



CAMBRIA COMMUNITY HEALTHCARE DISTRICT REGULAR BOARD MEETING SEPTEMBER 26, 2023 – 9:00AM

The regular meeting of the Cambria Community Healthcare District will be held at Old Cambria Grammar School, 1350 Main Street Cambria, California.

Join Zoom Meeting

<https://us02web.zoom.us/j/83472787498>

Meeting ID: 834 7278 7498

+16694449171,,83472787498# US

+16699006833,,83472787498# US (San Jose)

AGENDA

A. OPENING

1. Call to order
2. Pledge of Allegiance
3. Motion to allow the board to conduct the board meeting within the AB2449 guidelines.
4. Establishment of a quorum

B. PUBLIC COMMENT FOR ITEMS NOT ON THE AGENDA

1. Members of the public wishing to address the Board on matters other than scheduled items may do so when recognized by the President of the Board of Directors Cecilia Montalvo. Presentations are limited to a maximum of three minutes per person.

C. CLOSED SESSION

1. Adjournment to Closed Session with Full Board.
 - a. Pursuant to Government Code section 54957 (b) Public Employee Performance Evaluations: 1. Administrator/Director of Operations
2. Director of Finance
 - b. All members of the public attending in person will be asked to leave the room, and all members of the public participating via Zoom will be placed in the "waiting room".
2. Adjournment from Closed Session

D. REPORT ANY REPORTABLE ACTIONS FROM THE CLOSED SESSION

E. CONSENT AGENDA

1. Approve Minutes from August 22, 2023 Regular Board Meeting.

F. REPORTS

1. Administrators/ Operations Report: Tim Benes
2. Financial Review: Linda Hendy
3. Committee Reports:
 - a. President's Report: Cecilia Montalvo
 - b. Property & Facilities / Facility Project Ad-Hoc: Laurie Mileur
 - c. Healthcare Advocacy & Outreach: Dawn Kulesa
 - d. Finance: Bruce Mumper
 - e. Development Committee: Laurie Mileur

G. REGULAR BUSINESS

1. Healthcare Guide and Directory – Proposed Spanish Version
2. Proposed Employee Flexible Spending Accounts
3. Ambulance Station – Update to Conceptual Design

H. DECLARATION OF FUTURE AGENDA ITEMS

I. ADJOURNMENT

The next regular meeting of the Board of Directors of the Cambria Community Healthcare District will be held on October 24, 2023, at 9:00 A.M. at the Old Cambria Grammar School, 1350 Main Street Cambria, California.

Copies of the monthly agenda, staff reports and written materials provided to the Board of Directors for Open Session agenda items may be obtained online at www.cambria-healthcare.org, and are also available at the District office located at 2511 Main Street, Cambria, during regular business hours. Closed Session items are not available for public review. Any changes or additions to the agenda will be posted at the District office and on the District website.

Note: While board members may not engage in dialog with the public during the board meeting, individual members may choose to incorporate an answer to a question posted by the public during their discussion of an agenda item.



CAMBRIA COMMUNITY HEALTHCARE DISTRICT

August 22, 2023

REGULAR BOARD MEETING MINUTES

A) OPENING:

- 1) The meeting was called to order at 9:04 am.
- 2) The Pledge of Allegiance was led by President Montalvo.
- 3) Motion to adopt a Resolution to allow the board to conduct the board meeting within the AB2449 guidelines. Director Mumper motioned to approve, seconded by Director Mileur, Board approved 5/0.
- 4) Board of Directors members Cecilia Montalvo, Laurie Mileur, Bruce Mumper, Iggy Fedoroff were present. Director Dawn Kulesa was present via Zoom. Also present were Director of Operations/Administrator Tim Benes, Director of Finance Linda Hendy and Office Manager Simone Rathbun.

B) PUBLIC COMMENT FOR ITEMS NOT ON THE AGENDA

Two members of the public were present.

C) CONSENT AGENDA

The Minutes from the July 25, 2023 Regular Board Meeting were submitted for review and approval. Director Mumper motioned to approve, Director Mileur seconded, Board approved 5/0.

D) CLOSED SESSION - Canceled

E) REPORTABLE ACTIONS FROM THE CLOSED SESSION

None as session was cancelled

F) REPORTS:

1. Administrator/Operations Report: Facility update: The required electrical work has been completed with the exception of the repairs to the main electrical panel. September 6th has been scheduled by PG&E and the Districts electrician to complete the necessary repairs of the panel. New dual-pane windows have been installed in the administration offices and wall heaters will be installed in August. Vehicle/Fleet update: Unit 21 is waiting repairs; the technician believes it is the transfer case. As of today August 22nd, there have been two Monterey County calls.
2. Financial Report: The July 2023 financials; (the first month of the new fiscal year) were presented and discussed. Notable items were identified; the Workers' Compensation insurance will increase beginning in September. There were three Monterey County transports in July, resulting in an increase to budgeted revenues. The Audit report for fiscal year 2021-2022 to be presented as Agenda item #3.

3. Committee Reports:

- a. President's Report: President Montalvo stated that State Representative Dawn Addis toured the District facility on August 10th and State Senator John Laird toured the facility in July. The successful visits included discussion on the much-needed replacement of the aging facility. President Montalvo noted that the District has submitted a Federal grant request and will seek grant funding from the State of California in January.
- b. Property & Facilities / Facility Project Ad-Hoc: Director Mileur is in contact with Rob Nash and has requested a revised cost estimate for facility replacement. The committee has scheduled a meeting on Tuesday, August 29th.
- c. Healthcare Advocacy & Outreach: Director Kulesa is currently working on proposed topics for future community workshops and securing dates. Additionally, Director Kulesa is researching health topics to be published in the Cambria CA, and working with Director Mileur and Juli Amodei on the Healthcare Resource Guide and Directory.
- d. Finance: Director Mumper reported the Finance Committee met and reviewed the July financials and draft 2021-2022 Audit.
- e. Development Committee: Director Mileur reported the committee did not meet in July, the committee members are currently working on the Healthcare Resource Guide and Directory.

G) REGULAR BUSINESS

1. SEIU 620 Labor Contract Ratification – The Board of Directors was presented with a copy of the three-year MOU recently voted on and approved by the District full-time employees. Wage and benefits changes were discussed, in addition the proposed hourly wage increase to be retroactive to July 1, 2023. Director Mumper motioned to approve the Tentative Agreement of the Memorandum of Understanding between the Cambria Community Healthcare District and Service Employees International Union, Local 620; Director Mileur seconded, Board approved 5/0.
2. General Obligation Bond Discussion - Jon Isom of Isom Advisors reviewed options of placing a new bond measure on either the March or November ballot, and a third option of a Special election. Mr. Isom recommended the November ballot as of today, however suggests the District continue preparing for the ballot measure with ongoing community outreach, and to be prepared for a possible change to a suggested date of March. President Montalvo added that the District could receive federal appropriations money and possible State funding. If the District receives grant funding it would decrease the amount requested for the bond measure. Grant funding information will assist in the preparations for the November ballot, however may not be in time for March. The Statewide lowering of the required threshold to 55% for a Measure to pass was also discussed, although Jon is not sure when this would take effect.
3. 2021-2022 Audit – Adam Guise, CPA, Partner of Moss, Levy & Hartzheim LLP presented the draft 2021-2022 audit. Mr. Guise reviewed key elements in the audited financial statement and questions by Board Directors were addressed. Recommendations were made to the Board of Directors and District Management to implement two new procedures; 1. Require a Supervisor signature on all employee timecards prior to payroll processing. 2. Prepare a Personal Action Form (PAF) for each employee HR file to be routinely updated when a change has been made to employee wages.

4. On behalf of the Healthcare Advocacy & Outreach Committee, Director Kulesa and Juli Amodei presented a proposed Healthcare Resource Guide and Directory. In response to the recent survey identifying the community needs, the proposed Guide/Directory will provide an accumulation of local and county health resources, along with health information, with 5,000 copies directly mailed to three zip codes - Cambria, Harmony and San Simeon. The Board discussed the proposed budget adjustment of \$8,500 to produce the English version of the Healthcare Resource Guide and Directory. A suggestion was made to produce two separate versions of the book, 5,000 in English and 1,000 in Spanish. Juli will provide a new estimate to include a Spanish version and Director Kulesa will provide updated information at the September Board meeting. Director Fedoroff motioned to approve the budget adjustment, Director Mumper seconded, Board approved 5/0.
5. Facility Repair Cost – Staff recommends transfer of funds from Trust to District operating account to offset facility repair cost required by recent fire code inspection. Director Fedoroff motioned to approve transfer of funds, Director Mumper seconded, Board approved 5/0.
6. CCHD Strategic Planning Worksheet – President Montalvo provided a revised Strategic Planning worksheet. The new worksheet titled Tactical Implementation identifies Objectives, Strategies and Assigned Responsibilities.

H) DECLARATION OF FUTURE AGENDA ITEMS

- a. Healthcare Resource Guide – Spanish Version
- b. Revised estimates on facility projects
- c. Final Labor contract agreement

I) ADJOURNMENT

The meeting was adjourned at 10:36 am.

The next regular meeting of the Board of Directors of the Cambria Community Healthcare District will be held on September 26, 2023, at 9:00 A.M. at the Old Cambria Grammar School, 1350 Main Street Cambria California.



Cambria Community Healthcare District

Administrator's Report

Board of Directors Meeting

September 26th, 2023

Ambulance Unit Performance/Maintenance – Units 18, 20, and 22 are in service, Unit 21 required repair to the “Transfer Case” within the transmission, a rebuild is currently being performed by Ford in Paso Robles. Unit 21 is anticipated to be back in service by mid-October.

