

live well

A Beach Cities Health District Publication

Summer 2019



Healthy Living Campus

The future of preventive health in the Beach Cities.



Beach Cities
Health District

A Public Agency



BEACH CITIES HEALTH DISTRICT IS ONE OF THE LEADING 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.



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Healthy Living Campus - The Next Step

As July and the new fiscal year approach, our short-term financial position is solid and our future strategic vision has been refined.

In May, our publicly elected Board of Directors approved the budget for the 2019-20 Fiscal Year that begins July 1, 2019. Our operational spending plan aligns with the newly adopted community health priorities of Nutrition and Exercise, Social-Emotional Health, Substance Use and Cognitive Health. As you may be aware, Beach Cities Health District is funded by revenue from asset leases, partnerships and investments (54%), program revenue from the Center for Health & Fitness and AdventurePlex (20%) and property taxes (26%). Essentially, for every dollar received from your property tax payment, we return \$3.50 by providing more than 40 vital programs for youth, adults and older adults in our community.

Our South Bay Hospital building on Prospect Avenue just south of Beryl Street in Redondo Beach that was built in the late 1950's generates the majority of our asset lease revenue. The building has served the District well, but it is not seismically reinforced and has reached the end of its useful life. If the building was a patient, it would be sick. Our Long-Term Financial Plan has been updated to reflect current data and still shows that our financial outlook is healthy for the next few years. However, BCHD and our preventive wellness programs and services will be severely impacted by escalating 514 Prospect building costs unless the campus is redeveloped.

For the last two years, we have worked with the community to reimagine what our campus could be and how it can reflect our core focus on

community and preventive health. In this LiveWell issue, you will learn more about the Healthy Living Campus and the district-wide programs it supports. Yes, we need to replace our capital assets, but we also need to generate revenue that funds our programs. We have accomplished that delicate balance – via input from the community, our 20-person Community Working Group and our Board – by developing a 15-year Master Plan concept for the Healthy Living Campus. Our next step is to begin the Environmental Impact Report (EIR) process for the Master Plan concept, which will address any impacts from the project. Stay tuned for more information about the process.

Finally, we are extremely proud of the successes we have recently enjoyed. The Center for Health & Fitness was certified in April as the only accredited medically-based fitness facility in California by the Medical Fitness Association. We were honored by the American Psychological Association as one of the best places to work in North America. Our successful partnership with the Redondo Beach Unified School District to reduce childhood obesity continues to be a model for the rest of the nation, as well as our achievements related to the Blue Zones Project®.

We look forward to working with the community to ensure that BCHD remains an integral part of what makes the three beach cities special.

In Health,

Tom Bakaly
CEO, Beach Cities Health District

Healthy Living Campus Vision

Our community has the rare and exciting opportunity to completely reimagine our 11-acre campus and chart the future of preventive health in the Beach Cities. Our vision is to purposefully transform the aging former hospital site into an intergenerational hub of well-being where current and future generations of Hermosa Beach, Manhattan Beach and Redondo Beach residents can gather to engage around health, form meaningful connections with one another and be well.

Project Pillars



Health

- Build a center of excellence focusing on wellness, prevention & research
- Leverage the campus to expand community health programs & services



Livability

- Focus on emerging technologies, innovation & accessibility
- Create an intergenerational hub of well-being, using Blue Zones Project principles



Community

- Actively engage the community & pursue partnerships
- Grow a continuum of programs, services & facilities to help older adults age in their community

Overview



64 year-old building

and former hospital site does not currently meet tenant needs and requires a seismic upgrade



1-5 years

is our financial "Window of Opportunity" to address escalating building maintenance costs

Community Outreach

Since May 2017, BCHD has held more than 60 meetings drawing more than 1,000 comments regarding ways to redevelop its Prospect Avenue property. The result is a comprehensive campus redevelopment Master Plan that is driven by BCHD's collaborative approach.

- Community Open Houses
- Community Working Group Meetings
- Community Study Circles
- Board Study Sessions
- Community Organization Meetings

Healthy Living Campus

15-Year Master Plan

BCHD is in the process of transforming our Redondo Beach property into a modernized Healthy Living Campus, an intergenerational hub that focuses on wellness, prevention and community-based health research for current and future Beach Cities generations.



