

livewell

JAN 2018

A man with a grey beard and a woman with long brown hair are standing outdoors. The man is wearing a dark blue suit jacket over a light blue button-down shirt. The woman is wearing a white short-sleeved top and a colorful patterned skirt with a white belt. They are both looking towards the camera.

BCHD Teams With Acclaimed Neurologists to Study Relationship Between Environment & Brain Health

M.D.'s Dean and Ayesha Sherzai
will lead the three-year '**Healthy Minds
Initiative**' in the Beach Cities



BEACH CITIES HEALTH DISTRICT IS ONE OF THE LARGEST preventive health agencies in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. It offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the entire lifespan.

MISSION

To enhance community health through partnerships, programs and services for people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach.

VISION

A healthy beach community.

Taking The Next Step



One of the many things that make the three beach cities of Hermosa Beach, Manhattan Beach and Redondo Beach so unique is our documented and quantifiable commitment to healthy living. It's evident in the way we choose to live, work and play as well as the policies and decisions we make as a community.

A notable example occurred in 2010 when Beach Cities Health District (BCHD), in partnership with the three cities, introduced the Blue Zones Project. The goal was to measurably improve the health of residents by reengineering the environment to support and encourage the lifestyle behaviors exhibited by the world's longest living people. Since that time, our community has worked in concert to build the "local infrastructure" for health and well-being through partnerships with cities, schools, restaurants and worksites.

And it's working. Data from Gallup shows that key health indicators are measurably improving and the Beach Cities currently boast the highest community well-being score in the nation.

The Beach Cities' success initially caught the attention of the (former) U.S. Surgeon General, who visited in 2016 to learn more about our success, and has now attracted two world-renowned researchers, Drs. Dean and Aeysha Sherzai, neurologists from Loma Linda University Medical Center. As you will read in this issue, the Sherzai's and BCHD are partnering to study whether our efforts are slowing the rate of cognitive decline among residents. We are calling this innovative research effort the "Healthy Minds Initiative," and we need 1,700 residents (65 and older) to participate in this potentially ground-breaking study.

I hope you will take the time to read this issue and learn more about the Healthy Minds Initiative as well as the many other ways we are taking the next step in our journey to create a healthy beach community.

In Health,

Tom Bakaly
CEO, Beach Cities Health District

BOARD OF DIRECTORS

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Healthy Living Campus Project

FREQUENTLY ASKED QUESTIONS

What is the Healthy Living Campus project?

Beach Cities Health District (BCHD) is in the planning phase of renovating and enhancing its 11-acre campus in Redondo Beach. Preliminary plans call for developing an onsite Residential Care Facility for the Elderly, replacing acres of asphalt with useable green/open space, refurbishing the aging hospital building and creating a true hub of well-being for residents of the Beach Cities to enjoy.

What are the community benefits of the Healthy Living Campus project?

In addition to providing much-needed assisted living options for aging residents who want to remain in the Beach Cities and creating a sustainable funding source for critical preventive health programs and services, the project has a host of features designed specifically to benefit the community at large, including:

- An outdoor amphitheater for community use
- A new community exercise center (Center for Health & Fitness) with a warm water pool
- A protected bike lane along Flagler and Diamond streets
- Walking trails and bike paths lined with outdoor exercise stations and equipment
- Community vegetable gardens and California native plant gardens
- Replacing asphalt parking with green space/open space for community uses like fitness events, farmer's markets, workshops, etc.
- Enhanced public transportation nodes and improved accessibility on the campus

Is community input being considered?

Absolutely. Significant changes have already been made to the conceptual plans based on input gathered at community meetings, discussions with our community working group and comment cards received. We anticipate making further refinements to the project in the coming weeks based on ongoing talks with neighboring residents, local groups and elected officials. Public input can be submitted for consideration by visiting bchd.org/healthylivingcampus.

Is Residential Care for the Elderly a health need?

Yes, and a critical one considering the imminent senior tsunami approaching our country and community. According to the peer-reviewed journal Health Affairs, one of the most important public health discoveries in recent years is the degree to which one's physical environment (home) influences health status and premature mortality. This is especially true for the more vulnerable senior population.

Does BCHD have the legal authority to develop Residential Care Facilities (RCFE)?