Transport Activity Report - There has been a decrease in total incidents and calls requiring transport in comparison to August 2022. There were 43 less incidents and 8 fewer calls requiring transport in August 2023 compared with August 2022.

Response Times and Delays – In August, 88.1% of calls were responded to within 10 minutes. There were 5 calls in which the response time was longer than the required 10-min. However after review and corrections the corrected percent should be 99.7% .

08/15/2023 There was a 1-minute delay over the 10-minute requirement. There was heavy traffic enroute to the call.

Equipment/ Medications The District was informed by medical supplier Bountree that the Pfizer Pharmaceutical plant responsible for making sterile injectables suffered heavy damage from a tornado in North Carolina, potentially worsening an already deep drug shortage across the nation. Pfizer is the top supplier of medications used by all ambulance companies in the USA. The District is currently well stocked in medications that are currently in low supply with the exception of Versed. The District is working with the San Luis Obispo County EMSA to provide a temporary waiver that will allow the CCHD to carry a different concentration of this medication. The required forms and scheduled training course have been submitted and approved by the EMSA. The District was also informed that Pfizer has received approval to increase the prices of their medication by as much as 30% starting as early as October 1, 2023.

San Luis Ambulance (SLA) Transports/Coverage – In August 2023 San Luis Ambulance had 1 request to respond to code 3 calls in the CCHD service area. San Luis Ambulance was dispatched to “move up and cover” Cambria 3 times. CCHD responded to (6) Code 3 and (1) Code 2, calls inside the San Luis Ambulance area. Not all the calls responded to by CCHD staff were transports or billable dry runs.

- Code 3 Call
 - Emergency call that requires the use of lights and sirens to respond
- Code 2 Call
 - Emergency call that does not require the use of lights and sirens to respond
- Code 8
 - A term used when an ambulance is staged (parked) between 2 response areas

CCHD crews were dispatched to “move up and cover” the San Luis Ambulance service area 40 times in August, a decrease of 22 dispatched calls the prior month.

Monterey County Calls - CCHD crews responded to 2 calls in Monterey County during the month of August. Currently CCHD is the only ALS Agency to cover the southern area of coastal Monterey County. District staff continue to monitor updates from CalTrans regarding the Highway 1 road closure.

Station Repairs – In August new windows and blinds were installed in the administrative offices. The electrician installed wire molding throughout the facility and new emergency exit signs. The replacement of the outside electrical panel has been rescheduled with PG&E.

Employees and Staffing

- a. COVID-19 - At the time of this report, we have no employees out.
- b. Staffing –1 Full-time Paramedic position vacancy. 1 Full-time EMT will be taking a leave of absence in October to complete his required training for the Paramedic Program at Cuesta College. He will be interning with San Luis Ambulance Service during his leave.
- c. Due to call volume The District is currently unable to qualify for the Cuesta College Intern On-The-Job Training.

Community Outreach – Announcements have been made that CCHD is offering free classes to the public and dates have been set for the Framers Market and Joslyn Center. The District participated in the community Pinedorado Parade with Unit 21 and had a booth at the Pinedorado grounds.

COVID-19 Update – For the latest number please refer to the following website.

<https://www.recover slo.org/en/covid-19-vaccines-in-slo-county.aspx>

DISTRICT ACTIVITY REPORT PAGE 1

08/01/2023 through 08/31/2023

Incident Totals				Transport Totals			
	2023	2022	Change		2023	2022	Change
Dry Runs - w/Treatment	7	15	-8	Local Patients	25	28	-3
Dry Runs - CX Enroute	25	31	-6	Non-Local Patients	16	21	-5
Total Dry Runs	32	47	-15	Total Patients	41	49	-8
Stand-bys	41	60	-19	Medical Transports	36	44	-8
Public Assists/Relations	0	1	-1	Trauma Transports	5	5	0
Walk-in Public Relations	2	1	1	Traffic Accidents	1	1	0
Total Incidents	116	159	-43	Total Transports	41	49	-8

Hospital Destinations

	2023	2022	Change
French	12	18	-6
Sierra Vista	27	29	-2
Twin Cities	2	1	1
Rendezvous w/Heli	0	0	0
Facility Not-Listed	0	0	0
Trauma Center (Sierra Vista)	4	3	1
STEMI Center (French)	0	0	0

Monterey County Responses

	2023	2022	Change
Medical Transports	1	1	0
Trauma Transports	0	0	0
Dry Runs	1	3	-2
Stand-bys	0	0	0
Total Incidents	2	4	-2

**Year-to-Date Comparison
Ambulance Response Statistics
From January 2023 to August 31 2023**

	2023	2022	Change
Total Responses	1301	1187	114
Patients Transported	387	441	-54
Total Dry Runs	296	302	-6
Dry Runs - w/Treatment	112	125	-13
Dry Runs - CX Enroute	184	174	10
Stand-bys	602	434	168
Total Monterey County Incidents	9	28	-19

DISTRICT ACTIVITY REPORT PAGE 2
08/01/2023 through 08/31/2023

San Luis Ambulance Activity

Code 8	=	3	
Code 11	=	0	
Code 2 calls	=	0	} (calls into CCHD response area)
Code 3 calls	=	1	
Total time SLAS covered CCHD area = 2 hrs 59 mins			

Cambria Community Healthcare District Activity

Total time CCHD committed to other incidents (Month) = 80 hrs 0 mins			
Code 8	=	40	
Code 11	=	1	
Code 2 calls	=	1	} (calls into SLAS response area)
Code 3 calls	=	6	
Total time CCHD covered SLAS area = 13 hrs 56 mins			

Definitions:

Code 8 : Cover two areas

Example: -Code 8 Villa Creek means covering Morro Bay response area and Cambria response area

 -Code 8 Hwy 46 Summit means covering Cambria response area and covering North County response area (i.e. Paso Robles, Templeton, Atascadero and outlying areas)

Code 11 : Covering one area

Example: -Code 11 Morro Bay means we are now only covering the Morro Bay response area (i.e. Cayucos, Morro Bay, Los Osos)

Code 2 : Non-Emergency Call

Code 3 : Emergency Call

Time-On-Task : TOT Refers to the amount of time committed to a call or task, more specifically, this is the amount of time a unit is unavailable to respond to a call in the District's response area only. Units may still be available for calls outside the District's response area during TOT periods depending on SLO County needs for mutual aid.



**Financial Report
Board of Directors Meeting
September 26, 2023**

Staff Report: Linda Hendy, Director of Finance

Reporting financial performance update for the month August, and July-August fiscal year 2023/2024.

Income Statement:

August 2023 Monthly/Year-To-Date vs Budget

○ **Income:**

- August ambulance billing of \$74,478 was unfavorable to budget in the amount of \$3,111.
 - In August 2022 ambulance revenue recorded in the amount of \$93,106 was used for this fiscal year budget.
 - Ambulance Transport activity **41** vs **45** budgeted.
- Other Income: Revenues budgeted for the GEMT reimbursement program were not received in the month of August, resulting in Other Income revenues unfavorable to budget in the amount of \$20,863. As of September 22th, the District has not received GEMT funds and it is unknown when the State will release the funds to participants of the program.

○ **Expense:**

Total expenses in August were \$10,401 favorable to budget.

- Payroll Expenses: In the month of August payroll expenses are favorable to budget in the amount of \$2,168. The District is currently utilizing Reserve Medics to cover the vacant Full-time position, resulting in an increase to line-item Part Time Employees and a decrease to line-item Full Time Employees.
- Operating Expenses: August operating expense is favorable to budget in the amount of \$3,177. The District has incurred the 2021-2022 budgeted audit expense in the prior fiscal year, resulting in a decrease in expense in the amount of \$5,000. Labor negotiations with SEIU employees commenced in September, the District will receive an updated invoice for representation. Line item: Facility Maintenance is unfavorable to budget due to the electrical repair cost associated with the required fire code updates. A check was issued by the District trust account to cover the electrical expense and will be included in the September financials.
- Fleet Expenses: August fleet expense is favorable to budget in the amount of \$7,225. The District is anticipating repair cost for Unit 21 that is currently with Ford of Paso Robles.
- Other Expenses: The District submitted the required QAF program fee in September 2023.

- Other Income: Grant funding received from the Cambria Community Council were transferred from the Trust account to the Operating account.

○ **Net Income:**

August financials reflect a favorable net income for the month in the amount of \$12,132 and year to-date favorable in the amount of \$40,428.

Audit Update:

Preparations for the 2022-2023 Audit will begin in October.

CCHD Trust Account:

Pacific Premier bank balance for the trust account as of August 31, 2023 is \$36,139.86.

Human Resource:

Updates were made to full-time employee payroll accounts with updated wage rates and benefits. Each employee received a worksheet with calculations for retro pay that was included in the September 5, 2023 payroll.

CalPERS Healthcare Open Enrollment begins September 13, thru October 18th. Full-time employees received an email reminder with information including a breakdown for individual and dependent cost for each plan and helpful tips provided by CalPERS on selecting the right plan for each individual employee.

Employee personal files have been updated with new Personal Action Forms (PAF) documenting wage increase per the new salary schedule, benefit changes and District required forms. Personal Action Forms will be routinely updated with any new changes, this action item is a follow up to the recent Auditors recommendation.