The 15-Year Master Plan includes:

- A Community Wellness Pavilion with a public presentation hall, indoor and outdoor public meeting spaces, demonstration kitchen, experiential learning center, Blue Zones café and much more
- Residential Care for the Elderly with approximately 420 units, estimated to house between 450 to 545 residents and an enhanced child development center
- Active green space to replace acres of asphalt
- Modernized Center for Health & Fitness
- Improved connectivity to the local community and city park, including a bike and pedestrian path and green buffers between the campus and surrounding neighborhood

Why Residential Care for the Elderly?

The Healthy Living Campus model empowers older adults to remain active members of their community, strengthen intergenerational connections and engage in community life.



Did you know?

The number of Americans aged 65 and older is expected to more than double by 2060.



Traditional Model: Senior Housing

- Internal, insular, closed facility just for seniors
- Insulated from the community at large
- Limited outdoor space dominated by parking
- Few opportunities for intergenerational socialization
- Programming and spaces designed solely for seniors onsite
- Environment is static & removed

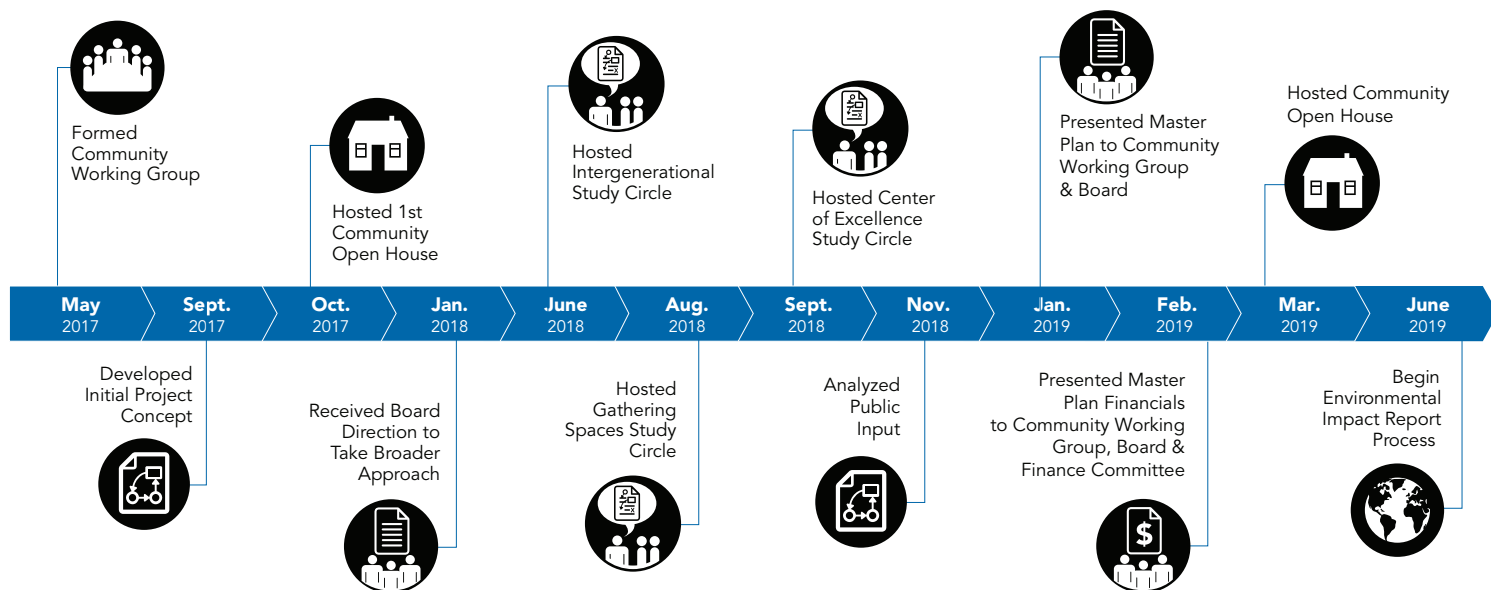


Healthy Living Campus Model: Residential Care for the Elderly

- Vibrant, multi-use community campus for all ages to experience health and wellness
- Residents onsite are uniquely integrated with broader community
- Green spaces and gathering spaces promote activity, socialization and wellness
- Community center connected to Beach Cities and BCHD programs/resources onsite
- Opportunity to age in place in an adaptable setting providing preventive health and medical services

Healthy Living Campus Project Phases

Project Timeline



For two years, BCHD has held meetings and community workshops with residents, community leaders, business owners, and experts in finance, design and architecture. All this input has helped develop a master plan for the Healthy Living Campus, to be located on the 11-acre Redondo Beach property stretching from Diamond Street to Beryl Street and Prospect Avenue to Flagler Lane.