Yes. As outlined in Section 32121(j) of the Government Code, healthcare districts are empowered under state law to establish, maintain and operate healthcare facilities, including retirement programs, services and facilities. Additionally, all elements of the Healthy Living Campus will comply with local zoning regulations.

Will an Environmental Impact Report (EIR) be conducted?

Yes. BCHD will complete the City of Redondo Beach's public EIR process. All findings and potential impacts will be publicly disclosed and discussed. The expected EIR start date is mid-2018 and should take about a year to complete.

What will be done with any potential profits generated by the proposed RCFEs?

As has been the BCHD model for decades, any potential revenue generated will be reinvested in the Beach Cities through community health programs and services like school gardens, senior care management, anti-obesity programming in schools, health grants, etc. Currently, this proven model allows BCHD to provide \$3.50 in programs and services for every tax dollar received.

Where can I learn more about the project?

Visit bchd.org/healthylivingcampus or send an email to HLInfo@bchd.org. All project materials and updates are publicly posted online.

BCHD Advisory Committees

Beach Cities Health District's public advisory committees have a direct impact on the health programs and services provided in the Beach Cities.

To serve on a BCHD advisory committee, you must be a resident of Hermosa Beach, Manhattan Beach or Redondo Beach, submit a formal application and be appointed by the board of directors. High school students are also encouraged to participate on the committees, but serve a one-year term verses the standard two-year term for adult members. Active community recruitment for new committee members occurs each spring, however, applications are available year-round at www.bchd.org.



Community Health Committee - Responsible for assessing community health and wellness concerns, monitoring the availability of community health resources, and recommending programs, service areas and business ventures to promote high-quality standards of health in the Beach Cities.

Committee Members:

- **Michelle Bholat, M.D.** – BCHD Board Member
- **Vish Chatterji** – BCHD Board Member
- **Kerianne Lawson** – BCHD Director of Lifespan Services
- **Tom Bakaly** – BCHD CEO
- **Mary Drummer** – Retired Nurse
- **Virginia Green, Ph.D.** – Family Therapist
- **Jason Hove, M.D.** – UCLA Health
- **Fred Manna** – BCHD Volunteer
- **Laura Misel** – Leadership Hermosa Beach
- **Steve Morgan** – Jefferson School Site Council
- **Julian Katz** – South Bay Bicycle Coalition
- **Marie Puterbaugh** – Trinity Lutheran Church
- **Jamie Lee** – Mira Costa High School Student
- **Isaac Stein** – Mira Costa High School Student

BCHD Public Process:

IDEA



Proposal or advocacy position is presented to the BCHD Board of Directors during its monthly public meeting. Board has option to recommend to staff

RESEARCH



Staff researches and provides detailed proposal to appropriate committee(s) for review



Strategic Planning Committee - Assists the board in formulating and fulfilling BCHD's strategic vision, mission and goals on an annual basis. Additionally, the committee is responsible for overseeing the development of BCHD's strategic plan, which is updated every three years.

Committee Members:

- **Jane Diehl** – BCHD Board Member
- **Vanessa Poster** – BCHD Board Member
- **Jackie Berling** – BCHD Chief Wellness Officer
- **Tom Bakaly** – BCHD CEO
- **Gary Chuang, M.D.** – Dermatologist
- **Lyman Fox** – Kaiser
- **Mike Gin** – Former Redondo Beach Mayor
- **Vijay Jeste** – Former Redondo Beach City Commissioner
- **Scott Kringen** – Owner/Principal at Kringen Capital
- **Omkar Kulkarni, M.P.H.** – Cedars-Sinai
- **Richard Propster** – Owner/Principal at Segue Solutions, a Management Consulting Firm
- **Amanda Costley** – Mira Costa High School Student
- **Ella Scalabrini** – Mira Costa High School Student



Finance Committee - Responsible for budget oversight, audit review, setting investment policies and business plan development. Members are expected to have demonstrated experience in finance, business or banking.