Cambria Community Healthcare District
Summary of Revenues and Expenses
AUGUST 2023, and Year-To-Date JULY-AUG 2023/2024

	August Actual	August Budget	Variance	July - August YTD Actual	July - August YTD Budget	Variance
Ambulance Revenue						
Ambulance Billings	289,236	310,356	(21,120)	563,840	709,590	(145,750)
Prior Year Income	-	-	-	607	-	607
Total Ambulance Income	289,236	310,356	(21,120)	564,447	709,590	(145,142)
Insurance Adjustments/Contra Sent to Collections	(214,758)	(232,767)	18,009	(419,102)	(532,192)	113,090
Bad Debt	-	-	-	-	-	-
Ambulance Income	74,478	77,589	(3,111)	145,345	177,397	(32,052)
Tax Income						
General Tax	-	-	-	12,873	14,000	(1,127)
Special Assessment Tax	-	-	-	14,886	15,000	(114)
Total Tax Income	-	-	-	27,759	29,000	(1,241)
Other Income						
Monterey Contract	4,000	4,000	-	10,000	8,000	2,000
Rental Income	-	-	-	-	-	-
Misc. Income	-	100	(100)	348	200	148
GEMT Reimbursement	-	20,000	(20,000)	-	20,000	(20,000)
Bad Debt Recovery	-	650	(650)	-	1,300	(1,300)
Grant Income	-	-	-	-	-	-
Interest Income	2	115	(113)	453	230	223
Donations	-	-	-	-	-	-
Donations -Amb. Procurement	-	-	-	-	-	-
Total Other Income	4,002	24,865	(20,863)	10,801	29,730	(18,929)
Total Income	78,480	102,454	(23,974)	183,905	236,127	(52,222)
Payroll Expenses						
Administration	24,586	23,882	(704)	36,209	47,764	11,555
Full Time Employees	44,688	65,135	20,447	75,133	130,271	55,138
Part Time Employees	28,064	11,393	(16,671)	36,597	22,786	(13,811)
Payroll Tax Expense	4,439	5,788	1,349	6,408	11,577	5,169
Employee Medical/Dental	16,830	16,000	(830)	35,844	32,000	(3,844)
PERS Pension Expense	11,477	10,833	(644)	20,894	21,667	773
PERS - Unfunded Liability	12,756	12,923	167	25,513	25,846	333
Uniforms	309	750	441	757	1,500	743
Workers Comp. Insurance	8,905	8,905	-	14,405	17,811	3,405
Retiree Health	8,987	7,600	(1,387)	16,374	15,200	(1,174)
Total Payroll Expense	161,042	163,210	2,168	268,134	326,420	58,287
Operating Expenses						
Contacted Services	-	-	-	-	-	-
Audit Fees	-	5,000	5,000	-	5,000	5,000
Billing Services	-	700	700	599	1,400	801
Other	-	5,000	5,000	-	5,450	5,450
Payroll Services	321	600	279	512	1,200	688
Total Contracted Services	321	11,300	10,979	1,111	13,050	11,939
Dues and Subscriptions	200	200	-	9,158	4,700	(4,458)
Education/Travel/Mileage	593	350	(243)	666	700	34
Facility Maintenance	10,581	1,000	(9,581)	13,776	6,000	(7,776)
Legal	-	1,000	1,000	4,438	2,000	(2,438)
Liability Insurance	7,807	7,807	-	12,607	15,613	3,007
License/Permits	265	500	235	412	1,000	588
Office and Computer Supplies	1,678	1,260	(418)	3,297	2,520	(777)
Storage	-	-	-	240	240	-
Training	33	250	217	55	500	445
Utilities	1,012	2,000	988	3,512	4,000	488
Total Operating Expenses	22,490	25,667	3,177	49,271	50,323	1,052

Cambria Community Healthcare District
Summary of Revenues and Expenses
AUGUST 2023, and Year-To-Date JULY-AUG 2023/2024

	August Actual	August Budget	Variance	July - August YTD Actual	July - August YTD Budget	Variance
Fleet Expenses:						
Communication Equipment	-	-	-	-	-	-
Fuel	2,441	3,500	1,059	4,543	7,000	2,457
Unit - 18	146	500	354	3,199	1,000	(2,199)
Unit - 20	-	350	350	43	700	657
Unit - 21	-	2,000	2,000	493	2,000	1,507
Unit - 22	251	3,686	3,435	2,873	3,686	813
Interest Expense	207	430	223	207	430	223
Medical Supplies/Equipment	5,198	5,000	(198)	12,853	10,000	(2,853)
Total Fleet Expenses	8,242	15,467	7,225	24,212	24,817	605
Total Operating Expenses	30,732	41,133	10,401	73,482	75,140	1,657
Other Expenses						
Bank and Credit Card Charges	430	300	(130)	849	600	(249)
Bond Expense	-	-	-	-	10,000	10,000
Contingency/Outreach/Public Ed.	1,912	400	(1,512)	3,296	800	(2,496)
Equipment	-	-	-	-	-	-
Miscellaneous	36	300	264	72	600	528
QAF Fee	-	4,000	4,000	-	4,000	4,000
Sales Tax	-	115	115	107	230	123
Total Other Expenses	2,379	5,115	2,736	4,324	16,230	11,906
Total Expenses	194,152	209,458	15,306	345,940	417,790	71,850
Net Operating Income	(115,673)	(107,004)	(8,668)	(162,034)	(181,663)	19,628
Other Income/Expense						
Grant /Equipment Procurement	20,800	-	20,800	20,800	20,800	20,800
Covid Relief	-	-	-	-	-	-
Total Other Income	20,800	-	20,800	20,800	20,800	20,800
Net Income	(94,873)	(107,004)	12,132	(141,234)	(160,863)	40,428

Cambria Community Healthcare District Monthly Banking Financial Report

AUGUST 2023

Pacific Premier Bank Operating Account

Beginning Balance	\$	318,501.29	
Income		83,945.44	
Tax Income		-	
Less Checking Expenses		(211,008.33)	
Bank Fee(s)		(11.90)	
Ending Balance			\$ 191,426.50

Pacific Premier Bank Money Market Account

Reserve Account

Beginning Balance	\$	40,009.26	
Transfer from Operating Account			
Interest		1.70	
Ending Balance			\$ 40,010.96

Local Agency Investment Fund Account

Operating Reserves

Beginning Balance	\$	57,693.19	
Transfer from Operating Account		-	
Interest		-	
Ending Balance			\$ 57,693.19

ALL ACCOUNTS TOTAL

\$ 289,130.65

PPB Trust Account

Beginning Balance	\$	36,142.65	
Deposit		-	
Bank fee (paper statement)		(2.00)	
Withdrawal payables(Qgiv)		(0.79)	
Ending Balance			\$ 36,139.86

Accounts Prior Year Total Comparison (Not including Trust Account)

AUGUST	2023	\$	289,130.65
AUGUST	2022	\$	438,874.45
Difference		\$	(149,743.80)