“Modernizing our aging medical campus is a once-in-a-generation opportunity,” says BCHD CEO Tom Bakaly.

“Working with the community, we’ve laid the groundwork for a state-of-the-art Healthy Living Campus that is designed to provide innovative preventive wellness programs and services well into the 21st century for Beach Cities residents of all ages.”

The project is planned to be constructed in three phases over 15 years. Primary components of each phase are detailed below:



PHASE 1

Residential Care for the Elderly
Center for Health & Fitness
Child Development Center
BCHD’s Community Services
Green Space
Parking
Flagler/Diamond bike-pedestrian path

PHASE 2

Residential Care for the Elderly
Community Wellness Pavilion

PHASE 3

Residential Care for the Elderly
Ride Share Drop-off/Parking

To learn more about the Healthy Living Campus project, visit bchdcampus.org

Next Step for the Healthy Living Campus

The Environmental Impact Report

The next step for Beach Cities Health District's Healthy Living Campus is developing an Environmental Impact Report, or EIR. What goes into an EIR?

As with all construction projects in California, the next step is the Environmental Impact Report (EIR), a state-mandated document that will inform the public and agency decision-makers of significant environmental effects and identify possible ways to minimize those effects. The process, which looks at a broad range of topics including traffic, transportation and aesthetics, could take as much as one year to complete.

- Identifies environmental impacts
- Evaluates reasonable alternatives
- Develops methods to reduce or avoid environmental impacts
- Provides information for public review and comment
- Discloses the impacts, mitigation and public comments to decision-makers

Dates and times for the various EIR public meetings will be posted at bchdcampus.org, listed in public notices and announced via BCHD e-newsletters and social media outlets. 🌞



What is an EIR?

In 1970, Gov. Ronald Reagan signed the California Environmental Quality Act (CEQA) that required state and local agencies to analyze and disclose environmental impacts on proposed projects, adopt all feasible measures for mitigation and establish requirements for environmental analysis through an Environmental Impact Report. Fifty years later, CEQA still requires an EIR. Accordingly, the Healthy Living Campus EIR will analyze the project for significant environmental effects, alternatives will be identified and methods to reduce or avoid any adverse environmental issues will be considered.

An EIR scrutinizes a far-reaching set of environmental topics, addressing long-term adverse physical changes that range from air quality/greenhouse gases, hazards and land use to noise and transportation. Based solely on scientific evidence and facts, not speculation, the EIR:

Usually ranging from nine months to a year to complete, the EIR follows these steps:



Public scoping



EIR preparation (including purpose and need, alternatives analysis and public review)



Release of Draft EIR



Public review of Draft EIR and comments, including a formal public hearing (legally 45 days, however BCHD will provide 60 days)



Respond to comments on Draft EIR



Preparation of Final EIR



Certify that Final EIR is complete

For updated schedule and more information please visit bchdcampus.org.



Did you know?

1 in 5 people has a diagnosable mental health condition.

Mental Health Matters

Do you know what to do when someone is having a heart attack? Call 911 and start CPR. Now, do you know what to do when someone is having a panic attack? Your mind may be drawing a blank.

