



Anderson Island Park & Recreation District Request for Proposal (RFP)

Community use of the top floor of the Guthrie Center

A. Organization or Individual Information

Organization/Individual name:

Anderson Island Healthcare Advocates
Therese Pasquier, President of the Board

Telephone Number:

Email Address: tnpasquier@gmail.com

B. AIPRD Statement of Intention

Starting in the year 2025 it is the desire of the AIPRD to offer lease(s), for the benefit of the community, for the useful space of the top floor of the recently acquired Guthrie Center.

C. Specifically, state your proposed use of the space and what portion of the island population would most benefit.

Our full proposal is outlined in pages 2-10.

Dear Anderson Island Park and Recreation District Commissioners:

The Anderson Island Healthcare Advocates (AIHA) Board of Directors is pleased to present our proposal for use of the top floor of the recently acquired Guthrie Center.

Executive Summary

AIHA is committed to creating sustainable healthcare and wellness infrastructure that will positively impact our community's quality of life. We propose to develop an Anderson Island Health and Wellness center. The facility would be located on the top floor of the Guthrie Center and feature a primary care clinic operated by AIHA as well as a multi-purpose community room.

Primary care would be offered in the clinic on an ongoing basis to Anderson Island (AI) residents and geared toward the specific needs of our population, including simple laboratory and pharmacy services as allowed by state laws. In addition, care would be available for all AI residents including families who summer on the island experiencing unforeseen, non-emergency illness and injury. Space and simple administrative support could be extended to other licensed clinicians who desire to practice on AI, potentially including physical therapy, massage therapy, acupuncture, dental and other services.

The multi-purpose community room would serve as a classroom for health and wellness education and screening programs, sponsored by AIHA and/or in conjunction with other community providers and programs. In addition, the Anderson Island Fitness Center (AIFC) would collaborate with AIHA to move its group exercise classes to the new multi-purpose room, and when not otherwise in use, the room would be open to other community groups as a meeting or event space.

About AIHA

AIHA was registered as a nonprofit 501(c)(3) organization in October, 2022. We seek to build upon the services provided by a founding group of AI clinicians and support volunteers in offering monthly blood pressure screenings, health education, vaccination, and other services with a holistic orientation to all interested AI residents, especially our most vulnerable seniors.

Our mission is to provide compassionate, accessible, whole-person health and wellness services on AI. We are dedicated to improving quality of life by delivering exceptional primary care, advancing optimal health outcomes, and fostering community engagement.

AIHA is governed by a board of directors comprised of eight (8) local residents who have deep experience with clinical practice, community outreach, and healthcare administration.

Community Needs Assessment

Based on the 2020 US Census, AI's population of permanent residents is growing at a clip pace (see Appendix A). Our proposal addresses several overarching community needs.

1. The lack of a medical facility poses significant challenges for people who need primary care services. Residents must travel to the mainland for care via a ferry system that is expensive, time-consuming, and periodically unreliable, even for simple lab tests and to fill routine medication prescriptions. A primary care clinic on AI will offer timely and accessible healthcare services to permanent residents of the island as well as to families of property owners who come throughout the year. This medical access will be particularly beneficial for residents dealing with chronic illnesses, individuals with limited mobility, and long-standing islanders who don't have the means or support for regular ferry trips.
2. A number of healthcare professionals, residing both on the island and the mainland, have expressed interest in practicing on the island but do not have access to clinic space or support. Our proposal would result in opportunities to expand the pool of AI healthcare providers and range of available services.
3. Health screening and education events and group fitness classes are available now on AI. However, community spaces for these programs are not always accessible on a dedicated basis, appropriately sized, or have adequate infrastructure. These circumstances complicate scheduling, equipment storage, set up and take down, and in the case of the AIFC, affect participant comfort, convenience, and growth capacity. Our proposal offers a synergistic solution by co-locating programs with aligned missions to a shared space designed for their purposes, and creating a culturally compatible, dynamic hub for health and wellness on AI.

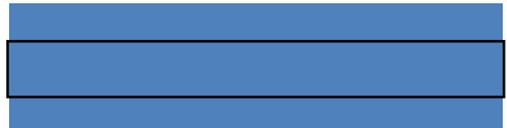
Purpose and Objectives

This proposal aims to address a critical healthcare gap faced by AI's population, ensuring all residents and families of our beloved island have direct access to quality medical services without having to leave for routine primary care, simple lab tests, prescription refills, chronic disease monitoring, and uncomplicated illnesses and injuries. Whereas these might be important services for anyone on AI, they are key for many of our senior community members with disabilities or who lack transportation resources. To solve the challenges associated with ferry crossings for essential primary care services, AIHA seeks to establish the first-ever clinic on Anderson Island.

Moreover, AIHA would collaborate with other licensed healthcare providers and community service organizations with aligned missions, so that the co-located programs together function as an integrated Anderson Island Health and Wellness Center (actual name to be determined at a later date). The center would serve as a vital asset for our community and its growing and aging population.

