

West County Newsletter

JULY 2010

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A message from Supervisor John Gioia



After winning last month's election, I am excited to press ahead with my work

as your County Supervisor for the next four years. I'm grateful and thankful for the confidence that West County voters placed in my leadership as we garnered nearly 80% of the vote.

During the campaign, I enjoyed the opportunity to talk with residents about their concerns and hopes. The election has given me the opportunity to sharpen my focus moving forward. I will continue with many of my priorities such as insuring that quality healthcare is available in West County, making our community safer, and supporting our youth.

I also plan to expand my work on the important goals of improving our air quality, and balancing the county budget. As always, I'm open to your input, ideas and concerns.

Some of the high priority issues I will be working on include:

County Budget: I will continue focusing on ways to reduce the County's costs, while protecting public safety and safety net programs. I will continue partnering with non-profits and other agencies to creatively finance the delivery of the most-needed County services.

Health Care: I will continue working to improve the quality of care and financial stability at Doctor's Medical Center and to build a new state of the art Health Center in West County.

Community and Youth Services: I will continue to support the growth of the RYSE Youth Center, and the Young Adult Empowerment Center for youth in the Greater Richmond Area, as well as pursuing additional avenues that help our community's young people access jobs, health care, and academic help. I will assist citizen-led efforts to build a community center in El Sobrante.

Environment: I will continue fighting for San Francisco Bay restoration efforts and the expansion of solar and other alternative energies for residents of all income levels.

I'm looking forward to continuing to work with all of you to improve our community.

- John



Major Progress for County's new West County Community Health Center

"The collaboration between Contra Costa County and the City of San Pablo will result in better health services for West County residents "

The plan for a new, state-of-the-art community health center in West County took a major step forward recently, with an agreement to locate the facility on San Pablo Avenue in San Pablo, near Doctors Medical Center.

Supervisor Gioia is leading the effort to rebuild the aging Richmond Health Center, which suffers from chronic maintenance problems, and is too small for its roughly 80,000 annual patient visits.

The plan received a giant boost last year when the

County was awarded \$12 million in federal stimulus money for the project, which will cost between \$45 and \$50 million. The collaboration between Contra Costa County and the City of San Pablo will result in better health services for West County residents.

Under the agreement, the County will purchase land for the new community health center from the City of San Pablo. The parcel is located on the east side of San Pablo Avenue, between Vale Road and Church Lane. This is close to Doctors Medical Center, which allows for synergy between the two health

facilities, including the potential sharing of laboratories and other services.

Supervisor Gioia has worked hard to ensure that West County residents have access to quality health care in his roles as County Supervisor and as board chair of the Doctors Medical Center Management Authority, the joint powers agency of the County and the West Contra Costa Healthcare District, which manages the hospital.

Construction on the health center is expected to start early next year, and be completed by Spring 2012.

Soda Free Summer Campaign

Supervisor Gioia and the County Health Department are leading a campaign to encourage families to avoid sugary soda drinks this summer, in an effort to promote health and fight obesity. According to recent statistics, 60% of adults and nearly a quarter of all middle school students in Contra Costa are overweight or obese.

With 17 teaspoons of sugar in an average 20 oz. bottle of soda, the sweet fizzy drinks are major contributors to weight gain. Additionally, they're empty calories with little or no nutritional value.

According to the UCLA Center for Health Policy Research, adults who drink one or more sodas per day are 29 percent more likely to be overweight or obese than those who drink less.

In the hot days of summer it's easy to guzzle sodas, and many people don't realize just how much sugar they have.

Contra Costa County has joined other counties in a Bay Area-wide "Soda Free Summer!" campaign, organized by the Bay Area Nutrition and Physical Activity Collaborative (BANPAC). www.banpac.org In addition to distributing educational information, the campaign encourages people to sign a pledge to give up soda. Cards double as raffle tickets for "healthy" prizes. Pledge cards are available in Supervisor Gioia's office at 11780 San Pablo Avenue, Suite D, El Cerrito.

Supervisor Gioia is a strong advocate of policies that encourage healthy eating. Contra Costa County has played a leadership role in raising awareness of the role of sugary sodas in obesity. Last year, Dr. William Walker, the County's Health Services Director resigned from the American Academy of Family Physicians to protest the group's partnership with Coca Cola.

For more information check www.banpac.org or contact the County's Soda Free Summer coordinator Gwenn White at Gwenn.white@hsd.cccounty.us.

Whooping Cough Epidemic: Get Immunized

Whooping cough, or pertussis, is at epidemic levels in the state, including in Contra Costa County, with health officials urging everyone to get vaccinated to help curb the spread of the disease.

Pertussis is a bacterial infection of the lungs. Symptoms include low fever, runny nose, sneezing and a cough that gets more severe over time. As the cough worsens, patients can gag or vomit from fits of violent cough.

Sometimes the cough makes a whooping sound from deep in the chest – giving the cough its name.

People can still have whooping cough without the whoop.