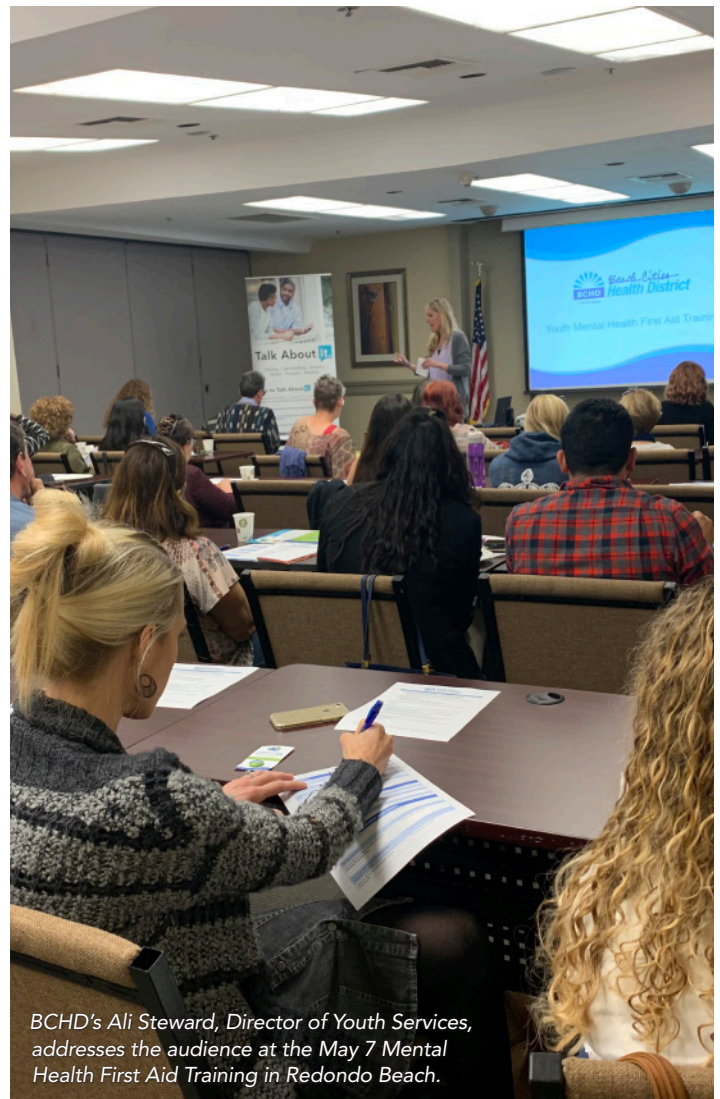
That's where mental health first aid comes in. Just as CPR can save lives, so can mental health first aid.

In honor of Mental Health Awareness Month in May, Beach Cities Health District hosted three "Introduction to Youth Mental Health First Aid" trainings across the Beach Cities. Nearly 100 community members learned how to identify the signs of mental health issues and how to respond to and support youth in need.

Data from the California Healthy Kids Survey shows that 15% of Beach Cities 11th graders reported missing school in the past 30 days due to feeling very sad, anxious, stressed or angry and 16% of Beach Cities 11th graders reported seriously considering attempting suicide in the past 12 months.

Beach Cities youth expressed the need to address stress and mental health in schools. In response to this, all Manhattan Beach Unified School District staff received the "Introduction to Youth Mental Health First Aid" training last fall.

Not only are our youth struggling emotionally, but so are adults. According to the Gallup-Sharecare Well-Being Index, 43.4% of Beach Cities adults report experiencing significant daily stress and 33.1% report experiencing significant daily worry. Both percentages are above the state and national averages. Additionally, 6.2% of Beach Cities adults report being currently diagnosed with depression, while 13.7% report being diagnosed with depression at some point in their lifetime.



BCHD's Ali Steward, Director of Youth Services, addresses the audience at the May 7 Mental Health First Aid Training in Redondo Beach.

Mental health first aid trainings and knowing the signs of mental health issues are the first steps to mobilizing and educating the Beach Cities community. We need to treat and talk about mental health with the same sensitivity, care and importance as physical health. It's up to us to remove the stigma. Let's talk about it. 🌈

Join the conversation
#TalkAboutIt

If you are interested in attending or hosting an Introduction to Mental Health First Aid training, or if you would like to be certified by the Los Angeles County Department of Mental Health, please email communications@bchd.org.



(Left to right) Ann Yang, Executive Assistant to the City Manager, Kerianne Lawson, Chief Programs Officers for BCHD, Tom Bakaly, CEO of BCHD and Jeff Duclos, Hermosa Beach Council Member pose following the Introduction to Youth Mental Health First Aid Training in Hermosa Beach on May 21.



Everyone's Going Through Something

Three easy ways for you to shine a light on mental health in our community:



1. Educate Yourself

- Know the Signs: Learn how to identify someone who may be in emotional distress and how to help.