Committee Members:

- **Vanessa Poster** – BCHD Board Member
- **Noel Chun, M.D.** – BCHD Board Member
- **Tom Bakaly** – BCHD CEO
- **Monica Suua** – BCHD CFO
- **Tim Lilligren** – Manhattan Beach Treasurer
- **Christine Cronin-Hurst** – Manhattan Beach Unified School District
- **Gina Derosa** – California Society of CPAs
- **Steven Diels** – City of Redondo Beach
- **Sam Kartounian** – Redondo Beach Chamber of Commerce Board
- **Wayne Powell** – Former Manhattan Beach Mayor
- **Doug Rogriguez** – Redondo Beach City Planning Commission
- **Cordelia Nguyen** – Mira Costa High School Student
- **Zachary Wu** – Mira Costa High School Student

For more information visit, bchd.org/committee

REVIEW



Committee(s) reviews and provides recommendation to BCHD board, or sends report back to staff for revisions

VOTE



Board of Directors reviews final proposal and votes to adopt or dismiss during public meeting

*BCHD enlists famed neurologists to develop
'first proactive approach to community brain
health' through 'Healthy Minds Initiative'*



The Healthy Minds Initiative

Alzheimer's has become the costliest disease in America...
but 90% of the cases are preventable

It wasn't very long ago that Alzheimer's Disease didn't exist. Oh, it really existed, but it was simply considered old age. It was often shrugged off as "losing it," or in severe cases, as senility. By the 1970s, some scientists began to recognize that Alzheimer's, an often-lethal form of dementia, was becoming prevalent in the aging cycle, but preventive measures did not yet exist. Then when Pres. Ronald Reagan was diagnosed with Alzheimer's in 1994 – a mere six years after leaving office – the disease began to enter the public consciousness.

Alzheimer's is progressive brain deterioration, and as our population continues to live longer, millions and millions more people are suffering from this horrible disease. Every family in America will be affected. Ten percent of people age 65 and older already have the malady, and if left unchecked, that number will continue to double every decade. Is there a cure? Can Alzheimer's be prevented?

Beach Cities Health District (BCHD), one of the largest preventive health agencies in the U.S., has finalized a three-year partnership with award-winning neurologists Drs. Dean and Ayesha Sherzai. Their project, known as the "Healthy Minds Initiative," will study 1,700 Beach Cities residents 65 years and older and the effects active and passive life-style changes have on cognitive and psychological health. In other words, how factors such as a proper diet and lifestyle can prevent brain disease and promote long-term brain health.

"The brain is the most important, complex organ in the body. It's two percent of our body's weight, but consumes 25 percent of our energy. Despite this, America and the world are far, far behind the curve pertaining to brain health. In fact, we're on track

to have a global Alzheimer's epidemic within a couple of decades," says Dr. Dean Sherzai, who, with his wife Ayesha, are co-directors of the Alzheimer's Prevention Program at Loma Linda University Medical Center.

*"...the mortality
for Alzheimer's
has increased
by more than
80 percent."*

In just the last 10 years, while death rates are slowing from heart disease, cancer and diabetes, the mortality rate for Alzheimer's has increased by more than 80 percent.

Alzheimer's is a chronic degenerative brain disease that starts with short-term memory loss but soon destroys all functions of the brain. Through their studies at Loma Linda, America's only official "Blue Zone" and one of five Blue Zone communities in the world with astoundingly high numbers

of centenarians per capita, the Sherzais researched why some residents in the small San Bernardino County city

lived longer, healthier lives. They also observed that Alzheimer's/dementia was significantly lower in this specific population.

Their findings about the connection between lifestyle, environment and brain health helped lead the couple to the Beach Cities, where for the past seven years residents, schools, city government, restaurants and businesses have been successfully integrating health and well-being principles learned from the Blue Zones into their everyday lives.

"We're convinced Alzheimer's is preventable in 90 percent of the population through lifestyle enhancements. It's real, tangible hope," says Dr. Sherzai. "This is the reason we are so excited to work with BCHD in the Beach Cities, which already incorporate Blue Zones concepts into daily living, on the first proactive approach to community brain health.

"We believe that brain healthy living starts at home and in the community. While cognitive decline happens to all of us as we age, having a proper focus on lifestyle and mindful living can positively affect the most important organ in the body well into our 70s, 80s and 90s."

The current stats about the Alzheimer's epidemic are chilling.

