Many cancers are preventable. Regular check-ups, vaccines, healthy diets and exercise, and knowing family history can either prevent cancer or help to catch it early.

The observance also supports advancement in screening methods. While regular pap smears can detect cervical cancer, there are no screening tools for any of the other gynecological cancers.

#### HOW TO OBSERVE #GynecologicCancerAwarenessMonth

Talk to your loved ones about regular check-ups and gynecological care. Some of the topics to discuss include:

- **Family history** – Learn it and share it with those who will benefit from it.
- **Routine reminders** – Schedule a routine physical with your GYN.
- **Support research** – Research provides the tools doctors need. It includes prevention, screening methods, treatments, and cures.
- **Share survivor stories** – If you're a survivor of gynecologic cancer, share your experience. Hearing your story may lead someone to their doctor and save a life.
- **Visit the [Foundation for Women's Cancer](#)** to more ways to participate.

Take to social media to join the conversation by using GynecologicalCancerAwarenessMonth or #GCAM.

Sincerely,

Del Norte Healthcare District Board of Directors



Elizabeth Austen, B.A.

Michael Young

Kevin Caldwell, M.D.

Tonya Pearcey, R.N.

David Mason

Sources:

<https://nationaldaycalendar.com/gynecologic-cancer-awareness-month/>

<https://www.cdc.gov/cancer/dcpc/resources/features/gynecologiccancers/index.htm>

<https://foundationforwomenscancer.org/resources/educational-materials/>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/gynecologic-cancer-awareness-infographic>



**Like the Del Norte Healthcare District on Facebook**  
to stay up to date with our announcements,  
newsletters, and board actions.

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We love our community partners! In collaboration with the Del Norte Healthcare District, the **City of Crescent City** is now offering FREE Saturday Recreational swims for everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.



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Del Norte County Healthcare District | 550 E. Washington Blvd., Ste 400, Crescent City, CA 95531

[Unsubscribe\\_jenrienks@aol.com](mailto:Unsubscribe_jenrienks@aol.com)