2. Talk About It

- The more we talk about it, the more mental health becomes normal. It's up to us to remove the stigma.
- For parent tips on how to talk about it with your child, whatever it may be, visit bchd.org/talk.



3. Get Involved

- Attend a BCHD community event and create social connections.
- Volunteer with BCHD.

Strategic Planning & Health Priorities

Every three years, Beach Cities Health District assesses the overall health of the Beach Cities using a variety of data sources to prepare a Community Health Report. This report guides our strategic planning process with the indication of health priorities and provides an opportunity to evaluate current programming. It focuses on evidence-based public health practices, which the Centers for Disease Control and Prevention defines as the integration of science-based interventions with community preferences for improving population health. The 2019-2022 Health Priorities are:



Nutrition and Exercise

- Increase fruit and vegetable consumption
- Increase exercise participation
- Reduce percentage of children who are obese or overweight



Social-Emotional Health

- Increase stress management across the lifespan
- Decrease bullying
- Decrease suicidal ideation



Substance Use

- Reduce youth alcohol and drug consumption
- Reduce youth vaping
- Maintain low percentage of adult smokers



Cognitive Health

- Promote brain health across the lifespan
- Support the cognitively frail

Note: These objectives are examples and do not represent an exhaustive list.

To learn more about the health priorities and to view the full Community Health Report, visit bchd.org/healthreport



Center for Health & Fitness Becomes the Only Certified Medical Fitness Facility in California

To achieve certification from the Medical Fitness Association (MFA), the Center for Health & Fitness (CHF) voluntarily completed a rigorous process to become one of a select group that is establishing a new standard of excellence in **health, wellness and chronic disease management**.



Did you know?

CHF is now one of 45 certified medical fitness facilities in the United States, and one of just 47 worldwide.

As a Certified Medical Fitness Facility, CHF meets criteria set by the Medical Fitness Association in these areas:



Medical Oversight

CHF is overseen by a Medical Advisory Committee comprised of physicians and health care professionals. The committee is led by Beach Cities Health District Chief Medical Advisor William Kim, MD.



Emergency Response

In conjunction with the Redondo Beach Police Department, CHF has a comprehensive emergency response plan and conducts regular emergency drills around cardiac arrest, stroke, cuts, sprains and other emergencies.



Certified Professional Staff, Medical Exercise Specialists

CHF is the only fitness center in the Beach Cities to offer Medical Exercise Specialists who hold degrees and certifications in health-related disciplines and are trained to work alongside doctors and physical therapists.



Quality Management

CHF's data outcomes are measured against other MFA-certified facilities to ensure its programming is evidence-based and meets medical industry standards.



Health Screening

Processes are in place for CHF's Medical Exercise Specialists to screen program participants for chronic conditions.



Programs & Services

CHF's Chief Medical Advisor and Medical Advisory Committee helped develop six clinical fitness programs offered on an ongoing basis:

- Cardiac Exercise Program
- Pre-habilitation for knee and hip replacement surgeries
- Medical exercise training for:
 - diabetes and hypertension
 - low back pain
 - women's fitness
 - arthritis and total joint replacement



Safety for Children

CHF has policies, procedures, staff trainings and emergency drills to ensure the safety of children in its Kids Clubhouse.



Facility Operations

CHF is accessible to all members, including people who are disabled or have other specific needs.

#BCHDEVENTS



Families Connected Parent Chat

Mondays, 10 – 11 a.m.

Beach Cities Health District, 514. N. Prospect Ave., Suite 102, Redondo Beach

Free parent support group led by a licensed professional from the Thelma McMillen Center at Torrance Memorial Medical Center in partnership with South Bay Families Connected.



Mindfulness Drop-In

First Wednesday of each month, 5:30 – 6 p.m.

Center for Health & Fitness

514 N. Prospect Ave. (second floor), Redondo Beach

Free instructor-led meditation. Event will be moved to the second Wednesday in July (July 10) due to Independence Day. Visit bchd.org/mindfulness for more information.



Blue Zones Cooking Show

Saturday, July 13, 11 a.m. – 12 p.m.

Wednesday, August 14, 6 – 7:30 p.m.