Infants under 6 months are most vulnerable to getting seriously ill from pertussis.

Pertussis is spread through mucous droplets, usually from coughing or sneezing. It's treated with antibiotics. The pertussis vaccine usually protects people from getting the disease.

The County's Health Services Department encourages vaccinations for parents, caregivers, siblings, healthcare workers, and anyone who spends time around children.

Check with your health provider to make sure you and your children are vaccinated.

The County is offering free or reduced-fee vaccinations countywide, including in West County. For more information on pertussis and on the County's vaccination clinics, contact the Richmond Health Center at 1-800-245-2494 or check the Health Service's website at <http://cchealth.org/topics/pertussis>

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Bay Area Air District: First in Nation to Require Health Risk Analysis When Considering New Developments

On June 2, Supervisor Gioia voted for new Air District guidelines regulating greenhouse gases and toxic air contaminants from proposed development projects.

Supervisor Gioia represents Contra Costa County on the Bay Area Air Quality Management District Board.

The guidelines, which are the first of their kind in the nation, set thresholds for air pollutants, including greenhouse gases, that can be emitted by new housing, business or industrial developments.

The goal is to reduce greenhouse

gas emissions and protect the public from harmful air pollution. The California Environmental Quality Act, or CEQA, requires state and local public agencies to identify the environmental impacts of any plans or projects that they fund, approve or carry out.

The Air District developed these new CEQA guidelines as a reference for local governments to use in determining whether proposed development projects pose a significant health risk to local residents.

Under the guidelines, local agencies will have to consider

existing sources of air emissions in a specific area when evaluating the additional health risks of a proposed project. The "cumulative risk provision" will be especially protective of communities that already have significant air quality concerns.

The guidelines also recommend measures to mitigate air quality and public health impacts.

For more information check the Air District's website at www.baaqmd.gov/Divisions/Planning-and-Research/CEQA-GUIDELINES.aspx

Two New One-Stop Centers Offer Vital Community Support

Supervisor Gioia is pleased to support two new social service collaborations opening in Richmond. Among other support, he is helping both organizations set-up shop in vacant county buildings.

Sparkpoint Centers

A project of United Way, Sparkpoint Centers offer one-stop financial management assistance for low and middle income individuals and families, with the goal of helping people manage their credit, grow their income, and build their assets.

A Richmond center is expected to open next year, adding to the list of centers nationally.

Sparkpoint Centers try to teach financial literacy by working closely with clients for years, rather than help with quick-fixes.

Rubicon Programs is a primary partner of the Richmond site, with assistance from numerous other community and county organizations. Free services can include credit repair, tax preparation, home buying assistance, entrepreneurship training, college loan assistance and more.

Family Justice Center

Another national program, the Family Justice Center will provide free comprehensive services to victims and survivors of domestic violence, including counseling, legal assistance, and help with restraining orders.

A Richmond Center site is in the process of being selected, with services expected to begin in the fall.

The Family Justice Center is a collaborative of many organizations and agencies, including Zero Tolerance for Domestic Violence; Stand Against Domestic Violence, Community Violence Solutions, Contra Costa County, and the Richmond Police Department.

When locations of both centers are finalized, Supervisor Gioia will provide details on his website. For more information contact Terrance Cheung at 510-374-3231.

Breakfasts with John: Once Again!

Supervisor Gioia is once again starting his community breakfasts, held at rotating cafes and community locations throughout West County.

These breakfasts are a great opportunity to ask questions or talk with Supervisor Gioia about county issues in an informal setting in your neighborhood.

Breakfasts are held from 9 am to 10:30 am. No purchase is necessary. Free coffee is provided.

The fall breakfast schedule:

September 11 – Cafe Kiks, 11740 San Pablo Avenue, El Cerrito (near Cutting Blvd.)

October 23 – Tina's Place, 4241 Valley View Road, El Sobrante

December 4 – Kenbella's, 1891 Cutting Blvd., Richmond

For more information contact Joan Carpenter at 510-374-3231.

Save the Date

On **Saturday, September 25th**, I will be hosting my annual **California Coastal Clean-up** at Marina Bay from 9 a.m. to noon, and the 3rd annual **West Contra Costa Disaster Preparedness Fair** at Hilltop Mall, from 10 a.m. to 2 p.m. Pick and choose, or better yet, come to both!

For more information call my office 510-374-3231 or e-mail me at john_gioia@bos.cccounty.us

Supervisor Gioia's Personal Commitment to Emergency Medical Care

Twenty-three years ago, Supervisor Gioia's father, a teacher at Richmond's Kennedy High School, died from Sudden Cardiac Arrest after suffering ventricular fibrillation, which is when the heart's electrical impulses become irregular and the heart is unable to pump oxygen-rich blood through the body.

He was 57.

If the elder Mr. Gioia had received defibrillation sooner than he did, he may have survived.

This personal experience helped motivate Supervisor Gioia to making sure portable defibrillators are located in public locations throughout the community such as at libraries, and senior and community centers. To date, 77 defibrillators are located strategically around Supervisor Gioia's District 1 in West County.