Cambria Community Healthcare District

Transaction Detail by Account

August 2023

DATE	TRANSACTION TYPE	NUM	NAME	MEMO/DESCRIPTION	AMOUNT
11200 PP (5645) Operating					
08/03/2023	Bill Payment (Check)	2778	Halcore Group, Inc.	Cust# 1032003 Inv# 90812020	-221.19
08/03/2023	Bill Payment (Check)	2775	West America Bank	526 000 0303-32-0409 526-01261	-5,035.12
08/03/2023	Bill Payment (Check)	2774	TUTTLE OUTDOOR EQUIPMENT		-335.02
08/03/2023	Expense		Payroll People		-45,868.41
08/03/2023	Bill Payment (Check)	2768	Coast Electronics	Account# 10002631 Invoice# 10403033	-361.83
08/03/2023	Bill Payment (Check)	2773	SEIU Local 620	Union dues, Check date 08/05/2023	-370.43
08/03/2023	Bill Payment (Check)	2772	Robert W Sayers	August 2023 Invoices	-797.90
08/03/2023	Bill Payment (Check)	2771	Modern Marketing	Invoice# MMI152373	-1,164.63
08/03/2023	Bill Payment (Check)	2765	Borjon Auto Center	Invoice# 36139	-2,789.19
08/03/2023	Bill Payment (Check)	2770	Graybar Financial Services	Contract# 100-5910031-001	-163.24
08/03/2023	Bill Payment (Check)	2776	Antonio Mercado	July yard work	-150.00
08/03/2023	Bill Payment (Check)	2769	Coast Unified School District	Invoice# 230036	-36.00
08/03/2023	Bill Payment (Check)	2777	Cambria Hardware Center	Acct# 205	-29.20
08/03/2023	Bill Payment (Check)	2779	PG&E - ending 135-3	Acct# 4378486135-3	-10.69
08/03/2023	Bill Payment (Check)	2767	Cambria Auto Supply	Acct# 7299 Inv# 116668	-7.50
08/03/2023	Bill Payment (Check)	2766	BoundTree Medical	Inv# 85037287	-261.93
08/04/2023	Bill Payment (Check)	ACH	CalPERS Fiscal Services Division	Payroll 7-16 to 7-31-23 Pay date 8-05-23	-2,631.21
08/04/2023	Bill Payment (Check)	ACH	CalPERS Fiscal Services Division	Payroll 7-16 to 7-31-23 Pay date 8-05-23	-1,023.31
08/04/2023	Bill Payment (Check)	ACH	CalPERS Fiscal Services Division	Payroll 7-16 to 7-31-23 Pay date 8-05-23	-4,611.93
08/07/2023	Bill Payment (Check)	2788	Templeton Uniforms, LLC	Invoice# 1436	-29.49
08/07/2023	Bill Payment (Check)	2787	PG&E - ending 810-8	Acct# 5179258810-8	-41.22
08/07/2023	Bill Payment (Check)	2783	Kitzman Water (Culligan)	Acct# 190231	-65.00
08/07/2023	Bill Payment (Check)	2785	MP Cloud Technologies	Invoice# 6668	-599.00
08/07/2023	Bill Payment (Check)	2780	Adamski Moroski Madden Cumberland & Green	Invoice# 61843	-612.50
08/07/2023	Bill Payment (Check)	2786	PG&E - #A ending 348-9	Acct# 9976402348-9	-623.94
08/07/2023	Bill Payment (Check)	2781	Ameritas Life Insurance Corp.	Policy# 58022	-944.32
08/07/2023	Bill Payment (Check)	2789	Zoll Medical Corp.	Invoice# 90077673	-2,091.08
08/07/2023	Bill Payment (Check)	2782	Central Coast Electric, Inc.	Invoice# 00393	-4,340.24
08/07/2023	Bill Payment (Check)	2784	Mission Country Disposal	Acct# 4130-8101951	-199.98
08/07/2023	Expense	ACH	CalPERS Fiscal Services Division		-100.00
08/08/2023	Bill Payment (Check)	2790	Alpha Fire Unlimited	Invoice# 116944	-190.00
08/08/2023	Bill Payment (Check)	2791	Life Assist	Invoice# 1351265	-829.38
08/08/2023	Bill Payment (Check)	2792	Orkin	Acct# 2388 Inv# 413061	-92.00
08/09/2023	Expense		WORLDPAY CC	Bank Fee- Credit Card	-418.54
08/09/2023	Expense	ACH	CalPERS Fiscal Services Division	CalPERS Health Insurance	-17,393.54
08/14/2023	Bill Payment (Check)	2795	Helping Hand Health Education	Invoice# 288	-33.00
08/14/2023	Bill Payment (Check)	2794	Halcore Group, Inc.	Cust# 1032003 Inv# 90813627	-52.32
08/14/2023	Bill Payment (Check)	2796	Templeton Uniforms, LLC	Invoice# 1444	-144.77
08/14/2023	Bill Payment (Check)	2793	Airgas West	Invoice# 5501368805	-894.41
08/16/2023	Bill Payment (Check)	2799	Liebert Cassidy Whitmore	CA041-00003 Inv# 248911	-3,825.00
08/16/2023	Bill Payment (Check)	2797	Central Coast Electric, Inc.	Invoices# 1426 and 1427	-2,645.00
08/16/2023	Bill Payment (Check)	2801	SEIU Local 620	Union dues, Check date 08/20/2023	-335.51
08/16/2023	Bill Payment (Check)	2798	BoundTree Medical	Inv# 85051132	-106.81
08/16/2023	Bill Payment (Check)	2800	MEDSTOP Urgent Care	Invoice #24517	-225.00
08/17/2023	Expense	ACH	Payroll People		-44,552.89
08/18/2023	Bill Payment (Check)	ACH	CalPERS Fiscal Services Division	Payroll 8/1-8/15/23 pay date 8.20.23	-1,023.31
08/18/2023	Bill Payment (Check)	ACH	CalPERS Fiscal Services Division	Payroll 8/1-8/15/23 pay date 8.20.23	-2,631.21
08/18/2023	Bill Payment (Check)	ACH	CalPERS Fiscal Services Division	Payroll 8/1-8/15/23 pay date 8.20.23	-4,500.76
08/18/2023	Bill Payment (Check)	ACH	CalPERS Fiscal Services Division	Payroll 8/1-8/15/23 pay date 8.20.23	-256.37
08/21/2023	Bill Payment (Check)	2804	County of SLO ACTTC	LAFCO 2023-24	-5,249.62
08/21/2023	Bill Payment (Check)	2814	Poly Pro Window & Door Co	Invoice# 526686	-1,872.52
08/21/2023	Bill Payment (Check)	2808	Donald Melendy	Sept 2023 Health premium	-1,147.86
08/21/2023	Bill Payment (Check)	2805	Daniel Cariaga	Sept 2023 Health premium	-1,147.86
08/21/2023	Bill Payment (Check)	2813	Modern Marketing	Invoice# MMI152588	-747.46
08/21/2023	Bill Payment (Check)	2803	Central Coast Electric, Inc.	Invoice# 1432	-625.00

Cambria Community Healthcare District

Transaction Detail by Account

August 2023

DATE	TRANSACTION TYPE	NUM	NAME	MEMO/DESCRIPTION	AMOUNT
08/21/2023	Bill Payment (Check)	2807	Denise Codding	Sept 2023 health premium	-556.74
08/21/2023	Bill Payment (Check)	2802	Breece Ehrenborg	PERS contribution refund	-434.54
08/21/2023	Bill Payment (Check)	2815	Verizon Wireless	Acct# 271000184-00002	-361.02
08/21/2023	Bill Payment (Check)	2811	Integrity Security & Integrated Systems, Inc.	Invoice# 43749	-210.00
08/21/2023	Bill Payment (Check)	2812	Mike Lucido		-65.00
08/21/2023	Bill Payment (Check)	2810	Helping Hand Health Education	Invoice# 283	-11.00
08/21/2023	Bill Payment (Check)	2806	Danny Takaoka	Sept 2023 Health premium	-2,110.78
08/21/2023	Bill Payment (Check)	2809	Heidi Holmes-Nagy	Sept 2023 health premium	-870.91
08/22/2023	Bill Payment (Check)	2816	Aflac	Acct# XG624	-33.80
08/22/2023	Bill Payment (Check)	2818	Charter Communications	Acct# 824510113 0094588	-439.93
08/22/2023	Bill Payment (Check)	2817	BoundTree Medical	Inv# 85049682	-2,348.94
08/28/2023	Bill Payment (Check)	ACH	KS StateBank	Unit 22	-3,621.48
08/29/2023	Bill Payment (Check)	2823	SEIU Local 620	Union dues, Check date 09/05/2023	-349.20
08/29/2023	Bill Payment (Check)	2826	Wex Bank	Invoice# 91120486	-192.88
08/29/2023	Bill Payment (Check)	2825	Wells Fargo Vendor Financial Services	Cust# 1051980762	-191.98
08/29/2023	Bill Payment (Check)	2822	Mutual of Omaha	Group ID# G000BZ6W	-156.00
08/29/2023	Bill Payment (Check)	2819	Blue Shield of California	Refund AR2308090813495B	-405.24
08/29/2023	Bill Payment (Check)	2820	BoundTree Medical	Inv# 85064305	-1,149.32
08/29/2023	Bill Payment (Check)	2824	US Bank Card	Account ending in 3652	-2,035.24
08/29/2023	Bill Payment (Check)	2827	WEX Bank -	Invoice #91163435	-2,247.63
08/29/2023	Bill Payment (Check)	2821	Mr. Jeremy Kantner	Mileage reimbursement	-16.90
08/29/2023	Expense	ACH	CalPERS Fiscal Services Division	CalPERS Unfunded Liability	-133.83
08/29/2023	Expense	ACH	CalPERS Fiscal Services Division	CalPERS Unfunded Liability	-143.33
08/29/2023	Expense	ACH	CalPERS Fiscal Services Division	CalPERS Unfunded Liability	-1,247.83
08/29/2023	Expense	ACH	CalPERS Fiscal Services Division	CalPERS Unfunded Liability	-11,231.33
08/31/2023	Bill Payment (Check)	2828	Coastal Copy	Acct# CC45	-179.86
08/31/2023	Bill Payment (Check)	2829	J. Curtis Reid	TB test and mileage reimbursement	-63.58
08/31/2023	Bill Payment (Check)	2832	Paul Hoover	Mileage reimbursement - base station mtg.	-20.96
08/31/2023	Expense		Pacific Premier Bank		-8.00
08/31/2023	Expense		Pacific Premier Bank		-3.90
08/31/2023	Bill Payment (Check)	2834	Streamline	Invoices# 8A432981-0010-0012	-600.00
08/31/2023	Bill Payment (Check)	2830	Life Assist	Invoice# 1357659	-1,025.06
08/31/2023	Bill Payment (Check)	2833	Simone A. Rathbun	Mileage reimbursement	-31.90
08/31/2023	Bill Payment (Check)	2831	Mr. Timothy Benes	Mileage reimbursement	-499.63
Total for 11200 PP (5645) Operating					\$ -199,453.38



CAMBRIA COMMUNITY HEALTHCARE DISTRICT
BOARD AGENDA STAFF REPORT – 01

TO: Board of Directors

FROM: Board Directors Kulesa and Mileur

DATE: September 26, 2023

AGENDA DESCRIPTION: Cambria and Central Coast Healthcare Resource Guide & Directory – **Spanish Version**

RECOMMENDATION: Healthcare Advocacy & Outreach Committee is recommending approval to produce a Spanish version of the Healthcare Resource Guide & Directory including design and printing.

FISCAL IMPACT: 2023/2024 Fiscal Year Budget adjustment in the amount of \$3,200 line-item Community Outreach/Public Education.

DISCUSSION: In August the CCHD Board of Directors approved producing the Cambria and Central Coast Healthcare Resource Guide & Directory at an estimated cost of \$8,500. The estimated cost includes 6,000 printed copies (English), 5,000 direct mail and the remaining 1,000 to be hand distributed to service clubs, health centers and thru public outreach efforts throughout the year.

In addition, the Board requested the Committee return with estimated cost to produce a Spanish version.

Estimated cost for consideration: 1,000 copies - \$3,176

1. Design \$1,100
2. Printing \$ 1,826
3. Spanish translation \$250

CONCLUSION: The Healthcare Advocacy & Outreach Committee understands the needs of the community and supports producing a Spanish version of the Healthcare Resource Guide & Directory.