We strive to achieve the following objectives:

- Establish a healthcare clinic that offers primary care and same day walk-in services, with an emphasis on developing personal relationships with a patient-centric approach.
- Provide space for lab equipment and an onsite dispensary of generic medications.
- Offer healthcare services accessible to permanent and part-time residents, regardless of their socio-economic background.
- Collaborate with local healthcare professionals to expand the range of services and ensure high-quality medical care is delivered.
- Improve overall community health by focusing on preventive care and education, and partnering with local organizations to promote wellness.
- Enhance the island's services and contribute to its economic development and social cohesion, while respecting its rural character and unique cultural attributes.



Our AIHA Vision is to promote a healthy and thriving community by empowering individuals to be their best self.

Conceptual Layout

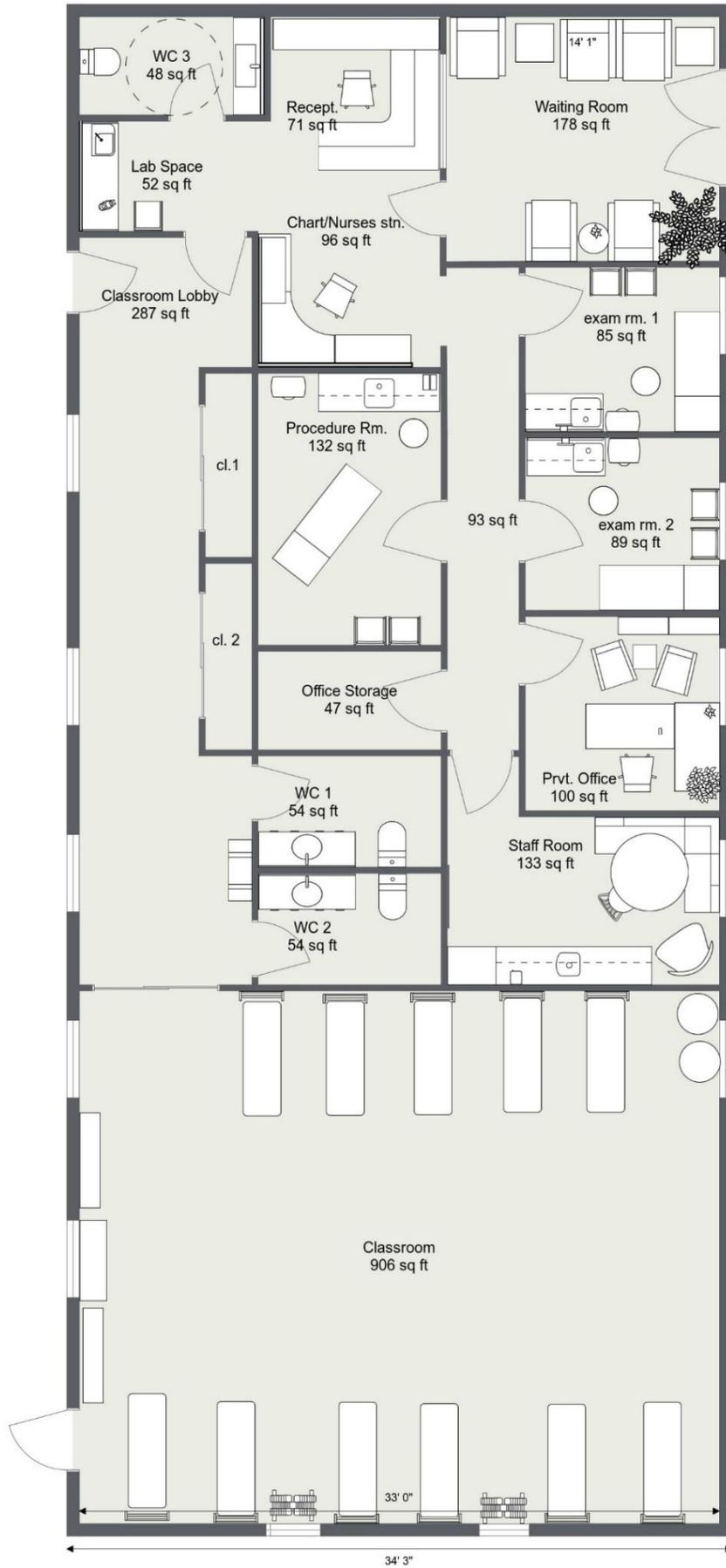
Our proposed layout for use of the top floor of the Guthrie Center is based on our site visit with AIPRD commissioners on November 18, 2023, subsequent internal deliberations, and dialogue with board members of the AIFC. We envision utilizing roughly two thirds of the floorplate of the top floor of the Guthrie Center, approximately 1,765 sq ft for the medical clinic. The remainder of the floorplate would be allocated to a multipurpose community room, about 26 ft x 33.5 ft (Figure 1 and 2 on the following pages). Together, these would make up the Health and Wellness Center.

The preliminary design of the clinic features two examination rooms, a larger procedure room, a reception and waiting area, lab space, and staff and other ancillary functions. The multipurpose community room would be shared for health and wellness education, fitness classes, and serves as an open space or meeting room for other civic and community groups.