More than 350,000 Americans of all ages die each year from Sudden Cardiac Arrest, which is a leading cause of death in the U.S.

Once a victim has suffered a cardiac arrest, every minute that passes before returning the heart to a normal rhythm decreases the chance of survival by 10%. The chances of surviving sudden cardiac arrest are dramatically improved if 9-1-1 is called right away, and Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillators (AED) are applied within three to seven minutes.

Supervisor Gioia encourages everyone to learn CPR and how to use a defibrillator. It's easier than it sounds, and can save lives.

Classes are held year round at locations around West County. For more information contact:

- Contra Costa Emergency Medical Services at <http://cchealth.org/groups/ems/> or 1-925-646-4690
- The American Heart Association, www.americanheart.org or 1-800-242-8721.

Or call Terrance Cheung at Supervisor Gioia's Office at (510) 374-3231 or terrance.cheung@bos.cccounty.us.

Picture This!



Supervisor Gioia speaks at a March 15th announcement in El Cerrito about participating in the "HeartSafe Communities" initiative.



Former County Supervisor Tom Powers, owner of Alhambra Valley Farms, leads a tour of his farm during a Farm2Table bus tour on May 22nd.



Supervisor Gioia and community residents show up to the June 1st Mural Dedication at the El Sobrante Library.



Students at Nystrom Elementary School in Richmond get ready to take their free bags of notebooks and pencils at the Countywide School Supply Kick-Off on February 22nd. The school supply give-away was organized by K to College.



Office Staff

Terrance Cheung

Chief of Staff

El Sobrante Liaison

East Richmond Heights Liaison

Cynthia Harvey

Office Manager/Scheduler

Luz Gomez

Deputy Chief of Staff

North Richmond Liaison

Montalvin Manor/Bayview Liaison

Kate Rauch

District Coordinator

Kensington Liaison

Joan Carpenter

District Coordinator

Rollingwood Liaison

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Office Hours: Monday – Friday

8:30 a.m. – 12:00 noon

1:00 p.m. – 5:00 p.m.

Our Website:

www.cocobos.org/gioia

Other Elected Officials

House of Representatives:

Congressman George Miller, III

(District 7)

(510) 262-6500 - Richmond Office

(925) 602-1880 - District Office

Congressman John Garamendi

(District 10)

(925) 932-8899 or

(925) 757-7187 - District Offices

State Senate & Assembly:

Senator Mark DeSalunier

(District 7)

(925) 602-6593 – District Office

Senator Loni Hancock

(District 9)

(510) 286-1333 - District Office

Assemblywoman Nancy Skinner

(District 14)

(510) 559-1406 - District Office

Assemblyman Tom Torlakson

(District 11)

(925) 372-7990 - District Office

Commission & Volunteer Opportunities

Interested in community issues? Want to get involved? The County has numerous citizen boards that advise the Supervisors on a range of issues. For a complete list of openings check the county's website at www.co.contra-costa.ca.us. Click on Board Advisory Body Information. Applications are available on-line, or through our office. There are current openings on:

Alcohol and Other Drugs Advisory Board

Fatima Matal Sol - 925-313-6311

El Sobrante Municipal Advisory Council

Terrance Cheung—510-374-3231

Montalvin Manor Redevelopment Advisory Committee

Luz Gomez - 510-374-3231

Mental Health Commission—consumer seat

Nancy Schott - 925-957-5140

North Richmond Municipal Advisory Council

Luz Gomez - 510-374-3231

County Aviation Advisory Committee

Tom Webber, 925-372-8847

Regular Public Meetings

CONTRA COSTA COUNTY BOARD OF SUPERVISORS

Meets at 9:30 a. m. every Tuesday at the County Administration Building, 651 Pine St, in Martinez

El Cerrito City Council

Meets at 7 p.m. on the first and third Mondays of every month at the El Cerrito City Hall, 10890 San Pablo Avenue, El Cerrito

El Sobrante Municipal Advisory Council

Meets at 7 p.m. on the second Wednesday of every month at the El Sobrante Library, 4191 Appian Way, off San Pablo Dam Road

Kensington Municipal Advisory Council

Meets at 7 p.m. the last Tuesday of every month at the Kensington Community Center, 59 Arlington, in Kensington

Montalvin Manor Redevelopment Advisory Committee

Meets at 6:30 p.m. on the second Thursday of every month at the Montalvin Elementary School on Christine Drive

North Richmond Municipal Advisory Council

Meets at 5 p.m. the second Tuesday of every month at 515 Silver Avenue in North Richmond

Richmond City Council

Meets at 7 p.m. every first and third Tuesday at Richmond City Hall, 440 Civic Center Plaza, Richmond.

San Pablo City Council

Meets at 7 p.m. on the first and third Mondays of every month at City Hall, 13831 San Pablo Avenue, Maple Hall, Building Two, San Pablo