ATTACHMENTS:

1. Cambria and Central Coast Healthcare Resource Guide & Directory (Draft Copy – English Version).

BOARD ACTION: Approval of Budget Adjustment 2023/24 Fiscal Year in the amount of \$3,200

Date of Vote: September 26, 2023 UNANIMOUS: __

MONTALVO__MILEUR__FEDOROFF__MUMPER__KULESA__



MINUTES MATTER

COASTAL COMMUNITY HEALTH
RESOURCE GUIDE



Cambria and Central Coast

Resource Guide & Directory

Letter from President Montalvo

Our quaint communities of Cambria, San Simeon and Harmony provide an exceptional quality of life for our residents – young and old. However, peace and quiet can lead to isolation and a lack of understanding of the tremendous resources that are available for those seeking help in keeping themselves healthy and happy.

Some in our community need to have a place to go in the event of an emergency, and at the Cambria Community Healthcare District (CCHD), two full crews of our EMTs and Paramedics standby 24/7 to care for you and to get you to the nearest hospital if needed. In a recent survey of our community, the CCHD Board learned that residents are also looking for help in preventing disease, managing chronic disease, and in ensuring mental health.

As a resource to you, we have compiled this guide that contains healthcare & wellness tips and dozens of services that are available to you. This booklet contains information about preventive care programs, classes, medical care, and mental health services available along the North Coast of San Luis Obispo County. We suggest you keep this booklet handy and turn to it when you are considering how to care for yourself or a family member.

We hope you find this guide helpful, and that it provides information for you at a time when you most need it.

Wishing you good health,

Cecilia Montalvo

President

Cambria Community Healthcare District
Board of Directors



Cambria Medical Services

•Local medical services and their contact info

Cambria Medical Services

Alcohol & Drug Services (805) 534 9204

Al-Anon/Ala-teen - Call for meeting information

Cambria Connection Recovery Center (805) 927-1654

Connects people with programs on recovery, counseling, youth and senior programs

Animal Care (805) 927-9700

Cambria Veterinary Clinic • www.cambriavet.com

Cambria Animal Medical Center (805) 927-7000

www.cambriamc@gmail.com

Cambria Animal Control (805) 927-7377

Clinical Psychologist (415) 717-5671

Sunny Kuegle, Psy.D. • www.drsunnykuegle.com

Assisted Living (805) 927-1051

Cherish House - the only assisted living home in Cambria.

24-hour care, memory care, hospice • www.cherishcarecambria.com

Dental

Cambria Smiles (805) 927- 4811 • www.Cambriasmiles.com

Jill Poulos, DDS (805) 927-5797

In-Home Care (805) 927-1051

Cherish Care 24-hour caregiving in your home

Pharmacy

Cambria Drug & Gift (805) 927-7283

Physical Therapy

Cambria Physical Therapy • (805) 924-1605 • www.cambriapt.com

Primary Care Doctors

Coastal Pines Medical Group (805) 927-1673

Concierge Medical Services • www.coastalpinemedical.com

CHCC-Community Health Center Cambria (805) 927-5292

Primary Care, Behavioral Health, Chiopractic

www.communityhealthcenters.org • Toll free (866) 614-4636



Healthcare Tips

- What to do in the event of a Stroke, Cardiac Arrest or use of CPR
- Risk of High Blood Pressure
- Nutrition & Exercise/Physical Activity
- Mental Health

Stroke Prevention

Stroke Warning Signs - Spot a stroke F.A.S.T.

- ▶ **Face Drooping:** Does one side of the face droop or is it numb? Ask the person to smile.
- ▶ **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- ▶ **Speech Difficulty:** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- ▶ **Time to call 9-1-1:** If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

For more information on strokes contact:

American Stroke Association - www.stroke.org

Heart Attack

Heart Attack Warning Signs

- ▶ **Chest Discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ▶ **Discomfort in other areas of the upper body.**
- ▶ **Shortness of breath**

For more information on Heart Attacks:

American Heart Association - www.heart.org

Cardiac Arrest

Cardiac Warning Signs

- ▶ **Sudden Loss of Responsiveness:** No response to tapping on shoulders.
- ▶ **Not Breathing Normally**

For more information on Cardiac Arrest:

www.heart.org

CPR (Hands Only)

Hands-Only CPR is CPR without rescue breaths

If you see a teen or adult collapse, you can perform Hands-Only CPR with just 2 easy steps:

- ▶ **Step 1- Call 911** and
- ▶ **Step 2- Push hard and fast in the center of the chest** to the beat of the Bee Gees' classic disco song "Stayin' Alive." The song is 100 beats per minute - the minimum rate you should push on the chest during Hands-Only CPR.

70 percent of all out-of-hospital cardiac arrests happening at home. If you're called on to perform Hands-Only CPR, you'll likely be trying to save the life of someone you know and love. Hands-Only CPR carried out by a bystander has been shown to be as effective as CPR with breaths in the first few minutes during an out-of-hospital sudden cardiac arrest for an adult. **MINUTES TRULY DO MATTER - YOU CAN SAVE A LIFE!**

*** HANDS ONLY CPR CLASSES ARE TAUGHT BY CAMBRIA COMMUNITY HEALTHCARE DISTRICT STAFF AND ARE AVAILABLE TO BOTH INDIVIDUALS AND GROUPS**



If you or a loved one experiences any one of these warning signs, immediately dial 9-1-1.

Blood Pressure (High)

Hypertension - The “silent killer”

High blood pressure, also known as hypertension, is a symptomless “silent killer” that quietly damages blood vessels and leads to serious health problems. While there is no cure, using medications as prescribed and making lifestyle changes can enhance your quality of life and reduce your risk of heart disease, stroke, kidney disease and more. Make changes that matter like eating a well-balanced diet that is low in salt, limit alcohol, manage stress, and quit smoking if you are a smoker. Engage in regular physical activity & try to maintain a healthy weight. Most importantly, work together with your health care professional to manage and maintain a healthy blood pressure.

BLOOD PRESSURE- Healthy & Unhealthy Pressure Ranges

CATEGORY	Systolic mm Hg (upper number)	AND/OR	Diastolic mm Hg (lower number)
Normal	LESS THAN 120	AND	LESS THAN 80
Elevated	120-129	AND	LESS THAN 80
High BP Hypertension-Stage 1	130-139	OR	80-89
High BP Hypertension-Stage 2	140 or HIGHER	OR	90 or HIGHER
Hypertensive Crisis	HIGHER THAN 180	AND/OR	HIGHER THAN 120

(Consult your doctor immediately)



Nutrition (Balanced)

You are what you eat

Overall good health has a lot to do with the balance of the nutritional sources we put in our bodies. Aim to get quality nutrition from healthy food sources such as:

Fruits:

- Vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oil

Limit:

- Alcoholic beverages
- Saturated and trans fats
- Sodium
- Fatty meats
- Items with added sugar such as sugar-sweetened beverages

Exercise + Physical Activity

Move your body

Taking charge of your fitness may be one of the best decisions you'll ever make. Even moderately intense physical activity, such as brisk walking, is beneficial when done regularly. Regular physical activity helps to lower blood pressure, improve heart health, control weight and reduce stress. **For overall health benefits to the heart, lungs and circulation, get regular aerobic activity using the following guidelines:**

- ▶ **Most healthy people** - get the equivalent of **at least 150 minutes** (two hours and 30 minutes) **per week of moderate-intensity physical activity**, such as brisk walking. You can measure moderate level by the 'talk test': if you can easily hold a conversation while active you should increase your pace so you are a bit more challenged talking while you are exercising.
- ▶ **Break it up** - Even 30 minutes a day, at least five days a week. Shorter sessions count, too.
- ▶ **Physical activity should be spread throughout the week.** Include flexibility/stretching exercises and muscle-strengthening activity at least two days each week. If you have not been active for quite some time or if you are beginning a new activity or exercise program, take it gradually. Consult your health care professional if you have cardiovascular disease or any other pre-existing condition.



Mental Health

Finding the support you may need

When your life spins out of control, asking for help is a sign of strength, not weakness. The American Psychological Association (APA) advises you to get the help of a trained mental health professional if you are experiencing any of the following:

- ▶ **Diminished ability to think or concentrate**
- ▶ **Avoiding others or situations due to intense worry or fear**
- ▶ **Difficulty sleeping or sleeping too much**
- ▶ **Fatigue or loss of energy or feeling overwhelmed by life**
- ▶ **Lack of interest in things or activities that once gave you pleasure**
- ▶ **Use of alcohol or other substances to get through the day**
- ▶ **Feelings or behaviors that negatively impact your relationships at home or work**
- ▶ **Feelings of emptiness or worthlessness or recurring thoughts of death**

Ask for help if someone who knows you well, expresses noticeable changes in your mood or behavior. Talk with your family healthcare provider to find out if your symptoms may be caused by health conditions. If a health condition is not present, your provider may be able to suggest a licensed mental health provider or other resources to help support you.

It is important you find a therapist with whom you feel comfortable to talk honestly, who has training and experience in your area of concern and has the skills and personal depth to collaborate with you as you work towards the changes you want to make.



CCHD Healthcare Resource Directory

•Statewide healthcare businesses and their contact info

CCHD Healthcare Resource Directory

Community Clubs

Cambria Adult Resources Education & Support (C.A.R.E.S.) (805) 927-4290

Cambria Anonymous Neighbors (805) 927-5673

Medical transportation, fall alert devices, medical equipment on loan, minor home repairs (shower bars, etc.), food distribution with SLO Food Bank

Cambria Community Council (805) 927-4173

Call at least one day in advance • Community Bus, FREE

Grants, supports local organizations • www.cambriacommunitycouncil.org

Cambria Lions Club

www.cambrialions.org

Cambria Neighbors Club

www.cambrianeighbors.org

A community social organization formed to provide newcomers and neighbors opportunities to learn, have fun, and make friends

Cambria Rotary Club (805) 769-4719

Meets Fridays, noon at alternate locations • Community focused services

www.cambriarotary.org

Joslyn Adult Recreation Center (805) 927-3364

Multitude of recreational clubs

Disability Resources

California Connect-Telecom Devices (800) 806-1191

Specialized equipment for persons with disabilities, such as dual-party relay, and assists for speech generating devices • www.caconnect.org

CA Department of Rehabilitation (805) 549-3361 (SLO)

Provides services and advocacy for employment, independent living, and equality for individuals with disabilities

Independent Living Resource Center (805) 462-1162 Ext. 413 (SLO)

www.ilrc-trico.org

CCHD Healthcare Resource Directory Cont...