- Alzheimer's is the costliest disease in America – \$240 billion in direct costs; \$230 billion in indirect costs annually. Heart disease (\$100 - \$150 billion) and cancer (\$50 - \$60 billion) rank second and third.
- At current rates, Alzheimer's costs could soar to \$1 trillion by 2050.
- More than 47 million people worldwide and more than 5 million in the U.S. are living with Alzheimer's today. Some predictions are that 50% of 85-year-olds will soon suffer from the disease.

Says Dr. Sherzai: "If we don't do anything within the next 20 years, the sheer number of Alzheimer's patients will collapse our health care system."

A blend of nutrition (including a whole-food, plant-based, low-sugar diet), mental and physical exercise, stress management, education, remaining socially engaged and other factors can build, protect and help the brain thrive, according to Dr. Sherzai.

The Sherzai's and BCHD believe it's no coincidence that these protective factors mirror the key lifestyle behaviors of the world's longest living people, the same behaviors the Beach Cities, with guidance from the Blue Zones

Project, have been retooling themselves to better support and promote among residents for close to a decade.

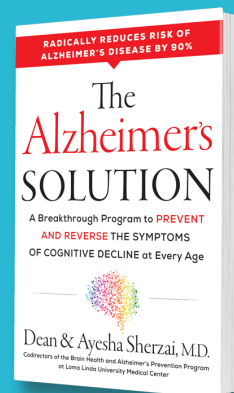
"Now we want to see if Beach Cities, where innovative wellness programs thrive, can make this kind of change," he says. "If that happens, imagine the impact. This Healthy Minds Initiative will be the most important health care program in the country. We are trying to show that by changing community, by changing environment, by changing lifestyle, you can significantly reduce the prevalence of dementia throughout the world.



"Whether it's nutrition, Beach Cities' restaurants serving healthy foods, local walking areas or community events that keep people's minds active, we want to see how this environment impacts the brain of an aging population. This will be the first study like this in the country."

In addition to the three-year Healthy Minds study, which is slated to begin in February 2018 and will include data analysis and oversight from Loma Linda University medical staff, the Sherzais and BCHD will be conducting community presentations and seminars on brain health throughout the Beach Cities. They will be recruiting senior residents to participate in the study and filing updates on their findings, which will be regularly featured here in the LiveWell. 🌿

"The Alzheimer's Solution," a book by Drs. Dean and Ayesha Sherzai, was published in September. All profits from the book, which contains programs "to radically reduce risk of Alzheimer's by 90%," are being funneled into researching and promoting brain health in communities across the U.S.



Dean Sherzai's grandfather died from Alzheimer's. *"He was a philosopher, poet, writer, politician – the brightest man I've ever known. His brain was optimally activated, but proper nutrition and diet were not part of his world."* His grandmother, *"an amazing matriarch,"* also died from Alzheimer's. Ayesha Sherzai's grandfather, who studied surgical medicine at Columbia University and public health at Johns Hopkins – and ultimately became prime minister of Afghanistan – died from Parkinson's and Alzheimer's.

Meet the Sherzais



Dean Sherzai, MD, PhD

Dean Sherzai, MD, PhD, is co-director of the Alzheimer's Prevention Program at Loma Linda University. Dean trained in Neurology at Georgetown University School of Medicine, and completed fellowships in neurodegenerative diseases and dementia at the National Institutes of Health and UC San Diego. He also holds a PhD in Healthcare Leadership with a focus on community health from Andrews University.



Ayesha Sherzai, MD

Ayesha Sherzai, MD is a neurologist and co-director of the Alzheimer's Prevention Program at Loma Linda University, where she leads the Lifestyle Program for the Prevention of Neurological Diseases. She completed a dual training in Preventative Medicine and Neurology at Loma Linda University, and a fellowship in Vascular Neurology and Epidemiology at Columbia University. She is also a trained plant-based culinary artist.