Lazy Acres Market

2510 Pacific Coast Hwy., Hermosa Beach

Held in partnership with Lazy Acres Market, learn healthy recipes that can help you live longer. Registration will be available soon at bchd.org/blue-zones-grocery-stores.



Blue Zones Project® Social Hour

Second Tuesday of the month from 5 – 6 p.m.

Tuesday, August 13

Dia de Campo Restaurant

1238 Hermosa Ave., Hermosa Beach

Connect with community members and enjoy healthy bites at a discount. Visit bchd.org/socialhour for more information.

For a full calendar of events, visit bchd.org.



Moai Social Event: Blue Butterfly Tour

Saturday, July 13, 10 – 11:30 a.m.

Esplanade by Mira Mar Park

201 Paseo De La Playa, Redondo Beach

Connect with others and enjoy a free guided walk with biologist Ann Dalkey. Register online at bchd.org/moai.



Moai Matching Event

Saturday, August 31, 9 – 10:30 a.m.

Center for Health & Fitness

514 N. Prospect Ave. (2nd floor), Redondo Beach

Start or join a group! Moais are social groups that gather for a common purpose and support positive, healthy behaviors. They include walking, cooking, healthy eating and more. Visit bchd.org/moai to register.



Beach Cities Summer Free Fitness

Mondays from 6:30-7:30 p.m.

Zumba at Alta Vista Park's Julia Field, Redondo Beach

June 3, 10, 17, 24

Mindful Yoga in the Sand South of the Manhattan Beach Pier

July 1, 8, 15, 22, 29

Mindful Yoga at Valley Park, Hermosa Beach

August 5, 12, 19, 26

This year's lineup will include Zumba as well as Mindful Yoga, a hybrid class incorporating restorative yoga practices and mindfulness techniques. Register online at bchd.org/freefitness.



Beach Cities Volunteer Day

Thursday, August 8, 8:30 – 11:30 a.m.

Volunteer in Redondo and Hermosa Beach school gardens to prepare them for the start of the school year. Register online at bchd.org/volunteerdays.

2019 Volunteer Recognition Brunch



Did you know?

Last year, Beach Cities Health District volunteers provided **33,490** hours of service!

Beach Cities Health District's Volunteers are Out of this World!

More than 100 volunteers attended Beach Cities Health District's 22nd annual Volunteer Recognition Brunch in April. Attendees enjoyed a space-themed program and videos about the 2019 volunteer honorees. The Cities of Hermosa Beach, Manhattan Beach, Redondo Beach and Assemblymember Al Muratsuchi's office presented the honorees with certificates for their volunteerism.





2019 Honorees & Core Value Award Recipients

Robert Cashion, Excellence
 Elizabeth Ebel, Teen Honoree
 Joan Edelmann, Accountability
 Faye Gipson, Compassion
 Fred Manna, Integrity
 Jane Renke, 40th Anniversary
 Mary Wadman, Center for Health & Fitness Volunteer



Want to Help Make a Difference?

Lend a Healthy Hand to Your Community

Volunteer Opportunities



Errand Volunteers

Help homebound older adults maintain their independence by assisting them with errands required for daily living, including grocery shopping and pharmacy visits.



Summer Free Fitness

Encourage others to be active outdoors by assisting at BCHD's Yoga on the Beach or Zumba in the Park. Help greet and check-in participants, and once the class begins, join in the fun.



AdventurePlex

Inspire families to play their way to good health at BCHD's youth play facility in Manhattan Beach. Volunteers assist with crafts, games, classes and other fun activities.

More opportunities are available! Call **310-374-3426, ext. 246**, or visit bchd.org/volunteer to find a volunteer position that uses your gifts and talents.

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

AdventureCamp

Lower prices, longer hours
June 17 – August 30



A Beach Cities Health District Program

Ages 4–12

Give your kids something fun and exciting to do when school is out by signing them up for AdventureCamp! At AdventureCamp, your child will enjoy a variety of activities to develop healthy habits, build self-esteem and foster social interaction.

REGISTER ONLINE! AdventurePlex.org



Arts & Crafts



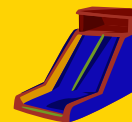
Ropes Course
(ages 8+)



Rock Wall
(ages 5+)



Inflatable Course



Field Trips