Pathpoint (805) 782-8890

Assistive Technology-Person-centered tools connecting individuals to technology • www.pathpoint.org

Tri-Counties Regional Center (805) 543-2833, (800) 456-4153

All levels of assistance for continued independence • www.tri-counties.org

Food and Nutrition

CalFresh/Food Stamps (805) 772-6405

Morro Bay Local DSS • CalFresh Food helps people with low-income buy the nutritious food needed for good health. Recipients can buy food at any grocery store or farmers market that accepts EBT
www.getcalfresh.org

Cambria Senior Nutrition Program (Dining Room Lunch Program)

(805) 927-1268

St. Paul's Episcopal Church • 2700 Eton Rd., Cambria, CA 93428

Lunch Time: Noon Mon - Fri Available for ages 60 and over

Registration and call ahead

Meals That Connect (805) 541-3312

Call to set up a consultation appointment

Delivers meals to the homes of clients • www.mealsthatconnect.org/

SLO Food Bank Food Distribution in Cambria

1st Thursdays, 3-4pm: Santa Rosa Church, 1174 Main St

2nd and 4th Thursdays, 12-2 pm: Cambria Vineyard Church, 1617 Main

3rd Thursday, 3-4pm: Cambria Union Grammar School, 1350 Main St

Health Services

Adult Day Center (CAPSLO) (805) 239-5679

Provides adult day care for seniors with Alzheimer's and other forms of dementia and respite for their family caregivers

www.capslo.org/adult-day-center

Alzheimer's Association - Central Coast (805) 342-0956

Community education, respite, resources • www.alz.org/cacentralcoast

CCHD Healthcare Resource Directory

Health Services Cont...

Care Management Services (805) 544-2266

Helps caregivers caring for loved ones with life limiting illness to access resources and support needed. Respite, care needs, planning or access to services. Volunteer-based services at no cost
www.hospiceslo.org/services/care-management-services

CenCal (Medi-Cal) (805) 421-2560 • www.cencalhealth.org/

Central Coast Seniors (805) 928-2552

Caregiver support, senior resources, advocacy • www.centralcoastseniors.org

Community Health Center - Cambria (CHC) (805) 927-5292

1276 Tamson Drive Cambria • Primary care, behavioral health, chiropractic

Community Counseling Center (805) 543-7969

Dental Care for Medi-Cal

Smile California • www.smilecalifornia.org

ECHO Homeless Organization (805) 462-3663

Elder Abuse Prevention (805) 925-9554

Area Agency on Aging, Central Coast

GALA Pride & Diversity Center (805) 541-4252

HOSPICE In-Home Support (805) 544-2266

Hospice SLO County in-home volunteers offer respite care to relieve the primary care person. Volunteers offer emotional and practical support Free of charge • www.hospiceslo.org/services/home-support

In-Home Support Services (IHSS) SLO County (805) 461-6110

Helps pay for services provided to aged, blind, or disabled individuals
[www.slocounty.ca.gov/Departments/Social-Services/Adult-Ser-vices/Services/In-Home-Supportive-Services-\(IHSS\)-Program](http://www.slocounty.ca.gov/Departments/Social-Services/Adult-Ser-vices/Services/In-Home-Supportive-Services-(IHSS)-Program)

LINK Family Resource Center (805) 466-5405

Links youth and families with programs and services to address their needs
www.linkslo.org/#coastal

CCHD Healthcare Resource Directory Cont.

Health Services Cont...

Medical Equipment (805) 927-5673

Cambria Anonymous Neighbors • Lends basic medical devices (walkers, knee scooters, crutches, etc.) for temporary rehabilitation

Medicare Insurance and Counseling - FREE (805) 928-5663

Project Lifesaver (805) 544-8740

Provides those with memory loss with wristbands that emit tracking signals for local officials, often locating a person within minutes

Seniors Helping Seniors (805) 369-2110

Bring love into lives of seniors with dignity and respect
www.seniorcareslo.com

Transitions Mental Health Association (THMA) (805) 540-6500

Video Library of SLO Public Health Webinars

Chair exercises, yoga, strength, balance, stress reduction, etc.
www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/Prevention-Education

Wilshire Community Services (805) 547-7025, (805) 541-4990

Counseling, companionship, rides, errands, behavioral health
www.wilshirecommunityservices.org

Wilshire Loan Closet (805) 541-4990 • Borrow basic medical devices

Housing

Fall Prevention In-Home Assessments - FREE (805) 781-1561

Personalized recommendations to prevent falls

Home Share SLO (805) 215-5474

Brings those with an extra bedroom with those who are seeking housing they can afford. Options include task exchanged for partial rent. Assistance with matching, background checks, and check-ins
www.smartsharehousingolutions.org

CCHD Healthcare Resource Directory

Housing Cont...

Minor Home Repair for Seniors (CAPSLO) (800) 495-0501 or (805) 541-4122
Senior tools for home safety: Grab Bars, handrails, smoke alarms and carbon monoxide (CO) detectors, handheld shower heads, minor plumbing, carpentry, electrical, home accessibility

SLO Housing Authority (HASLO) (805) 543-4478

ECHO Homeless Shelter (805) 462-3663

Homeless Service Center, 40 Prado (805) 544-4004

Peoples Self Help Housing (805) 781-3088

Utility Assistance

Operated by CAPSLO (805) 541-4122 ext. 25

Gas, Propane, Electric, Water Assistance: Assists low-income households with a once-a-year payment toward their utility bills

Gas Co. CARE Program (800) 427-2200

PG&E CARE Program (866) 743-2273

Transportation

Cal Trans Road Information (800) 427-ROAD (7623)

Information on Road Closures

Cambria Community Bus (805) 927-4173

Provided by Cambria Community Council

Call at least one day in advance • Community Bus, FREE and ADA equipped door to door service for seniors and disabled persons within the Cambria-San Simeon area. Multiple stops allowed

Monday - Friday, 8am and 4:30pm

Second bus: 1st & 3rd Tuesdays: Day trips to San Luis Obispo

2nd Tuesday: Paso Robles and Templeton. Medical appointments take priority seating. All drivers are community volunteers

Ride-On (UCP) (805) 541-8747

Door-to-door, discounted rides for seniors, veterans, developmentally disabled.

CCHD Healthcare Resource Directory Cont.

Transportation Cont...

Senior Go (805) 473-3333

Door-to-door or curb-to-curb transportation for seniors, 65+, in San Luis Obispo County

Monday-Friday 7 AM to 5:00 PM • Saturday 10:00 AM to 3:00 PM

Rides are priced based travel distance, ranging from \$2.50 to \$10 each way.

Rides should be booked 2-3 business days in advance, and up to two weeks in advance. Limited to 4 round trips within each month

Veterans Support

Homeless Services, Veterans Support (805) 781-3993

SLO County Veterans Services

Benefits, claims, pension, outreach, survivor info, rehabilitation, college tuition, disabilities (805) 781-5766

www.slocounty.ca.gov/Departments/Veterans-Services

Supportive Services for Veteran Families Program (CAPSLO)

(805) 237-0352

Provides a range of supportive services to address barriers to stable housing for low-income Veterans and those at risk of becoming homeless

Guide Provided By

Your Cambria Community Healthcare District (805) 927-8304

2511 Main Street, Suite A Cambria, CA 93428 • www.cambria-healthcare.org

The Cambria Community Healthcare District is a public tax and fee supported Special Services District. It operates an Advanced Life Support ambulance service and provides community health education, encompassing 310 square miles that include the villages of Cambria and San Simeon, rural agriculture, and coastal wilderness. Administrative and financial oversight is provided by a locally elected 5-member Board of Directors.

Copies of this publication can be found by visiting our website

www.ca



Personal Info

Quick access to your medical contact information

Emergency Contact: _____

Phone Number: _____

My Primary Care Doctor: _____

Phone Number: _____

My Dentist: _____

Phone Number: _____

Other Medical Specialist: _____

Phone Number: _____

Vial of Life

Vial of Life is a way to have your medical information on hand for emergency medical personnel



Our emergency personnel are trained to look on the patient's refrigerator door for a Vial of Life. Learn more about Vial of Life...

Get your own Vial of Life Form or Decal at www.vialoflife.com

Testimonials

What others have said about CCHD

//

We thank you from the bottom of our heart for your quick response.

//

Our family wanted to express our extreme gratitude to your team in the aid & rescue of our son, during his seizure. Not only did you help save him, but you helped our entire high strung, scared family to say calm in the situation! You all do amazing work. With deepest Appreciation.

//

What can I say, but, thank you! For saving my life. I am so grateful for what you did, I don't know how to express myself. Your selfless act has restored me and my family. I am doing much better now and I am so grateful.



THANK YOU

Thank you for taking the time to read through your community healthcare resource guide. Our mission at CCHD is to improve the health of local residents and visitors by providing emergency services, advocating for access to care, and promoting wellness. Be well!