With this approach, AIFC would move their group fitness classes and related materials (but not any fixed or major equipment) to the multi-purpose room at the Health and Wellness Center. Major pieces of exercise equipment would remain at their present location in the Old Schoolhouse. In this way, AIFC would decompress space in the Old Schoolhouse while establishing a new and larger location for fitness classes, with storage and rest rooms, to meet the needs of their growing membership. Cheryl Babo, Board President of the AIFC, and her board members have given their support and approval of the conceptual plan. Their endorsement, dated December 30, 2023, is attached to this proposal (Appendix B). AIFC would participate in the design and capital campaign for development of the multi-purpose community room.

By co-locating programs and inviting other groups to use the multi-purpose room when not otherwise in use, AIHA and AIFC would put the top floor of the Guthrie Center to its highest and best use.

[Figure 1]



[Figure 2]



People, Programs, and Partners

Through its own operations or in conjunction with other healthcare entities, AIHA will assemble a staff team to offer quality primary care services, including simple lab testing and limited pharmacy services. Nurses, nurse practitioners, physician assistants, and physicians who currently live on AI, or desire to live or practice on AI, have expressed interest in the clinic. Island nurses and other volunteers will continue to deliver health education and awareness initiatives, including workshops, seminars, and outreach programs consistent with the holistic philosophy of the team whose work has given rise to AIHA.

In addition, AIHA has communicated with, or is aware of, licensed healthcare providers interested in joining the Health and Wellness Center, which may include services like physical therapy, acupuncture, massage therapy, behavioral health counseling, dentistry, and other medical services

In terms of partnerships, the AIFC would take a direct collaborative role at the new facility as described above. AIHA also regards the AI Fire Department as a key collaborator for emergency medical response, community education, and public safety. We also believe that most of the island's civic organizations and major entities would help promote services and events at the Health and Wellness Center.

Finally, the AIPRD Board of Commissioners would be another vital partner for the Health and Wellness Center vision to be realized and sustained.

Sustainability

AIHA would ensure the long-term financial viability of the medical clinic and sustain its role as the core element of the Health and Wellness Center by:

- Working with charitable organizations, private donors, and corporate partners for philanthropic contributions to capital and operating funds.
- Collaborating with federal, state, and Pierce County government agencies to secure capital funding and support for ongoing operations. This includes grant writing as well as seeking designation as a Rural Healthcare Clinic under state regulations that would qualify the clinic for supplemental revenue programs.



Our AIHA Values:

- **Integrity**
- **Compassion**
- **Respect**
- **Collaboration**
- **Professionalism**
- **Equity**

- Establishing partnerships with healthcare delivery entities and contracts with commercial insurance companies to create sustainable revenue streams.
- Implementing a sliding fee schedule that is affordable for residents while covering operational costs.
- Efficient management of operations and prudent stewardship of the resources entrusted to us.
- Continuously assessing the portfolio of services in relation to community need and impacts on the island's collective health and well-being.

Strategic Project Plan

To achieve the objectives stated in this proposal, and subject to the approval of the Parks and Recreation District commissioners and project feasibility, AIHA anticipates a strategic path as outlined below.

1. Participate in the RFP process established by the AIPRD for the Guthrie Center.
2. If selected from the RFP process, retain the services of a healthcare architect to generate a schematic design and conceptual renderings for an efficient and welcoming facility as well as engage in other such due diligence to estimate budgets and timelines, and identify issues that might impede project feasibility and mitigation options; for example, including potentially unforeseen construction conditions with a material adverse impact on completion of tenant improvements or operations, regulatory matters such as those involving Pierce County zoning, or facility standards required by federal and state agencies for the planned healthcare services.
3. Continue stakeholder meetings, exploration of partnering opportunities, financial modeling, risk management, decision analyses, and related strategic and operational planning.
4. Identify suitable legal and operating structures that support the project objectives in a manner compliant with all applicable business and healthcare-related laws and regulations, and complete appropriate term sheets and definitive agreements with the project parties.
5. Based on preliminary discussions with the state's Primary Care Office, AIHA will be pursuing the Rural Health Center designation.
6. Conduct public relations and capital campaigns involving the whole community to garner support for a possible levy campaign in the future.

7. Develop and manage specific plans for completion of project milestones toward a grand opening of the AI Health and Wellness Center in 4th quarter of 2025.
8. Collaborate at each stage with the AIPRD and other community partners for a seamless integration of activities and services.

Conclusion

The establishment of the first-ever island clinic and Anderson Island Health and Wellness Center would be a transformative step in enhancing the health and well-being of our island residents. Through this initiative, the AIPRD, AIHA and Health and Wellness Center partners would create a lasting impact on our community's quality of life and foster a healthier, vibrant island. We welcome the opportunity to discuss this proposal further and engage community members to make this vision a reality. Collectively, we can build a healthier future for all islanders.

Thank you for your consideration.

Appendices

Appendix A: Proposal To Anderson Island Parks District: Establishing The First-Ever Healthcare Clinic On The Island August 16, 2023

Appendix B: Email Communication from AIFC Endorsing the Collaboration with AIHA

