



LA MAESTRA
COMMUNITY HEALTH CENTERS
City Heights • El Cajon • National City • Tenthon Grove

La Maestra - Heart
of the Community Campaign



WELL-BEING Update

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Zara's Message

Dear Friends,

We have a busy year ahead of us and I couldn't be happier. What was just an idea some five years ago has become a reality and I am excited to share with you that construction is underway on our new 34,660 sq. ft. "green" Gold LEED certified health center. Each month I will keep you updated on our progress as we look forward to completion in 2010.

Another big piece of news is that our friends at Kaiser Permanente have given us one million reasons to celebrate, please read on about how they are demonstrating their commitment to the community through our work at La Maestra.

As promised, we will keep you informed of our activities in the community and our plans to expand our services in the future. Please forward this newsletter on to your colleagues and friends that are interested in sustainable design and the "greening" of health care, we would like to get to know others in the community and around the nation that share our mission. On behalf of all of us at La Maestra, we wish you a healthy and happy 2009.

Healthy regards,

Zara Marselian

CEO

La Maestra Community Health Centers



KAISER PERMANENTE PROVIDES \$1 MILLION GRANT FOR LA MAESTRA COMMUNITY HEALTH CENTER CONSTRUCTION



Ray Baxter, Dr. Ben Chu, Jim Malone, Zara Marselian, Mayor Jerry Sanders, Dr. Art Flippin, Nate Oubre, Jr.

We are celebrating the new year with a \$1 million grant from Kaiser Permanente. This generous contribution represents the largest grant our Heart of the Community Campaign has received to date from any single donor, and the largest grant Kaiser Permanente has ever given to a San Diego nonprofit organization. The funding will support the construction of our new 34,660 square foot state-of-the-art facility.

"Kaiser Permanente and La Maestra have a shared vision to improve the health and well-being of the communities we serve," said Benjamin Chu, MD, MPH, president of Kaiser Permanente Southern California. "In these difficult economic times, the need for La Maestra's programs and services will continue to increase. With this new, larger facility, La Maestra has the potential to improve the lives of thousands of families who are struggling to preserve their health."

Every staff member at La Maestra from receptionist to physician is trained in the Circle of Care approach: To identify the patient's needs; to work as a team to assess the patient's needs; and to guide the patient towards treatment, education, training and finally, self-sufficiency. Our organization's mission is to provide quality healthcare and education, improve the overall well-being of the family, and bring the underserved, ethnically diverse communities into the mainstream of society in a caring, effective, and culturally competent manner that respects patients' dignity.

La Maestra's construction of a "green" health center demonstrates our commitment to environmental health as well as personal well-being. The entire facility will comply with the Gold Level LEED (Leadership in Environmental Excellence Development) Certification offered by the United States Green Building Council. This means that the facility is designed with the highest environmental friendly standards. Factors such as air quality ventilation, lighting, energy-use sources, waste management and natural materials will be selected based on this standard.

"Both Kaiser Permanente and La Maestra recognize that healthy communities and a healthy environment are critical to individual health and wellness. Helping to create a healthy environment has always been central to our mission," said Raymond J. Baxter, PhD, senior vice president, Community Benefit, Research and Health Policy for Kaiser Permanente. "With La Maestra, we have the opportunity to support environmental sustainability and social equity – both of which have a direct, positive effect on individual and community health."



LA MAESTRA CIRCLE OF CARE FOUNDATION SHARES HOLIDAY SPIRIT WITH COMMUNITY

La Maestra Circle of Care Foundation in partnership with La Maestra Community Health Centers distributed more than 4,000 toys and gifts to San Diego families during the 2008 holiday season. Gifts were distributed by Foundation and La Maestra staff at La Maestra Community Health Centers located in City Heights, El Cajon and National City.

Toys and gifts were donated to La Maestra from more than 25 national, regional and local companies and organizations. "People wait in line for hours. We know this program is vital to the community and to see the kid's smiles – that's what's important," states Zara Marselian, CEO La Maestra. "We could not do this without the generosity of others and our dedicated staff that worked to put this together all year."

Foundation and La Maestra staff are soliciting and collecting donations now, if you would like to make a donation of a non-perishable food item, clothing or books, please contact Lindy at 619.584.1612 or lindy@lamaestra.org.

La Maestra Circle of Care Foundation was formed in 2007 to provide a funding mechanism to exempt organizations providing community services to low income individuals in San Diego. The types of community services the Foundation supports are healthcare, job training, education and housing assistance to low income individuals.



La Maestra Builds Green ~ Construction Update



Our LEED consultant, Hernando Miranda is busy reviewing our product and material orders to ensure we are in step with our Gold level LEED scorecard.

Grading and shoring operations are in progress making way for two levels of underground parking and the foundation for the building.



Thanks for Your Partnership!