-Cambria Community Healthcare District Staff

Emergency Services

POLICE, FIRE, AMBULANCE 911

CAL FIRE (CDF) Cambria Substation (805) 927-4262

CENTRAL COAST SHERIFF DISPATCH
(non emergency 24 hour info) (805) 781-4550

Adult Protective Services (805) 781-1790- After hours (844) 729-8011

Alcoholics Anonymous (805) 541-3211

American Association of Poison Control Center
800-222-1222 (24 hours/ 7 days)- www.aapcc.org

California Children's Services (SLO Public Health) (805) 781-5527

Crisis Text Line Text 'Hello' to 741-741

Domestic and Sexual Violence Hotlines

RISE Crisis Line (855) 886-7473

Stand Strong Crisis Line (805) 781-6400

Evacuation Assistance SLO County (805) 543-2444

Long Term Care Ombudsman Services
(805) 785-0132- www.ombudsmanslo.org

Mental Health / Central Coast Hotline (800) 783-0607 - Hotline: Dial 988

Narcotics Anonymous - 24-hours (800) 549-7730

Needle Exchange 24 Hour Support Directory 211

Public Health Department- San Luis Obispo

General Information (805) 781-5500

Suspected Abuse Response Team (805) 781-4878

SLO Behavioral Health (800) 838-1381

SLO Drug and Alcohol Services (805) 781-4275

SLO Social Services Department (805) 781-1600

Suicide & Crisis Lifeline

CALL OR TEXT 988 - Online chat option: www.suicidepreventionlifeline.org

Call: 800-273-TALK (800-273-8255) - Lifeline is free and available **24/7**

Trevor Lifeline (LGBTQ + Youth) (866) 488-7386



CAMBRIA COMMUNITY HEALTHCARE DISTRICT

BOARD AGENDA STAFF REPORT – 02

TO: Board of Directors

FROM: Linda Hendy, Director of Finance

DATE: September 26, 2023

AGENDA DESCRIPTION: Employee Flexible Spending Accounts –Medical Spending Account (FSA) Dependent Care Spending Account (DCFSA).

RECOMMENDATION: Staff is recommending Board approval to implement a Flexible Spending Account Program for District employees beginning January 1, 2024.

FISCAL IMPACT: Program administrative cost year one \$604 for twelve employees and year two \$550.

DISCUSSION: A Flexible spending Account (FSA) is a provision of the Section 125 tax law that allows you to set aside money on a pre-tax basis for certain kinds of common expenses for employees and their eligible dependents. With an FSA, an employee can reduce his or her taxes while paying for services that he or she would purchase anyway.

There are two types of Flexible Spending Accounts:

Medical Spending Account (FSA)

- The healthcare FSA is for health care expenses not paid by insurance, including exams, copayments, deductibles, eyeglasses, contact lenses, dental expenses, and over the counter medications.
- Reimbursements can be made to you for expenses incurred by your spouse and dependents regardless of whether they are covered by any other benefits offered by your employer.
- Contribution maximum in 2024 is \$3,200, with a carry-over limit of 20%.

Dependent Care Spending Account (DCFSA)

- The dependent care FSA is used for dependent care expenses you incur so you (and your spouse, if you're married) can work or look for work, or your spouse attends school full-time.
- Qualifying dependents are children under the age of 13, a disabled spouse or other dependents who are physically or mentally incapable of self-care.
- Contribution maximum in 2024 is \$2,500 if individual, married, filing separately or \$5,000 if married, filing jointly, or single parent filing as head of household.

How does it work?

At the initial enrollment or during the open enrollment period each year, the employee will estimate what the out of pocket medical, dental, vision, and/or dependent care expenses will be for the coming year. The total of those expenses, is divided by the number of pay periods during the plan year and deducted from the gross pay each pay period (tax free) and credited to his or her spending account.

Each enrolled employee will receive a Pre-Paid Mastercard Debit Card to pay for qualified medical expenses. For Dependent care when there is an eligible expense, the employee will submit a request for reimbursement and receive a reimbursement check.

CONCLUSION: E.D.I.S (Employer Driven Insurance Service) was recommended to District staff as an Administrator of the proposed Flexible Spending Account Program. Staff has received a Section 125 Plan checklist to begin the implementation with Board approval. In October, employees will receive FSA plan information for consideration and have the ability to meet with the Director of Finance to answer additional questions.

ATTACHMENTS:

- 1. Flexible Spending Account Simple Facts
- 2. E.D.I.S Debit Card Flyer

BOARD ACTION: Motion to approve the implementation of a Section 125 Flexible Spending Account Program.

Date of Vote: September 26, 2023

UNANIMOUS: __

MONTALVO__MILEUR__FEDOROFF__MUMPER__KULESA__

FLEXIBLE SPENDING ACCOUNT SIMPLE FACTS

What is a Flexible Spending Account?

A Flexible Spending Account (FSA) is a provision of the Section 125 tax law that allows you to set aside money on a pre-tax basis for certain kinds of common expenses for employees and their eligible dependents. With an FSA, an employee can reduce his or her taxes while paying for services that he or she would purchase anyway. Here's an example:

<u>Breakdown of Pay Check and Deductions</u>	<u>Not Participating in a FSA</u>	<u>Participating in a FSA</u>
Gross Monthly Pay	\$2,500.00	\$2,500.00
Less FSA/DCAP/PRA election		200.00 -
Taxable Income	2,500.00	2,300.00
Less 28% Federal Withholding	700.00 -	644.00 -
Less 7.65% Social Security Tax	191.25 -	175.95 -
Expenses paid after tax	200.00 -	
Spendable Income	\$1,408.75	\$1,480.05

There are two types of Flexible Spending Accounts

Medical Spending Account (FSA)

- The healthcare FSA is for health care expenses not paid by insurance, including exams, co-payments, deductibles, eyeglasses, contact lenses, dental expenses, and over the counter medications.
- Reimbursements can be made to you for expenses incurred by your spouse and dependents regardless of whether they are covered by any other benefits offered by your employer.
- Contribution Maximum:
 - 2022 - \$2,850 Employee / \$500 Employer
 - 2023 - \$3,050 Employee / \$500 Employer

Dependent Care Spending Account (DCAP)

- The dependent care FSA is used for dependent care expenses you incur so you (and your spouse, if you're married) can work or look for work, or your spouse can attend school full-time.
- Qualifying dependents are children under the age of 13, a disabled spouse or other dependents who are physically or mentally incapable of self-care.
- Contribution Maximum:
 - \$2,500 if individual, married, filing separately
 - \$5,000 if married, filing jointly, or single parent filing as head of household

How does it work?

At the initial enrollment or during the open enrollment period each year, the employee will estimate what the out of pocket medical, dental, vision, and/or dependent care expenses will be for the coming year. *Spending account deductions do not rollover from year to year; the employee must re-enroll every year.* The total of those expenses, up to the maximum amount set by the employer, is divided by the number of pay periods during the plan year. That amount will be deducted from the gross pay each pay period (tax free) and credited to his or her spending account. When there is an eligible expense, the employee must fill out a Request For Reimbursement form and attach the Explanation of Benefits, receipt for proof of purchase or statement from the service provider, get the form to E.D.I.S. and a reimbursement check will be processed.

Special Enrollment/Election Rules

- **Enrollment into the plan** - Once an enrollment form is submitted with the payroll deduction amount, there cannot be any changes to the election unless there is a **change in status** (such as marriage, divorce, birth of child, etc). Other than a change in status, elections are only allowed during the yearly open enrollment period. If participation is waived, an employee or member can only come into the plan if there is a change in family status.
- **Use-it-or-lose-it rule** - Under this rule, any unused amounts in the account at the end of the plan year will be forfeited. The money cannot be converted to cash or rolled over into the next plan year. The employee may submit claims from the current plan year through the grace period. Terminated employees may continue to submit claims to the plan for covered expenses incurred during their employment. This rule means you must be very careful when estimating the amount of money you allocate to your spending account. Only allocate funds you know you will spend.
- **Reimbursements** - Any expenses submitted for reimbursement must be incurred during the current plan year or it's grace period (see next item), and while enrolled in the program. If you terminate employment during the plan year, you may not submit claims for expenses incurred after your date of termination. 'Incurred' is the date the service was received, not the date you were billed, charged, or paid for the service.
- **Grace Period (applies to FSA and DCAP only)** - If at the end of the plan year you still have funds in your account, and your employer has included the grace period in their plan, you may submit claims for expenses incurred during your grace period. The grace period is the 2 1/2 month period following the end of your plan year. For example, if your employer's plan year ends December 31, your grace period is from January 1 – March 15. If you have funds remaining in your account at December 31, you will have until March 15 to incur expenses that may be submitted for reimbursement to use your remaining funds.
- **Dependent Care Spending Account** – For married employees, both spouses must be working in order to participate. If your spouse also participates in the DCAP plan with his/her employer, the maximum amount that can be deducted by both spouses can total no more than \$5,000.00.

SAMPLE OF ELIGIBLE AND INELIGIBLE UNREIMBURSED MEDICAL EXPENSES

Medical Care expenses are defined as amounts paid for the diagnosis, cure, treatment or prevention of disease. Medical expenses do not include expenses that merely maintain general health or improve general appearance. For an extensive list of reimbursable expenses, please see IRS Publication 502.

ELIGIBLE EXPENSES

- Acupuncture
- Alcoholism treatment
- Ambulance
- Chiropractor
- Co-insurance and deductibles
- Contact lenses, equipment & material
- Contraceptives
- Dental treatment
- Dentures
- Diabetic supplies
- Drug abuse treatment
- Eye exams, eyeglasses, equipment & materials
- Fertility treatments (some restrictions apply)
- First aid kits and supplies
- Flu shots
- Hearing aids
- Hospital services
- Immunizations
- Insulin
- Lab fees
- Laser eye surgery; Lasik
- Medical monitoring & testing devices
- Medical practitioner fees
- Over the counter medicines (with Doctor Rx)
- Orthodontia
- Physical therapy
- Pregnancy test kits
- Prescription drugs and medications
- Prosthesis
- Psychiatric care
- Stop smoking programs
- Sterilization procedures
- Surgical fees
- Weight loss programs if recommended by a physician to treat an existing disease.