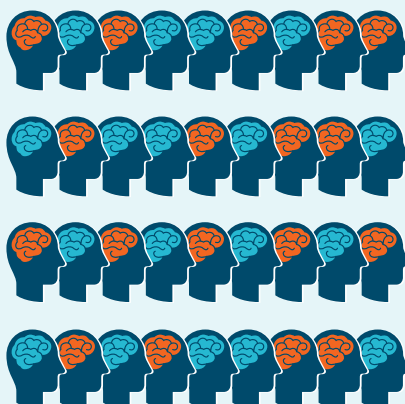


Alzheimer's by the numbers:

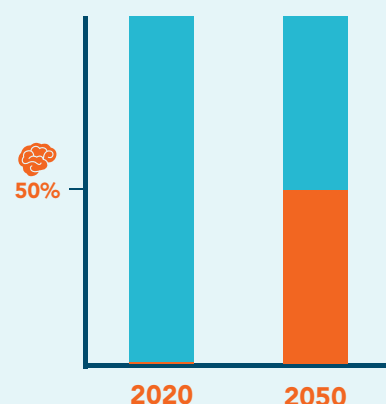
The Alzheimer's Association estimates that **10%** of individuals over the **age of 65** will have dementia in their lifetime.



For individuals over the **age of 85** the prevalence estimate jumps to **1 in 2**.



Prevalence in the baby boomer generation is projected to increase from 1.2% in 2020 to **50.1% in 2050**.



Join the Healthy Minds Initiative

How seniors can get involved

Interested in contributing to emergent and innovative research related to dementia and brain health? One of the greatest ways to help move this critical research forward is by participating in the Healthy Minds Initiative. Seniors (65+) who currently live in Hermosa Beach, Manhattan Beach or Redondo Beach are encouraged to volunteer by calling Beach Cities Health District (BCHD) at (310) 374-3426, ext. 256. All participants will be screened by BCHD staff to ensure they meet environmental and health-related requirements for the three-year research study, which is urgently seeking **1,700 senior participants** in the Beach Cities.

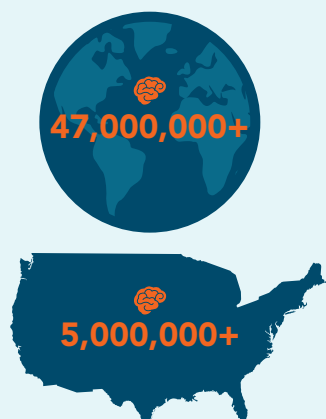
Attend community workshops

Award-winning neurologists and researchers Drs. Dean and Ayesha Sherzai, in conjunction with BCHD, will be leading various community workshops and seminars on dementia and brain health in the Beach Cities in the coming months. These free community events will be open to the public. Look for a schedule of dates and locations at www.bchd.org, on our social media channels and in BCHD newsletters and materials, or call (310) 374-3426.

Volunteer to help someone suffering from dementia

Dedicated volunteers are encouraged to apply for BCHD's "Brain Buddies" program (see story on pg. 10), which aids local residents who are suffering from dementia and memory loss. Volunteers are specially-trained by BCHD to provide critical emotional, social and mental support to their clients through structured activities like music, games, art, etc. Each volunteer is carefully matched with their client based on needs and compatibility. Apply online at bchd.org/volunteerapplication.

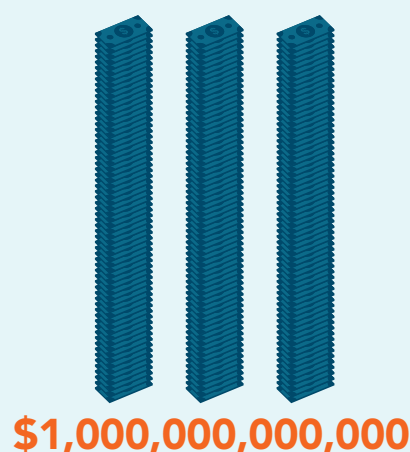
More than **47 million people worldwide** and more than **5 million in the U.S.** are living with Alzheimer's today.



Alzheimer's is the costliest disease in America – **\$240 billion in direct costs; \$230 billion in indirect costs** annually.



At current rates, Alzheimer's costs could soar to **\$1 trillion by 2050.**



Forget Me Not

As dementia numbers continue to spike locally and nationally, volunteers like Redondo Beach resident Avra Diamond bring companionship and joy to those struggling with the degenerative condition through BCHD's 'Brain Buddies' program



Every Thursday afternoon, 73-year-old Avra Diamond (pictured above) visits her 90-year-old neighbor, Ana Marie. They started out in the summer playing games and coloring, but they have now eased into comfortable talks about the older woman's lifetime of experiences.

Sometimes during the hour-long visits Ana Marie, who grew up speaking Spanish, helps Avra hone her skills with the language.

of lifespan services for BCHD, "so we want to provide meaningful, joyful activity for as long as possible."

Though both women live in Redondo Beach, they didn't meet until they were matched through a Beach Cities Health District (BCHD) program called Brain Buddies. The program got underway in 2017 after being shaped through a pilot test in 2015. Avra is a BCHD volunteer; her "buddy" and neighbor, Ana Marie, has dementia.

Research shows that activity-based interactions engage the minds of people with dementia.

"Every activity stimulates the brain and helps slow down the advance of dementia," says Kerianne Lawson, LCSW, MSG, director

"Every activity stimulates the brain and helps slow down the advance of dementia...so we want to provide meaningful, joyful activity for as long as possible."

As dementia progresses, people often lose initiative and begin to give up on activities where they once had vibrant interests. Brain Buddies seeks to reverse that by keeping those interests alive as long as possible. For example, one BCHD client was a painter, but had let it slip out of her life. So now her Brain Buddy paints with her. Another Brain Buddy engages with a former hairdresser by reviewing pictures of hairstyles from decades ago and current times.

Today, a half-dozen Brain Buddy volunteers like Avra serve BCHD clients afflicted with dementia. Lawson says that of the 430 older adult clients BCHD social workers serve in the Beach Cities, roughly 22

percent are struggling with dementia. The condition is growing as the population ages, with one in three people age 85 and older affected nationally, and threatening to overwhelm the health care system in the coming decades. The problem will be expanded in the Beach Cities too, as the majority of residents are expected to be age 55 and over by 2022. That means the need for specially-trained Brain Buddy volunteers will continue to rise.

"Not everyone with dementia is a candidate for the Brain Buddies program," says Lawson. "Even those who are eligible can present challenges for our volunteers."

People with dementia have trouble recalling recent events, recognizing people and places, and finding the right words. Their judgment can be iffy, their moods hard to control, and daily tasks too much to handle.

"It can be very challenging to your own sense of purpose and meaning if a client doesn't remember who you are," says Tara Guden, MSW, community programs coordinator,

continued on page 12...



BCCHD volunteer
Avra Diamond

Free Powerful Tools for Caregivers Workshop



A self-care program for people who provide care to an older adult with a chronic condition.

During this six-week series, caregivers will learn tools to reduce personal stress, better communicate with family members and healthcare providers, and how to approach tough caregiving decisions.

Upcoming Workshops

Wednesdays

Starting February 28

5:30 - 7 p.m.

BCCHD (Community Services)

Mondays

Starting April 9

10 a.m. - 12:30 p.m.

Location TBD

Tuesdays

Starting May 22

5 - 6:30 p.m.

BCCHD (Community Services)

Call **310-374-3426, ext. 120**, to register.

Held in partnership with:



who runs the program. "Through our training and ongoing support, we want to help volunteers to be confident and comfortable – to know that they make a difference."

The basics – communicating with people with memory loss, boundaries, activities, preparing to say goodbye, and much more – are covered in an eight-hour training session. Guden pairs volunteers and clients based on her knowledge of their histories with the aim of ensuring that the experience is mutually beneficial. Support from BCHD social workers is available when needed. Monthly in-person conferences not only provide time to ask questions of professional staff, but also allow the chance for volunteers to share concerns and tips among themselves.

Avra had no previous experience with dementia and admits that she wasn't sure what she was getting into. Early on, she questioned whether she was doing a good job. For example, did a lull in conversation signal a lack of enjoyment for Ana Marie, and is it all right to just talk? The reassurance she received from BCHD social workers, other Brain Buddy volunteers and her client's granddaughter gave her confidence.

"I feel so strongly about the training, the conference meetings and the continuing care that I receive. I've never felt as if I were hanging out there by myself," says Avra, who has had isolating experiences in volunteering previously with other organizations. "The support is very, very strong."

The training was crucial, Avra says, adding that key attributes for a Brain Buddy volunteer are compassion, patience and adaptability.

"It feels good that I can go every week and talk (to Ana Marie)," she says. "She calls me her friend, but I don't think she remembers my name. I'm glad I'm doing it. I bring an hour of sunshine into this lady's life." 🌻

Want to get involved?