INELIGIBLE EXPENSES

- Cosmetics
- Diet foods
- Insurance Premiums
- Late fees, finance charges
- Long term care services
- Marriage counseling
- Missed appointment fees
- Prescription drugs and medicines purchased from other countries.
- Teeth whitening
- Alternative healers, unless treatment is provided to treat a specific medical condition.
- Psychologist, counseling, and therapy, unless the expense is for medical care and not just for general improvement of mental health or relief of stress.
- Cosmetic procedures, unless the procedure is necessary to improve a deformity arising from a congenital abnormality, personal injury from accident or trauma, or disfiguring disease.
- Psychoanalysis, unless provided for medical care, and not just for the general improvement of mental health, stress relief, nor if the expense stems from training to be a psychoanalyst.
- Massage therapy, unless recommended by a physician to treat a specific injury or trauma.
- Vitamins, herbs, or food supplements, unless recommended by a physician to treat a specific medical condition.

SAMPLE OF ELIGIBLE AND INELIGIBLE DEPENDENT CARE EXPENSES

Expenses for reimbursement under the DCAP must for ‘employment-related expenses’ to enable the *employee and the employee’s spouse* to be gainfully employed. Expenses must be for the care of the qualified individual to ensure their well-being and protection.

ELIGIBLE EXPENSES

- Babysitters (restrictions apply, see below)
- Before and after school programs
- Childcare centers
- Day camp, summer day camp
- Dependent care centers
- Home care by governess, au pair, or nanny
- Nursery school
- Pre-school
- Housekeeper – when duties include caring for a qualifying individual
- Late pick-up fees
- Transportation expenses provided by the dependent care provider to and from dependent care location

** Babysitters cannot be (1) the employee’s child, stepchild, or eligible foster child under 19 at the close of the taxable year; (2) a qualifying child or relative of the employee or the employee’s spouse; (3) the employee’s spouse; or (4) the parent (who is not the employee’s spouse) of the employee’s qualifying child under age 13.

INELIGIBLE EXPENSES

- Educational expenses (i.e. kindergarten)
- Overnight camp
- Expenses which are claimed with the Dependent Care Tax Credit.
- Food – if charged separately from dependent care expenses.
- Incidental expenses – if charged separately from dependent care expenses.
- Recreation expenses – if charged separately from dependent care expenses.
- Tuition expenses - to the extent that they are for education.

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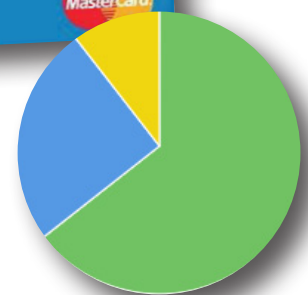
Use your E.D.I.S. Pre-Paid Mastercard Debit Card to purchase medication, pay office visit copays, or pay for other IRS Code 213(d) Qualified Medical Expenses.

3

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4

Use the mobile app and yourbenportal.com to run reports, check on claims reimbursement status or submit claims.



QUESTIONS?

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Email: service@employerdriven.com

www.yourbenportal.com
CA Lic. # 0M76879



CAMBRIA COMMUNITY HEALTHCARE DISTRICT

BOARD AGENDA STAFF REPORT – 03

TO: Board of Directors

FROM: Director Mileur, Property & Facilities Committee

DATE: September 26, 2023

AGENDA DESCRIPTION: Ambulance Station - Update to Conceptual Design

RECOMMENDATION: The Property & Facilities Committee is recommending Board approval to contract with Vanir Construction Management, Rob Nash, Sr. Project Director for an updated conceptual design and cost estimate for the proposed upgraded or new Ambulance Facility.

FISCAL IMPACT: Budget adjustment to line item: Other Expense/ Bond Expense in the amount not to exceed \$21,600.

DISCUSSION: In August, members of the Property & Facilities Committee met with Rob Nash to discuss the District's plan to revise the scope of work for the proposed upgraded or new ambulance facility. Committee members expressed their desire to have Vanir develop an update to the original January 2022 Conceptual Design, refining the District's needs and scope of work. The request is based on three scenarios:

1. Item No. 1 – Update our original cost estimate dated 1/10/22 for the Standard Construction model to account for material cost differences and escalation (actual and projected).
2. Item No. 2 – Prepare a new cost estimate for a modular, factory-built solution based on the manufacturer Extreme Modular Buildings. The estimate will utilize the proposal the District has received from Extreme Modular Buildings as the cost for the building and we will develop costs for all associated site work, This option would be constructed in the existing parking area, allowing operations to continue in the existing building until the new facility is completed. Once the new facility is operational the existing buildings will be removed and the balance of sitework, parking, etc. will be completed.
3. Item No. 3 – We will develop a cost estimate to completely renovate the existing building (except the 1967 addition), demolish the 1967 addition, and build a new, separate garage area for the ambulances. Remodeling would be phased in such a way as to allow the CCHD to continue to operate in the existing building during the work. CCHD also noted a portion of the existing building is in the right of way. This option would also include only the minimum necessary site work and improvements.

CONCLUSION: Vanir has proposed to perform cost estimating tasks outlined in items n. 1, 2, and 3 above on an hourly basis for a not to exceed the amount of \$21,600.

In addition, the District will contract with Vanir to assist with necessary documents required by the County for repairs and permitting recently completed to address required fire code violations and to properly zone the District facility from Public Safety to Commercial Residential. The estimated expense of \$2,500 is within the current 2023/2024 budget.

ATTACHMENTS:

1. Vanir Construction Management, Inc. Cost Estimating Services Proposal

BOARD ACTION: Motion to approve to contract with Vanir Construction Management for an updated Ambulance Station Conceptual Design and Cost Estimate. Budget adjustment not to exceed \$21,600.

Date of Vote: September 26, 2023

UNANIMOUS: __

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**Vanir Construction Management, Inc.**

735 Tank Farm Road, Suite 230

San Luis Obispo, CA 93401

T 805-541-1425

F 805-541-1940

vanir.com

September 1, 2023

Cambria Community Healthcare District
 Attn: Tim Benes
 2515 Main Street
 Cambria, CA 94328

**re: Request for Proposal
 Cost Estimating Services
 for the Ambulance Station/Administrative Offices Conceptual Designs**

Dear Mr. Benes,

It was a pleasure meeting with you, Bruce Mumper, Don Sather, and Gary Moyer (via phone) on August 2, 2023, to discuss the District's plan to analyze two options for moving forward with upgraded or new facilities. I also had an additional phone call on 8/28/23 with Gary to refine the District's needs and scope of work. It is CCHD's desire to have Vanir develop updated or new conceptual cost estimates based on the three scenarios below:

1. Item No. 1 – Update our original cost estimate dated 1/10/22 for the Standard Construction model to account for material cost differences and escalation (actual and projected).
2. Item No. 2 – Prepare a new cost estimate for a modular, factory-built solution based on the manufacturer Extreme Modular Buildings. The estimate will utilize the proposal the District has received from Extreme Modular Buildings as the cost for the building and we will develop costs for all associated site work, This option would be constructed in the existing parking area, allowing operations to continue in the existing building until the new facility is completed. Once the new facility is operational the existing buildings will be removed and the balance of sitework, parking, etc. will be completed.
3. Item No. 3 – We will develop a cost estimate to completely renovate the existing building (except the 1967 addition), demolish the 1967 addition, and build a new, separate garage area for the ambulances. Remodeling would be phased in such a way as to allow the CCHD to continue to operate in the existing building during the work. CCHD also noted a portion of the existing building is in the right of way. This option would also include only the minimum necessary site work and improvements.

Below is a summary of the remaining balance on the original contract between the CCHD and Vanir:

Original Contract Amount:	\$84,430
<u>Invoiced to Date:</u>	<u>\$44,880</u>

Contract Amount Remaining: \$39,460

We propose to perform the cost estimating tasks outlined in items no. 1, 2, and 3 above on an hourly basis for a **not to exceed amount of \$21,600** based on 40 hours at \$170/hr. for the cost estimator and 80 hours at \$185/hr. for the project manager. Vanir will invoice the District for the actual hours used for these estimates based on the hourly rates contained in our original contract. We expect the cost



Vanir Construction Management, Inc.

735 Tank Farm Road, Suite 230

San Luis Obispo, CA 93401

T 805-541-1425

F 805-541-1940

vanir.com

estimates will take 3-4 weeks to complete once we receive your approval and execution of an amendment to our existing contract.

Additionally, at the 8/2/23 meeting we discussed the current situation with repairs required by the fire marshal and repairs and permitting through San Luis Obispo County. While the District has done an admirable job of addressing the required repairs there are still some outstanding issues with County permitting for this work. It was requested that Vanir consider if we can assist the District with resolving any outstanding issues. From my understanding most of the necessary documentation has been prepared previously but the County is requiring the document be signed and sealed by a licensed architect. Based on the level of information we have currently, we propose to assist the District with this task on an hourly basis at the hourly rate of \$185/hr. Invoicing will only include actual hours used to assist the District.

Please review the above and advise with any questions or comments. When we reach agreement, we will follow up with an amendment to our original contract to extend the date of services.

Thank you for the opportunity to assist the Cambria Community Healthcare District; we enjoy working with you and look forward to continuing to be of service.

Sincerely,
Vanir Construction Management, Inc.

Rob Nash, RA
Sr. Project Director