Learn more about the many ways you can help make a difference at bchd.org/volunteer or call (310) 374-3426, ext. 246.

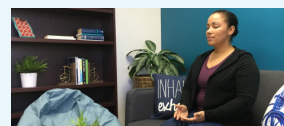


From sleep to stress: Our 5-step Alzheimer's busting plan

- Dean and Ayesha Sherzai, M.D.'s

There may still be no cure for Alzheimer's but, with the right advice, we can be mentally active for longer, reverse the debilitating symptoms of the disease and ultimately add more happy, healthy years to our lives. Here's how you can start.

- 1. We found that eating too much meat is bad for your brain,** which requires vegetables, fruit, pulses, grains and healthy fats to thrive.
- 2. Physical exercise increases both the number of brain cells and the connections between them.** We suggest maintaining an active lifestyle that incorporates movement every hour — not just a quick stop at the gym after an otherwise sedentary day at the office, for example.
- 3. Chronic stress puts the brain in a state of high inflammation, causing structural damage and impairing its ability to clear toxins.** We recommend meditation, yoga, breathing exercises and time outside.
- 4. Restorative sleep is essential for health,** so it's important to aim for seven to eight hours a night.
- 5. Puzzles and other complex activities protect your brain against decline.** Social support and engagement with your community can also have a clear and undeniable influence on the way in which your brain ages. And activities such as playing music are great for challenging and engaging many of the brain's capacities.





One Tough Mother

Corey Newman
at CHF



Center for Health & Fitness member Corey Newman stays in top physical condition to better assist her special needs son in daily life.

It's that fleeting time of year when Americans resolve to spend more time at the gym and eat better. For many people, these are merely pipedreams – spurred by beach body aspirations and weight loss – that often fall to the wayside.

But Center for Health & Fitness (CHF) member Corey Newman isn't most people.

Six years ago, Corey, a 55-year-old, 100-pound spitfire with boundless energy and a contagious smile, made a commitment to get herself in better shape – not to drop weight or dress sizes, but to provide better care to her 15-year-old son, Joe.

Joe, who has special needs, relies on his mother to assist him with daily tasks, but reached a point in recent years where his growing stature was making it difficult for Corey to provide physical support and aid.

"I knew I needed to be strong for my family," says Corey. "My son has

extra needs and he had become stronger than me, so I needed to be just as strong."

In 2011, Corey decided to join CHF, a medically-based community exercise center owned and operated by Beach Cities Health District in Redondo Beach. The low-cost fitness center has roughly 1,200 active members with the median age ranging in the mid-60s.

"I felt it was non-threatening and I could be myself and get in shape at my own pace," says Corey about CHF, which offers services like personal training, small group training, and exercise classes such as step aerobics, Zumba and indoor cycling. "It's a very welcoming place to be, and learning to work out there doesn't feel strange or uncomfortable."

Initially, Corey did individual exercises, took classes and used the free weights, but soon enlisted the help of a trainer to shore up her core and back for the frequent occasions when she needs to lift Joe in and out of a car or provide balance assistance.

"She was already really high functioning when she started with me, but she really started taking herself to the next level recently," says 36-year-old trainer Jason Bautista, who started working with Corey three and a half years ago. "Her success is really a testimonial to the work she puts into her conditioning and her personal drive to make herself stronger."

Jason teaches Corey exercises and techniques designed specifically to allow her to move her son without injuring herself, especially her back.

"He's (Joe) had several surgeries and I've had to be really physical with taking care of him," Corey says, adding that she must help Joe get in and out of the car multiple times a day so he can attend adaptive activities like karate, baseball, track, soccer and Pop Warner Football. "He relies on me physically every day."

Newman especially needed to up her functional strength to support her 130-pound son while he puts on his clothing and shoes each day.

"He holds onto my shoulders while he's getting dressed and I'm holding him up the whole time," says Corey. "I have to help him keep his balance a lot."

Her husband Jeff says that Joe often needs special guidance that requires Corey to be strong and deliberate with her movements.

"With Joe, there's times when strength really comes into play," says Jeff. "He's a big kid and doesn't know his own strength, and if she didn't hold her own he could really bowl her over."

At the gym, Corey usually skips over cardio exercises because she's "always running around all the time anyway," and jumps right into the weight and balance training.

"My son has extra needs and he had become stronger than me, so I needed to be just as strong."

Corey Newman with personal trainer Jason Bautista





Newman and Bautista

"I love anything with full body moves and anything fun like jumping, and I do a lot more with weights and balance so I can learn to move better," she says.

Jeff says that visiting CHF is an important part of his wife's week.

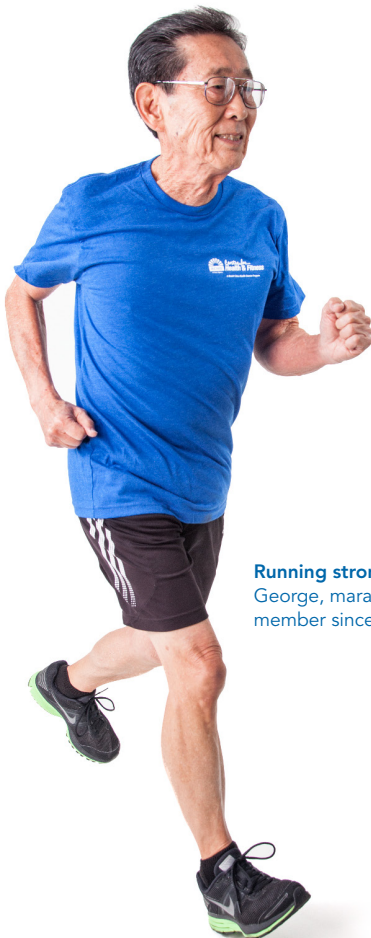
"She looks forward to going to the gym and it gives her a kind of release," says Jeff. "It helps her mentally, too."

For Corey, she's simply thankful for the opportunity to visit a welcoming place to work out and improve her health and quality of life, and, most importantly, Joe's.

"I'm thankful for everybody who helps us," says Corey. "Jason's always been there and knows what's going on and how to help me be a better parent, wife and person."

"The teaching goes both ways," Bautista says. "I've learned so much from her."

Suffice it to say that we can all learn from Corey, especially this time of year. 🌅



Running strong at 79
George, marathoner and
member since 2003



NEW YEAR'S DEAL

Join in January and receive a
\$100 credit
to be used toward yoga and Pilates
classes, personal training and massage.*

*Credit cannot be used toward monthly dues. Credit must be applied toward Center for Health & Fitness services: yoga, Pilates, massage, personal training, Small Group Training and nutrition services. \$100 credit is limited to the first 40 Basic or Unlimited members and does not apply to Silver members. Credit must be used by March 1, 2018.

*****ECRWSEDDM****
POSTAL CUSTOMER

Upcoming BCHD Events:



Moai Matching Event

Saturday, February 24, 10 a.m. – Noon

Beach Cities Health District Admin Office, 1200 Del Amo St., Redondo Beach

Join Beach Cities Health District (BCHD) for a free event to connect with “wellness buddies” and Moai groups in your community. The term Moai originated in Okinawa, Japan and means “meeting for a common purpose,” in Japanese. Moai groups at BCHD include walking, potlucks and more. Come meet your Moai and turn a 2018 resolution into action!



South Bay Families Connected Speaker Series and Parent Chat

In partnership with South Bay Families Connected, BCHD is offering a variety of free, monthly parent education events and a weekly support group led by a licensed professional from Thelma McMillen Center at Torrance Memorial.

Visit bchd.org/familiesconnected for a full list of events.

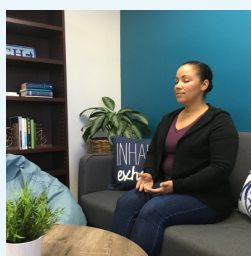


Free Fitness Weekends

February 9-11 • March 9-11 • April 13-15

BCHD's Center for Health & Fitness is partnering with a long list of local gyms and fitness studios to offer free workouts this spring. A variety of classes will be offered to help you sweat local and stay healthy and active.

Visit beachcitiesgym.org/freefitness for a schedule of classes.



Mindfulness Drop-in

Take 30 minutes to downshift and practice mindfulness techniques on the first Wednesday of each month from 5:30-6 p.m. at BCHD. The free sessions are led by trained staff.

Visit bchd.org for more information.